



## 2016 Iowa High School Athletic Association Football Rules Meeting



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## COACHES INFORMATION

The Scholarship Rule beginning date for ALL football playing schools is Thursday, August 18<sup>th</sup>. The first day football players are eligible to play under the scholarship rule is Saturday, September 17<sup>th</sup>, 2016 at 12:01 AM.



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## CONTACT RULE

- 30 minutes per day/90 minutes per week
- Will not be in affect until the week of August 22<sup>nd</sup>.
- USA Football Levels of Contact: "Thud" and "Live Action"
- It is an individual rule, not a team rule.



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## Pre Season Risk Minimization Manual

Six Keys to minimize risk for  
players:

1. Football Helmet Inspection
2. Concussion Management
3. Return to Play Protocol
4. Levels of Contact
5. Heat Acclimatization
6. Hazardous Weather



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## Regular Season Information- 2016

District Alignment-  
Classes 3A, 2A, 1A and A: 7 districts apiece with 8 teams in each district. District champion and District runner-up would automatically qualify and 2 "at-large" teams would be qualify based on set criteria.

Class 4A is now made up of the largest 48 school based on enrollment.



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## Post Season Information- 2016

Criteria for Determining "at-large" Selection

Anyone who is considered a district champion (anyone in a 3 or 4 way tie)

District record

Head to head competition (District or non-district)

Tie Breaker Point Differential +/- 17

Alphabetical Draw each year- For 2016 we will start with the letter "K" through Z and then A through J.



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## CONCUSSIONS

- **Contest Official Removal** – Iowa law requires a **contest official who observes** signs, symptoms, or behaviors consistent with a concussion or brain injury during scrimmages, contests, etc., **to remove the student from participation immediately and that official, or a designated contest official at the contest/event, must receive the written clearance to return** from a licensed health care provider **before the student can return to participation in that contest/event**, including an event that takes place over multiple days.



**A Guide to Heat Acclimatization & Heat Illness Prevention**

Higher risk for heat illness:

- High intensity outdoor sports in hot & humid weather

35 high school football players died of exertional heat stroke between 1995 and 2010.

TRANSCRIPT | RESOURCES

Heat illness is the leading cause of preventable death in high school athletics. Students participating in high-intensity outdoor sports during the summer months are at the greatest risk. Football has received the most attention due to the number and severity of heat illnesses. In fact the National Center for Catastrophic Sports Injury Research reports that 35 high school football players died of heat stroke between 1995 and 2010.

POINT OF EMPHASIS

## Heat Acclimatization and Preventing Heat Illness

- **Exertional Heatstroke (EHS) is the leading cause of preventable death in high school athletes.**
- **Athletes participating in high-intensity, long-duration or repeated same-day practices during the summer months or other hot-weather days pose the greatest risk.**
- **Football has received the most attention because of the number and severity of exertional heat illnesses.**



POINT OF EMPHASIS

## Heat Acclimatization and Preventing Heat Illness

- The National Center for Catastrophic Sports Injury Research reports that 35 high school football players died of EHS between 1995 and 2010.
- EHS also results in thousands of emergency room visits and hospitalizations throughout the nation each year.
- Schools and coaches need to know the importance of a formal pre-season heat acclimatization plan.



## Heat Acclimatization and Preventing Heat Illness

- **Take plenty of water breaks during practice.**
- **Use the information provided by the IHSAA.**
  - Heat and Humidity Gauge
  - Heat Index Chart
  - Urine Color Chart



## Heat & Humidity Pen Cost = \$85 by contacting the IHSAA





## Heat Acclimatization and Preventing Heat Illness

### HEAT INDEX TABLE

The Heat Index Chart combines perceived temperature (feels like) with relative humidity to show the combined effect of heat and humidity. Individual reactions to the heat will vary. Heat illness can occur at lower temperatures than those indicated on the "Heat Index & Possible Risk" section of this poster.

#### How to use the Heat Index Chart:

1. Locate the top of the chart for air temperature in heat.
2. Down the left side of the chart, the relative humidity is listed.
3. **TAKE TEMPERATURE & HUMIDITY READINGS IN THE SUN. IF PRACTICE WILL TAKE PLACE IN THE SUN.**
4. Where the temperature and humidity meet on the chart is the Heat Index.
5. Where the temperature and humidity meet on the chart is the Heat Index.
6. The Heat Index is the body's sensation of heat, or "What the temperature and humidity feel like to the body".

AIR TEMPERATURE (in degrees Fahrenheit)		HEAT INDEX & POSSIBLE RISK											
		70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°	
0%	64	69	73	78	83	87	91	95	99	103	107	110-124 degrees, Heat exhaustion, Heat cramps & muscle spasms with prolonged exposure, muscle aches/stiffness, Possible vomiting, fainting, and possible fatalities due to heat & combination of heat & humidity.	
10%	65	70	75	80	85	90	95	100	105	111	115	90-124 degrees, Heat exhaustion, Heat cramps & muscle spasms with prolonged exposure, muscle aches/stiffness, Possible vomiting, fainting, and possible fatalities due to heat & combination of heat & humidity.	
20%	66	72	77	82	87	93	99	105	112	120	130	90-124 degrees, Heat exhaustion, Heat cramps & muscle spasms with prolonged exposure, muscle aches/stiffness, Possible vomiting, fainting, and possible fatalities due to heat & combination of heat & humidity.	
30%	67	73	78	84	90	96	104	113	123	135	148	90-124 degrees, Heat exhaustion, Heat cramps & muscle spasms with prolonged exposure, muscle aches/stiffness, Possible vomiting, fainting, and possible fatalities due to heat & combination of heat & humidity.	
40%	68	74	79	85	93	101	110	123	137	151		90-124 degrees, Heat exhaustion, Heat cramps & muscle spasms with prolonged exposure, muscle aches/stiffness, Possible vomiting, fainting, and possible fatalities due to heat & combination of heat & humidity.	
50%	69	75	81	88	96	107	120	135	150			90-124 degrees, Heat exhaustion, Heat cramps & muscle spasms with prolonged exposure, muscle aches/stiffness, Possible vomiting, fainting, and possible fatalities due to heat & combination of heat & humidity.	
60%	70	76	82	90	100	114	132	149				90-124 degrees, Heat exhaustion, Heat cramps & muscle spasms with prolonged exposure, muscle aches/stiffness, Possible vomiting, fainting, and possible fatalities due to heat & combination of heat & humidity.	
70%	70	77	85	93	106	124	144					90-124 degrees, Heat exhaustion, Heat cramps & muscle spasms with prolonged exposure, muscle aches/stiffness, Possible vomiting, fainting, and possible fatalities due to heat & combination of heat & humidity.	
80%	71	78	86	97	113	138						90-124 degrees, Heat exhaustion, Heat cramps & muscle spasms with prolonged exposure, muscle aches/stiffness, Possible vomiting, fainting, and possible fatalities due to heat & combination of heat & humidity.	
90%	71	79	88	102	122							90-124 degrees, Heat exhaustion, Heat cramps & muscle spasms with prolonged exposure, muscle aches/stiffness, Possible vomiting, fainting, and possible fatalities due to heat & combination of heat & humidity.	
100%	72	80	91	108								90-124 degrees, Heat exhaustion, Heat cramps & muscle spasms with prolonged exposure, muscle aches/stiffness, Possible vomiting, fainting, and possible fatalities due to heat & combination of heat & humidity.	

130 degrees & higher, Sunstroke & heatstroke highly likely, CANCEL PRACTICE FOR THE SAFETY OF ALL PLAYERS.

#### DIRECTIONS FOR USING THE MAXIM THERMO-HYDROMETER

1. Turn the dial on the left side of the meter to the "HEAT INDEX" position.
2. Read the temperature & humidity readings on the scale corresponding to the temperature & humidity.
3. Read the "Heat Index" on the scale corresponding to the "Heat Index" table.



## Heat Acclimatization and Preventing Heat Illness

- Use the "BUDDY SYSTEM"
  - Assign student-athletes a "Buddy" and have them monitor each other for signs and symptoms of heat related problems
- Signs of Possible Heat Stroke
  - Altered consciousness
    - Semi-consciousness, confused, irrational behavior
  - Combative
  - Headache, dizziness, weakness
  - Hot skin – with or without sweating
  - Increased heart and breathing rates
  - Nausea, vomiting or diarrhea



## Heat Acclimatization and Preventing Heat Illness



## Lightning Guidelines

ALL thunderstorms produce lightning and are dangerous.

Lightning often strikes as far as 10 miles away from the storm.

Each school should have a lightning safety plan, which includes knowing where teams & spectators will go and how long it will take them to get there safely.



## Lightning Guidelines



## 2016 NFHS Football Rules Changes



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### TOOTH AND MOUTH PROTECTORS RULE 1-5-1d(5)a

TOOTH AND MOUTH PROTECTORS THAT ARE COMPLETELY CLEAR OR COMPLETELY WHITE ARE NOW LEGAL TO WEAR.

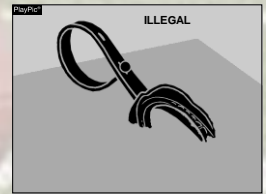


RULE CHANGE



### TOOTH AND MOUTH PROTECTORS RULE 1-5-1d(5)a

TOOTH AND MOUTH PROTECTORS THAT HAVE BEEN CHEWED OR ALTERED SO THEY NO LONGER PROVIDE THE NECESSARY PROTECTION MUST BE REPLACED.

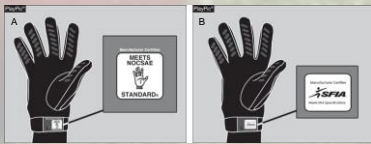


RULE CHANGE



### GLOVES RULES 1-5 NOTE, 1-5-2b

GLOVES ARE NOW REQUIRED TO CARRY EITHER THE NATIONAL OPERATING COMMITTEE ON STANDARDS FOR ATHLETIC EQUIPMENT (NOCSAE) SEAL (PLAYPIC A) OR THE NEW SPORTS AND FITNESS INDUSTRY ASSOCIATION (SFIA) SEAL (PLAYPIC B). THE SEALS MUST BE VISIBLE AND APPEAR LEGIBLY ON THE EXTERIOR WRIST OPENING OF THE GLOVE.



RULE CHANGE



### CLIPPING RULES 2-17, 9-3-6, 9-3 penalty

THE EXCEPTION THAT ALLOWED CLIPPING IN THE FREE-BLOCKING ZONE HAS BEEN ELIMINATED.



RULE CHANGE



### CLIPPING RULES 2-17, 9-3-6, 9-3 penalty

IT IS STILL LEGAL TO CLIP A PLAYER WHO IS A RUNNER OR IS PRETENDING TO BE A RUNNER.



RULE CHANGE



### CLIPPING RULES 2-17, 9-3-6, 9-3 penalty

CLIPPING, BLOCKING BELOW THE WAIST AND BLOCKING IN THE BACK ARE LEGAL METHODS OF BRINGING DOWN A RUNNER OR A PLAYER PRETENDING TO BE A RUNNER.



RULE CHANGE



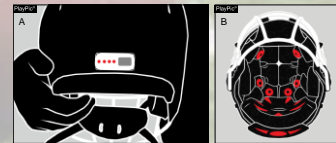
## 2016 NFHS FOOTBALL POINTS OF EMPHASIS

1. Risk Minimization
2. Legal and Illegal Blocks
3. Legal Jerseys, Pants and Pads
4. Unfair Acts



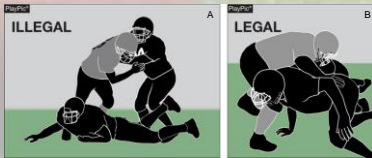
## RISK MINIMIZATION

- Players, parents, coaches, and administrators need to be careful not to use unproven technology such as impact sensors, to diagnose a concussion, or even as a tool to decide if a concussion should or should not be suspected.



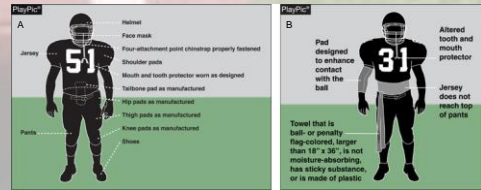
## LEGAL AND ILLEGAL BLOCKS

- Illegal blocks such as chop blocks (PlayPic A) are not to be taught and must be penalized. Legal techniques such as low-low combination blocks in the free-blocking zone (PlayPic B) are effective and minimize risk.



## LEGAL JERSEYS, PANTS AND PADS

- The player in PlayPic A is wearing the required uniform and equipment. Examples of illegal pads, equipment or uniform are seen in PlayPic B.



## FOOTBALL JERSEYS RULES 1-5-1b(2)a, (3)a

- The front and back of the football jersey may contain the school name, school logo, school nickname or player name (PlayPic A). Team nicknames such as seen on the jersey in PlayPic B are illegal.



## ILLEGAL FOOTBALL JERSEY (SHOULDER PAD NOT COVERED)





www.nfhs.org

### ILLEGAL FOOTBALL JERSEY (SHOULDER PAD NOT COVERED)



www.nfhs.org

### ILLEGAL FOOTBALL JERSEY (BACK PAD NOT COVERED)



www.nfhs.org

### Illegal Football Pants (Knees Not Covered)



www.nfhs.org

### Illegal Football Pants (Knees Not Covered)



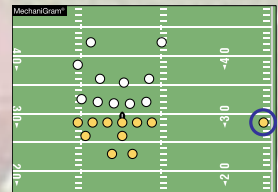
www.nfhs.org

### Illegal Football Pants (Knees Not Covered)



### UNFAIR ACTS

- Acts such as the "hide-out play" depicted in the MechaniGram are illegal.



**CAUTION: DO NOT STOP THIS  
PRESENTATION OR CLOSE YOUR BROWSER**

At the conclusion of the verification page, you will be provided with a certificate of completion.

**Coaches – please print three (3) copies of the verification certificate**  
**One for your records**  
**One for your administrator**  
**One for your coaching authorization renewal**

**Officials – please print one copy of the verification certificate for your files**

**You may now click on the button to the right of your screen that says:  
I'm FINISHED Watching the Rules Meeting Video**  
**You will be directed to the verification screen followed by the verification certificate**

