



2002 KHSAA FOOTBALL RULES CLINIC

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SECTION I ADMINISTRATIVE RULES / BYLAWS REVIEW

1) *Limitation of Seasons*

	2002	2003
First Contact Practice (2002, first game is first week)	July 26	August 1
First Contact Practice (2002, first game is second week)	August 2	August 1
First Game (2002)	August 23	August 22

2) *Revised Corresponding Date Chart –*

Q/A 3 What are the scheduled corresponding dates in football for the next few seasons?

FOOTBALL CORRESPONDING DATES

	2002	2003	2004
FINALS	12/6	12/5	12/4
SEMI-FINALS	11/29	11/28	11/27
REGION	11/22	11/21	11/20
SECOND ROUND	11/15	11/14	11/13
FIRST ROUND	11/8	11/7	11/6
<i>Week 11</i>	11/1	10/31	10/30
<i>Week 10</i>	10/25	10/24	10/23
<i>Week 9</i>	10/18	10/17	10/18
<i>Week 8</i>	10/11	10/10	10/9
<i>Week 7</i>	10/4	10/3	10/2
<i>Week 6</i>	9/27	9/26	9/25
<i>Week 5</i>	9/20	9/19	9/18
<i>Week 4</i>	9/13	9/12	9/11
<i>Week 3</i>	9/6	9/5	9/4
<i>Week 2</i>	8/30	8/29	8/28
<i>Week 1</i>	8/23	8/22	8/21
<i>Start of Contact w/Week 1 game</i>	7/26	8/1	8/1
<i>Start of Contact w/Week 2 game</i>	8/2	8/1	8/1
<i>Start of Non-Contact</i>	7/15	7/15	7/15

No games may be scheduled or played at any level following the Saturday of the week preceding the first round of the playoffs.

SECTION II – PUBLICATION CORRECTIONS

RULES BOOK

- 9-2 PENALTY (page 56): Signal 43 should be Signal 42
- Interlocked Blocking – Signal 44
- Penalty Summary (page 77): Under Loss of 10 Yards, Items 1, 3, 4 and 5, should be Signal 42, 2 should be Signal 44

CASE BOOK

- 8-3-2 Situation C (page 57): In the last line, replace “automatically declined” with “enforced from the succeeding spot.”
- 9-4-2 Situation A (page 64): Replace the ruling with “The touchdown will be scored and the try will take place from B’s

- 1 ½ yard line.”
- 9-7-3 (page 72): In the last line replace “automatically declined” with “the penalty will likely be declined. However, should the penalty be accepted, enforcement will be from the spot of the foul (All but one principle)”
- 10-4-2 Situation E (page 80): In the last line following the word “penalty” add “is not” and following “automatically” delete the words “would be”.
- 10-4-4 Situation D (page 81): Delete the first sentence of the ruling and insert “If the penalty by B1 is declined, the touchdown will be scored.” Delete rules reference 10-5-4.

SECTION III 2002 PLAYING RULES REVISIONS

LOCATION OF INBOUND LINE PYLONS (1-2-4): The purpose of placing pylons on the end lines at the intersection of the inbound lines extended, is to provide game officials with a visible mark whenever the series of inbound lines becomes obliterated due to normal wear and tear and/or adverse weather conditions. However, officials have reported that the pylons on the end lines have the potential of complicating the results of certain plays in the end zone and/or interfering with the ability of the back judge to move along the end line. Therefore, moving those pylons 3 feet off the end lines, provided there is adequate space beyond the end lines to do so, further assists officials in their coverage responsibilities.

BLOCK IN THE BACK (2-5): This change clarifies the definitions for clipping and blocking in the back. The primary change states that clipping occurs at or below the waist, from the back of the opponent and is a 15-yard foul and that a block inside the shoulders, below the neck and above the waist shall be considered a block in the back and a 10-yard foul. In various nationwide surveys, officials have been

reluctant to call clipping fouls for contact above the waist, due in part because of the perceived severity of the penalty. This change also clarifies that the back is the area between the arms (but not including the shoulders) and above the waist and below the neck. Nothing about this provision implies or states that excessive contact above the waist could not be called a personal foul and therefore be enforced with a 15-yard penalty.

HALFTIME TIMING (3-1 Table): An intermission between halves was initially created to provide a break from competition for the players. That time for rest and recovery for those participants also presented an opportunity for schools to showcase other extracurricular activities, such as marching bands, dance and/or spirit groups. The KHSAA has mandated a 15-minute half with the exception of one extension to 20 minutes per season. However, neither state associations nor game officials can delete the requirement of the three-minute warm-up period following the halftime period.

DEFENSIVE FOULS ON SUCCESSFUL TRYS (8-3-5, 6): This change was precipitated by the desire to eliminate an unneeded exception contained in the previous rule that allowed a foul by the defense to go unpenalized on a successful two-point try. This revision eliminates the potential for a 'free-shot foul' by the defense on a successful two-point try. Even though the practical effect of the result of the play does not necessarily change, this revision would make it consistent with other penalties and would remove another exception that must be remembered by officials.

Very simply, the rule promotes risk reduction, fairness and consistency. In a related note, whereas last year only a non-player or unsporting foul by the defense was carried over to overtime, now all fouls by the defense will carry over to overtime.

FUMBLE AND BACKWARD PASS ADDED TO EXCEPTION (8-5-2a EXCEPTION): This change now treats all in-flight, loose ball situations the same.

SECTION IV KHSAA EXPERIMENTAL RULE – POST SCRIMMAGE KICK ENFORCEMENT

2-16-2h new (20)

A post scrimmage kick foul (PSK) is an R foul which occurs on R's side of the expanded neutral zone during a scrimmage kick which ends beyond the neutral zone and Team K does not have possession of the ball when the down ends. PSK does not apply to a try.

2-31-1a (25)

A free kick or scrimmage kick other than PSK fouls.

2-40-6 new (27)

The PSK spot is the spot where the kick ends. Team R retains the ball after penalty enforcement from the PSK spot. Team R fouls behind the PSK spot are spot fouls.

10-4-3 (new)

The basic spot is the spot where the kick ends when Team R fouls occur:

- During scrimmage kick plays other than a try;
- During a scrimmage kick play in which the ball crosses the expanded neutral zone;
- Beyond the expanded neutral zone;
- Before the end of the kick;
- When Team K does not have possession of the ball when the kick ends;

Team R fouls behind the PSK spot are spot fouls.

OTHER EFFECTED RULES AND NOTES

5-2-3, 8-4-3, 10-2-1a, 10-2-1b, 10-2-2, 10-3-1a, 10-3-3

CASE BOOK PLAY CORRECTIONS

5-1-3B, 6-5-1B

RATIONALE AND NOTES

Post-scrimmage kick enforcement allows the receiving team to retain possession of the ball after they have forced the opponents to punt, even though the receiving team commits certain fouls after the kick crosses the neutral zone, but before possession actually changes.

- A scrimmage kick is a loose-ball play, and ordinarily the basic spot for fouls during such a play is the previous spot. Under all-but-one enforcement, any foul that takes place while Team K is still in team possession of the ball, even though none of its players has possession, should be enforced from the previous spot.
- Under post-scrimmage kick enforcement, this is no longer the case. Post-scrimmage kick rules apply *only* if all of the following conditions are met:
 - (1) the foul is by Team R;
 - (2) the foul takes place during a scrimmage kick (not a try) – before possession actually changes;
 - (3) the foul occurs beyond the expanded neutral zone;
 - (4) the kick crosses the expanded neutral zone; and
 - (5) the ball belongs to Team R when the down ends.
- The all-but-one principle is still used, but the basic spot is the spot where the kick ends. If the kick ends in Team R's end zone for a touchback, the 20-yard line is the basic spot. Accordingly, it will now be necessary for the covering official to beanbag exactly where a scrimmage kick is caught or recovered, since this spot is now used for penalty administration.

INTERPRETATIONS AND OTHER AFFECTED AREAS CONSISTENT WITH CURRENT NF RULES

The spot where the kick ends is R's 20 if the kick ends in R's end zone. Otherwise, it is the spot where the ball is possessed or if not possessed, where declared dead by rule. R fouls behind this spot are spot fouls.

If R commits a PSK foul and there is an inadvertent whistle during a kick that is beyond the expanded neutral zone, K may decline the foul, replay the down, or choose enforcement from the previous spot.

If the penalty for a PSK foul is accepted, a new series is awarded to R, unless a field goal scores.

If during a successful field goal, a foul by R occurs, K is given the choice of accepting the penalty and replaying the down following enforcement, or of accepting the results of the play.

- If a PSK foul, or a live ball foul treated as dead ball, an accepted penalty must be at the succeeding spot.
- If any other foul, K may choose to replay the down following enforcement from the basic spot, or must decline the penalty to keep the field goal.

If each team fouls during a down in which there is a change of team possession, the team last gaining possession may retain the ball, provided its foul is not prior to the final change of possession (other than PSK fouls or live-ball fouls treated as dead ball) and it declined the penalty for its opponent's foul(s).

A loose ball play is action during a free kick or scrimmage kick other than PSK fouls.

Sample Play 1: After Team K snaps from the 50-yard line, R45 fields K2's punt at his 14-yard line and returns it to his 35-yard line. While the kick is in flight, R62 clips at his 20-yard line. **Ruling 1:** This foul satisfies all the conditions for post-scrimmage kick enforcement, so the basic spot is the end of the kick, the 14-yard line. Since R62's foul occurs beyond the basic spot, the penalty is enforced from the basic spot. Team B is penalized half the distance to their goal line, from the 14-yard line to the seven-yard line. Where R45's run ends is of no significance.

Sample Play 2: Fourth and five at Team K's 25-yard line. R31 is in position to catch K15's punt at Team R's 40-yard line, but K42 interferes. After the kick lands on Team R's 42 yard line, R22 muffs the ball at Team R's 38 yard line. R63 then holds K43 at Team R's 36-yard line to prevent him from recovering the ball. K54 recovers the ball at Team R's 39-yard line and advances for an apparent TD. **Ruling 2:** The ball is dead when K54 recovers the kick at Team R's 39-yard line. Since Team K is in possession at the end of the down, post-scrimmage kick enforcement does not apply. Because both teams fouled and there was no change of team possession during the down, it is a double foul and fourth down is replayed.

Sample Play 3: From Team R's 40-yard line, Team K punts and the kick enters Team R's end zone. During the kick, R66 holds at Team R's: (a) 12 yard line, or (b) 28-yard line. **Ruling 3:** Since the kick ends in the end zone, the 20-yard line is the basic spot for post-scrimmage kick enforcement. In (a), the foul occurs behind the basic spot, so the penalty is enforced from the spot of the foul - the 12-yard line to the six-yard line. In (b), the foul occurs beyond the basic spot so

the penalty is enforced from the basic spot- the 20-yard line - back to the 10-yard line. In either case, Team R begins their new series first and ten.

Sample Play 4: Cornerback R24 holds wide receiver K86 at the line while the punt is in the air. The kick is returned by R20 for a touchdown. **Ruling 4:** Since the foul takes place in the expanded neutral zone, post-scrimmage kick enforcement does not apply. Team R is penalized 10 yards from the previous spot and the down is replayed.

Field Goals. Post-scrimmage kick enforcement does not apply on a successful field goal because Team R is not in possession at the end of the down. If Team R does foul beyond the expanded neutral zone during the kick, Team K may decline the penalty and accept the score, or choose to take the points off the board and replay the down following enforcement from the previous spot. Under no circumstances may Team K take the score and then have the penalty enforced on the succeeding kickoff. If the field goal attempt is unsuccessful, then post-scrimmage kick enforcement does apply, just like after any other scrimmage kick that crosses the expanded neutral zone.

Sample Play 5: Fourth and five from Team R's 24-yard line. While a field goal attempt is in flight beyond the expanded neutral zone, R46 grasps and twists K23's facemask at the 16-yard line. The kick is: (a) successful, (b) unsuccessful and goes out of bounds at the six yard line, or (c) unsuccessful after entering Team R's end zone. **Ruling 5:** In (a), Team K may accept the three points by declining the penalty, or they may have the penalty enforced from the previous spot. Result: The down is replayed, first and ten from Team R's 12 yard line. In (b) and (c), the down cannot be replayed. If the penalty is accepted, the basic spot for post-scrimmage kick enforcement is Team R's six-yard line in (b), and their 20-yard line in (c). In (b), the penalty is enforced half the distance from the end of the kick (Team R's six yard line). It will be R's ball, first and 10, from their own three-yard line. In (c), the penalty is enforced half the

distance from the spot of the foul (Team R's 16 yard line). It will be Team R's ball, first and 10, from their own eight-yard line.

Double Foul. When both teams foul during a down, the "clean hands" rule applies. The team in final possession may keep the ball provided they did not foul before they obtained possession and they decline the penalty for their opponent's foul. Otherwise, the fouls offset and the down is replayed.

When Team R commits a foul that has post-scrimmage kick enforcement, they may now elect to keep the ball provided they decline the penalty for Team K's foul. When R's foul has post-scrimmage kick enforcement, it must occur before the kick ends, and thus, before Team R gains possession. Accordingly, post-scrimmage kick enforcement is an exception to the "clean hands" rule.

Sample Play 6: Fourth and five on Team K's 20-yard line. Team K is in an illegal formation at the snap. While K16's punt is in flight beyond the line, R24 blocks K88 in the back at midfield. R40 catches the kick at his 36-yard line and returns it for a touchdown. **Ruling 6:** Team R may keep the ball by declining the penalty for Team K's foul. The penalty for R24's foul will then be marked off via post-scrimmage kick enforcement. The basic spot is where the kick ended - Team R's 36-yard line. The foul is enforced 10 yards from that spot, resulting in first and 10 for Team R at their 26-yard line. If Team R chooses to accept the penalty for Team K's illegal formation, the result is a double foul and fourth down is replayed.

Inadvertent Whistle. If an inadvertent whistle is sounded during a scrimmage kick which is beyond the expanded neutral zone and after Team R has fouled there, Team K may decline the penalty and replay the down, or they may have the penalty enforced from the previous spot. Post-scrimmage kick enforcement does not apply since Team R is not in possession at the end of the down.

SECTION V 2002 FOOTBALL RULES POINTS OF EMPHASIS

LATE HITS AND ILLEGAL CONTACT

Football Fundamental III-1 states an official's whistle seldom kills the ball; it is already dead. Coaches instruct players to continue making contact until they hear the whistle. This has created a problem with late hits and unnecessary contact, which cause injuries. The solution to this problem is not an easy one. One remedy would be for the official to blow the whistle in a more timely manner. Once forward progress is stopped, blow the whistle immediately. Players relax when forward progress is stopped, and additional contact at this time can cause unnecessary injury.

Late hits also occur near the sideline. It is the responsibility of the player initiating the contact to know if the opponent is in bounds or out of bounds. Again, once a player is out of bounds, he relaxes. Players are very susceptible to injury at this time. The officials must be diligent in their responsibilities to penalize such illegal acts. Being in the proper position will help the

official to make the correct call. If the official thought it was a late hit, then it was and should be penalized. If late hits are not called, they will only increase as the game progresses.

Another concern is illegal helmet contact. Illegal acts such as spearing, face tackling and butt blocking should always be penalized. The helmet-warning label states: "Do not strike an opponent with any part of this helmet or face mask." If this rule is violated, it could cause death, paralysis or severe neck and brain injury. Coaches have the responsibility to teach the proper technique of blocking and tackling. Officials have the responsibility to penalize all illegal contact. Working together, we can reduce the risk of a catastrophic injury.

Football is a great game, but it does have inherent risk associated with it. To keep it a great game, we must work together to reduce all illegal contact.

FLUID REPLACEMENT AND HYDRATION, HEAT AND HUMIDITY

Humidity is the amount of moisture in the air. Heat and humidity affect how the body cools itself. When high heat and high humidity are combined, sweat doesn't evaporate the way it should. The sweat becomes an insulator and keeps the body heat in -instead of letting it evaporate and allow the body to cool off.

Heat and humidity are a dangerous combination. Practicing or competing during these conditions requires additional fluid replacement and proper breaks and rest. Fluid replacement is an important part of athletic performance. The loss of two percent or more of body weight via water loss (sweat) has an adverse effect on athletic performance and increases the risk of heat-related illnesses. Fluid replacement guidelines are simple to follow and implement. Two to three hours before exercise

athletes should consume 17-20 ounces of water or a sports drink with no more than six to eight percent carbohydrate content. Athletes should drink another 7-10 ounces of water or sports drink 15-20 minutes before exercise and should consume 7-10 ounces of fluid every 15-20 minutes during practices or games to maintain hydration. Within three hours following exercise, athletes should drink enough fluid to replace weight loss from exercise (assuming the athlete is tracking weight by weighing in before and after practice). The general guideline is to consume 20-24 ounces of water or sports drink per pound of weight loss. Fluid intake should always be encouraged and unrestricted. Remind your athletes to drink early because by the time they are thirsty, they are already

dehydrated. Also, remember that a clear, light-colored urine means you're athletes are well hydrated.

The certified athletic trainer and coaches are responsible for developing a fluid replacement plan to prevent dehydration and to determine if weather conditions for practices or games are too dangerous to continue. It is also important to have athletes on a well-supervised weigh-in program to monitor sweat loss. Athletes should record weight before and after practice. An athlete who sustains a two percent body weight loss should be excluded from practice. Athletes who have not regained body weight by the next practice or competition are susceptible to further dehydration. To avoid life-threatening catastrophe caused by dehydration, take fluid replacement, heat and humidity very seriously.

During high heat and humidity, practice times and duration should be modified to early morning practices or evening practices. Wet-bulb temperature measurements should be taken 10-15 minutes before practice, and the results should be used with a Heat Index to determine if practices or contest should be started, modified or stopped. These considerations

should be examined during high heat and humidity: modifying the intensity of the practice, practicing without helmets and heavy gear that holds in heat, requiring athletes to wear light weight, light-colored clothes and requiring extra water breaks.

Remember that a well-hydrated athlete, practicing or competing under well-supervised conditions are less likely to suffer from heat/humidity much quicker than those athletes who are overweight, unfit or have been recently ill or injured. Even if athletes aren't thirsty, they need to hydrate. Sports drinks that are between six to eight percent carbohydrates are recommended when athletes are training hard and sweating profusely; the flavor encourages them to drink more, the carbohydrates supply energy to the athlete's muscles, and the electrolytes help maintain fluid intake and the fluid retention they need to stay hydrated.

Additional information is available concerning this issue, as well as other health-related items, in the NFHS Sports Medicine Handbook (Customer Service 800-776-3462) or by going on line to www.khsaa.org/medical/heat.

ALTERED MOUTHGUARDS AND OTHER ILLEGAL EQUIPMENT

The NFHS Football Rules Committee believes that there is a need to re-educate players and coaches, as to the inherent risks in altering tooth and mouth protectors and removing tailbone protectors from hip pads.

For the player, trimming mouthguards to the extent that only their front teeth are covered by a relatively small piece of pliable plastic (which gives the appearance of compliance with a mandatory protective-equipment rule), increases the risk of concussions; teeth, root, and bone chips or fractures; jawbone fractures; and lip, cheek, and gum bruises or lacerations. Removing the tailbone protector increases the risk of contusions to the tailbone, and serious injury to the spinal cord. A player who alters his mouthguard and/or removes his tailbone protector is a candidate for a potentially catastrophic injury.

For the head coach, failure to have his players wear legal and/or required equipment (after he verified to the referee and

umpire prior to the start of the game that all players were equipped in compliance with the rules), results in a 15-yard penalty for unsportsmanlike conduct. A subsequent unsportsmanlike foul on that head coach, for any reason, results in his automatic disqualification from the stadium area and prohibition from any further contact, direct or indirect, with his team during the remainder of that game. As is the case in most state high school associations, an ejection from a game for unsportsmanlike or flagrant misconduct also carries with it the disqualification from coaching in the next game at the same level of competition.

In order to avoid these painful experiences (physical for the player and psychological for the head coach), it is essential that both mouthguards and hip pads are fitted to provide maximum protection and comfort, and that both are periodically checked for effectiveness and athletic wear compliance.

TIME MANAGEMENT BY HOME MANAGEMENT, OFFICIALS AND COACHES

Time management continues to be a problem. Obviously, it takes time to play a game, but there are still ways to streamline this time. Three integral parts of the time-management process are home management, officials and coaches. Each of these groups has responsibilities to see that games are played in a timely manner.

- Home Management: Generally the home school principal or athletic director serves as the game manager. Game management responsibilities primarily include pre-game and halftime activities. Game management should contact the visiting team at least 24 hours before game time to coordinate pre-game and halftime activities. These activities must be concluded so the game can start on time and halftime activities stay within the time allotted by rule. Game management must accept the responsibility of making sure there is no interference in starting the game and second half on time. This is not a responsibility of the game officials. Also, game management must make sure all support personnel are in position at the appropriate time to start the game at the scheduled time. Support people would include timer, public address, and chain crew.
- Officials: Prior to the game, contest officials must conduct their activities in an efficient manner so the game can start on time. In order to accomplish this, the officials need to arrive at the game site early enough to make sure all pre-game duties are performed. This includes meeting with game management to receive all pertinent information, including halftime activities and then communicating this information to coaches of each team; conducting conferences with support personnel; and being in position to conduct the pre-game coin toss at the appropriate time. During the game, the officials must monitor the length of

time-outs, between scoring plays and periods, and start play promptly. These areas have been identified as times when officials have been lax in their administration of starting play. Another area of concern for effective time management is coaches creating sideline problems by being on the playing field when not allowed by rule. Officials must be more effective in dealing with sideline control. The referee must establish a steady flow of the game and promptly place the ball in play after each down. Under no circumstances should the referee change his rhythm for putting the ball in play because of a player(s) returning to the huddle. Other areas that lend to good time management are hustling to retrieve the ball after incomplete passes or when the ball goes out of bounds, efficient movement of line to gain crew on first downs and measurements, marking off penalties, being clear and concise when explaining penalty options, handling equipment repair by rule and effectively communicating by not holding unnecessary conferences. These elements are not all-inclusive, but will help in playing the game in an efficient manner.

- Coaches: Coaches are also responsible for a timely game. Before the game and halftime, coaches must see that their teams are ready to return to the field to start play. ; The cooperation of the coaches in getting their teams on and off the field is essential. During the game, coaches can assist with a smooth flow of the game by ensuring substitutes and other team personnel remain in the team box and only the three coaches permitted by rule in the coaches' area between the team box and sideline. Coaches must assist between downs, quarters, and extra-point tries in getting participants onto the field for prompt play. Of

great concern are coaches handling of participants near the sideline or on the field between downs. Coaches must accept the responsibility of staying clear of the playing field when not allowed by rule. Granted, officials are responsible

for enforcing the rules, but cooperation of coaches will greatly assist in an efficient game.

SECTION VI MECHANICS EMPHASIS AND NOTES FOR COACHES AND OFFICIALS

MECHANICS

- Coin Toss
 - Get option prior to tossing coin
- Scrimmage Kick Positioning
 - LJ do not release until ball crosses neutral zone expanded
 - BJ middle of field, clear of return man
- General Mechanics
- Don't "flip" ball on series
- Don't throw ball to other officials
- Alignment Update

- KHSAA web site (see attached)
- National Federation Part II Exam, may be taken September 3 through September 9, 2002
- Assigning Secretary required to notify association as to date and time of administration (Virginia Wilhite)
- Must achieve score of 75 to work postseason and be a Level 2 or 3 official.