



2026 WVSSAC

FOOTBALL RULES CLINIC



CLINIC SIGN-IN
Coaches Only

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WVSACA

*West Virginia Schools
Athletic Coaches Association*

- Scholarships for student-athletes
- Coach of the Year recognition
- North-South Football Classic
- Legislative advocacy support
- Visit: wvcoaches.org



FOOTBALL COACHES ADVISORY COMMITTEE

DISTRICT	MEMBER	SCHOOL
I	Chris Daugherty	Wheeling Park
II	Brian Thomas	Musselman
III	Paul Burdette	Roane County
IV	Chris Beck	Williamstown
V	John Lilly	Independence
AL1	Brad Dingess	Spring Valley
AL2	AJ Rapp	Tucker County
AL3	Daran Hays	North Marion
AD	Steve Campbell	WVADA

District Terms = 4 years
At-Large Terms = 3 years

Send an email to
chris.wells@wvssac.org
if interested in serving
on the committee.



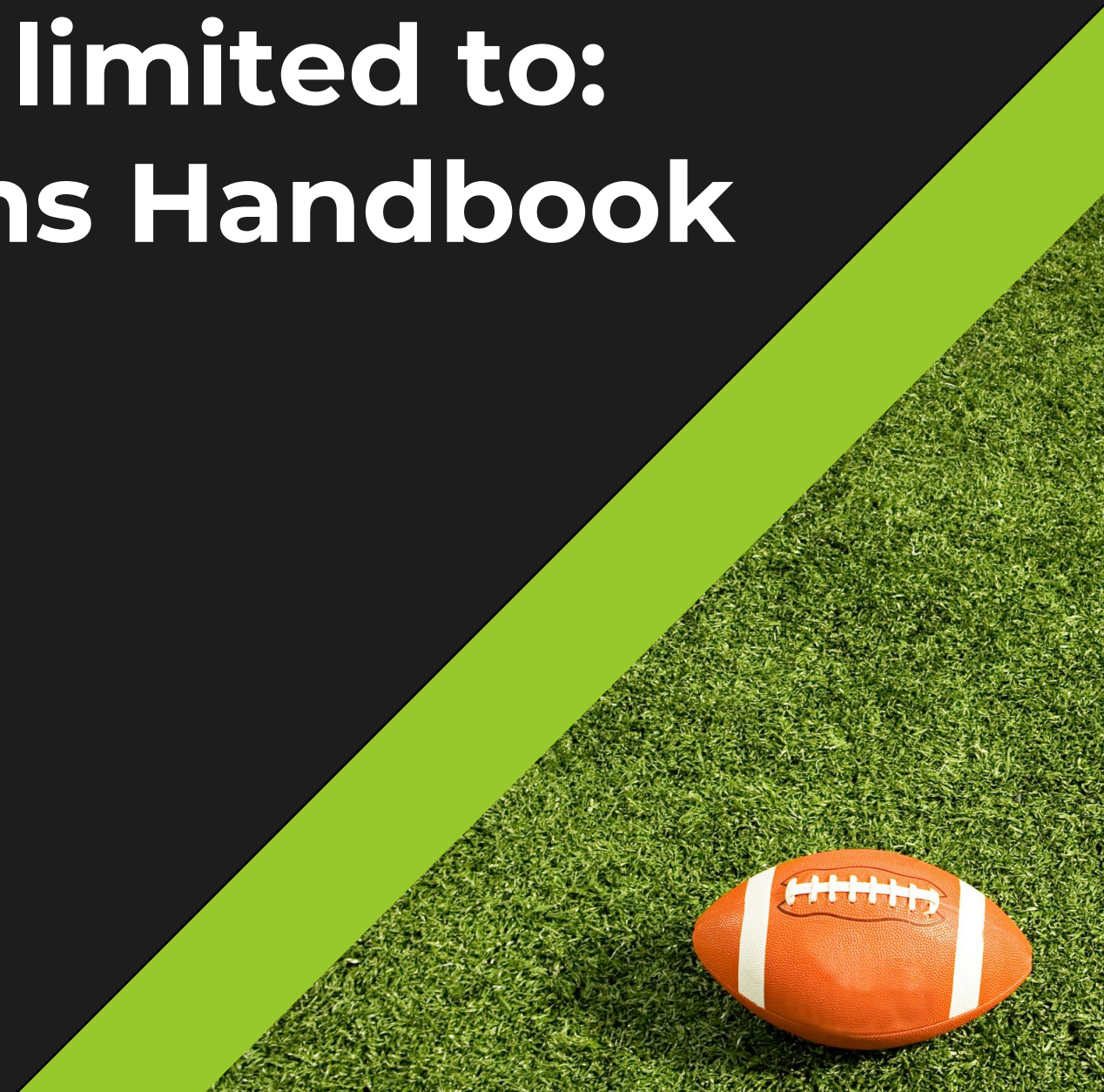


IMPORTANT REMINDERS

You are responsible for the knowledge of the entire content presented and referenced today.

This includes, but is not limited to:

- **WVSSAC Rules and Regulations Handbook**
- **Coaches Packets**
- **Sports Medicine Packet**
- **Football Playoff Manual**
- **Interscholastic**



SUMMER STARTS HERE!
Offers End June 1

ALL-NEW 2026 RAV4
AS LOW AS
4.99%
/60 MOS

toyota.com

0.0% APR FINANCING OFFERS AVAILABLE TO WELL-QUALIFIED BUYERS THROUGH TOYOTA FINANCIAL SERVICES. ANNUAL PERCENTAGE RATES (APR) \$18.87 FOR EACH \$1000 BORROWED. RESTRICTIONS APPLY. SEE DEALER FOR MAXIMUM AMOUNT WHICH CAN BE FINANCED AT ADVERTISED APR. NOT ALL BUYERS WILL QUALIFY. TAKE RETAIL DELIVERY FROM NEW DEALER STOCK BY 5/7/26. SUBJECT TO VEHICLE AVAILABILITY. DEALER FEES ARE EXTRA AND VARY BY DEALER. DEALER SETS FINAL PRICE. OFFER MAY NOT BE COMBINED WITH OTHER OFFERS UNLESS SPECIFIED OTHERWISE. VEHICLE SHOWN MAY BE PROTOTYPE AND/OR SHOWN WITH OPTIONS. OFFERS END 6/1/26.



NFHS: One-way Electronic Communications Allowed for Pitchers Under 2027 High School



West Virginia Secondary School Activities Commission
The official Facebook page for the WVSSAC

39

NFHS: One-way Electronic Communications Allowed for Pitchers Under 2027 High School Softball Rules Changes
shorturl.at/oB1OY

2 days ago

27 3 13







IMPORTANT DATES

HIGH SCHOOL FOOTBALL PROGRESSIONS

First Practice: August 3

Days 1-2: Helmets Only - No Contact

Days 3-4: Helmets & Shoulder Pads (soft equipment contact only)

Day 5: Full Pads (soft equipment contact only)

Day 6: Full Pads, Full Contact

First Scrimmage Date: Friday, August 14 (after 4:00 PM)

First Game: Week of August 24-29 (Friday, August 28)





IMPORTANT DATES

MIDDLE SCHOOL FOOTBALL PROGRESSIONS

First Practice: August 10

Days 1-3: Helmets Only, No Contact

Days 4-6: Helmets & Shoulder Pads (soft equipment contact only)

Day 7-8: Full Pads, soft equipment contact only

Day 9-12: Full Pads, Full Contact

First Scrimmage Date: Week of August 24-29

First Game: Week of August 31 - September 5

Season End Date: October 31





FOOTBALL PRACTICE

REQUIRED GUIDELINES

1. Review Coaches Packet
2. 3-hour practice limit
 - * Includes on-field, weightroom, conditioning
 - * No consecutive two-a-day practices
 - * 3-hour break between two-a-day practices
3. Live Action Contact
 - * 30 minutes/day
 - * 90 minutes/week
4. Follow Contact Definitions – Control, Thud, Live Action





CONTACT DEFINITIONS

<u>CONTACT</u>	<u>INTENSITY</u>	<u>DESCRIPTION</u>
AIR	0	Players run a drill unopposed without contact
BAG	1	Drill is run against a bag or another soft-contact surface.
CONTROL	2	Drill is run at assigned speed until the moment of contact, one player is pre-determined the “winner” by the coach. Contact remains above the waist and players stay on their feet.
THUD	3	Drill is run at assigned speed to competitive speed through the moment of contact; no pre-determined “winner.” Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.
LIVE ACTION	4	Drill is run in game-like conditions and is the only time that players are taken to the ground.





ELIGIBILITY AND ROSTERS

REQUIRED GUIDELINES

- Schools must submit eligibility and rosters online prior to the first contest.
- Fines will be assessed if not completed.
- Please work with the athletic director and school administrators to complete both and submit online.

ARBITER

SCHEDULE PAYROLL **ELIGIBILITY** PEOPLE RESOURCES REPORTS SETTINGS

Schedule League Scheduler Tournaments

Simple Advanced

Find by Game ID

July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Today

All Schedule Types

All Sports/Activities

All Levels

All Schedule Statuses

0 Events 7/10/2026 - 7/10/2026

Action (0)

No Results Found

Action (0)

List Month Print View 25

List Month Print View 25





LEGAL DUTIES OF A COACH

- Properly plan the activity...document!
- Provide proper instruction
- Warn of inherent risks
- Provide a safe physical environment.
- Provide adequate and proper equipment
- Match athletes appropriately
- Evaluate athletes for injury or incapacity
- Supervise activity closely
- Provide appropriate emergency assistance
- Protect against physical and psychological harm from others





SPORTSMANSHIP

**EVERYONE'S
CONCERN**

**Points of Emphasis:
Foul Language
Conduct**

Officials

Athletes

Coaches

Fans

Parents

Administrators





HANDSHAKE LINE PROTOCOL

- Security and administrators monitor the line.
- Teams stay on assigned sides.
- No cheerleaders or other non-essential personnel in the handshake line.
- Players proceed directly to designated areas after the handshake.





WVSSAC = NO TOBACCO

**WEST VIRGINIA STATE BOARD OF EDUCATION
POLICY 4373**

**PROHIBITS THE USE OF ANY TOBACCO PRODUCTS
ON SCHOOL PROPERTY AND DURING SCHOOL
RELATED EVENTS**



COACHES

- **All Coaches must be hired or approved by the County Board of Education and have completed Form 39 and pay the \$35.00 fee to the WVDE.**
- **Discuss eligibility issues with your Administration.**
- **Bench clearing – keep players in your bench area.**





REQUIRED ONLINE COURSES

- Concussion In Sports (annually)
- Sudden Cardiac Arrest (annually)
- Heat Illness Prevention (one time for new coaches)
- All courses are FREE and can be accessed on the WVSSAC homepage or nfhslearn.com.





ELECTIVE NFHS COURSES

[Back to Courses](#)



Recommended for: Coach
Football Tackling
Elective Course



Take the course:
Football Tackling


[Description](#) [Course Outline](#) [FAQs](#)

Please Select Your State [\\$](#) [Order Course](#)

Description

Football is a physical game. Proper tackling skills and technique can help minimize the risk associated with the sport.

The NFHS has developed this free course, Football Tackling, with support from national football experts, including high school football coaches and administrators.

The videos and other resources in this course will help you teach, evaluate and program tackling for your team. You will be introduced to common types of tackles, the fundamentals that help create a more effective and safer tackle, and the basics of equipment fitting. You will discover methods for programming and managing the learning process and important issues of contact load will be addressed, including intensity and impact during drills.



**Coaches Association**
Join Today!
 Insurance Coverage
 Rules App Access



The NFHS is an accredited institution by Cognia and exceeds the same high standards that are expected from schools across the country.

[Learn more](#)

[Share on Facebook](#) [Share on Twitter](#)

- Bullying, Hazing, and Inappropriate Behaviors (Free)
- CPR & AED Training (\$10.00)
- First Aid, Health, and Safety (\$45.00)
- Sportsmanship (Free)





EJECTION POLICY

- Coach or Player
- First time – 1 game
- Second time – 2 games
- Underclassman - carries over to next season
- Senior - carries over to the next sport
- Out of sight and sound
- Cannot attend contest during suspension





APPEAL PROCESS FOR A DISQUALIFIED PLAYER

- **Administrators must complete the Ejection Review Form on the WVSSAC website.**
- **Video evidence is strongly recommended to support the appeal.**
- **Email video clips for review to: chris.wells@wvssac.org and wayne.ryan@wvssac.org**
- **Do not submit Hudl play numbers.**
- **Include the actual video clip in the email for review.**
- **Must be submitted within 24 hours of the ejection.**





OUT OF SEASON COACHING

32 FLEX DAYS

- **Must have Principal approval.**
- **Current cycle (26-27): Ends June 12**
- **New Cycle (27-28): Starts June 14**
- **Flex days cannot be used during the first week of a HS or MS season.**
- **Use of any part of the day for an activity will count as a flex day.**
- **Flex days can only be used on Sunday with WVSSAC approval.**
- **Flex days cannot be used as part of the tryout.**
- **Flex days must be voluntary for athletes.**





OUT OF SEASON COACHING

32 FLEX DAYS

- Only athletes enrolled in your school may participate in flex days.
- 8th grade students may participate in flex days at the feeder high school upon completion of their season.
- Dead Periods: Two weeks surrounding Christmas Day and New Years and Week of July 4. (July 4-10, 2027)
- Flex days do not roll over from previous year.
- These days do not count toward regular season progression.





OUT OF SEASON COACHING

32 FLEX DAYS

- Player to player contact is strictly prohibited.
- Helmet only participation is recommended.
- Individual HS players may progress to wearing shoulder pads on the third consecutive day (MS = Day 4) and start soft equipment contact (bag, shields, sleds, tackling wheel, etc.). **NO LIVE PLAYER TO PLAYER CONTACT!**
- At no point shall a player be permitted to wear full pads. Helmet and shoulder pads are the most an individual may progress to wearing.





OUT OF SEASON COACHING

32 FLEX DAYS

- An athletic trainer must be present during Flex Days unless there is a coach present that is **CERTIFIED** in CPR, AED, and First Aid.
- If a player misses three or more consecutive days within the progression, the player must start over the progressions.
- Follow the WVSSAC Heat Acclimatization and Heat Illness Policy and Procedures.





GENERAL INFORMATION

- **Fall Sports team members joining the football team must practice 12 days, not five, before becoming eligible.**
 - **Reason: Football Progression Protocol**
- **Military Rule: (if not back for the first practice) Start with helmet and shoulder pads and soft equipment contact only. Follow remaining progressions for a total of 10 days before competition.**





GENERAL INFORMATION

CONTINUED

- Middle School Football will play overtime until a winner is determined.
- On-field microphones for officials are required to host a playoff game.
- Officials - Please provide high school & middle school head coaches an introduction card. There should be introduction card for all games.





RULES AND REGULATIONS

REMINDERS

- **127-2-5 – Semester and Season. Maximum of 14 consecutive semesters or 7 consecutive seasons of eligibility in grades 6-12.**
- **127-3-7 – Out of Season Coaching – Coaches now allowed to be involved in community-based athletic programs as long as coaching is not involved.**

GRADE	SEMESTERS
6	14-13
7	12-11
8	10-9
9	8-7
10	6-5
11	4-3
12	2-1



RULES AND REGULATIONS REMINDERS

CONTINUED

- **127-2-6 – Scholarship.** Expelled students from in or out of state who transfer to a member school are not eligible until completion/expiration of the assigned expulsion.
- **127-2-7 – Residence/Transfer –** Students in grades 6-12 who live out of state and transfer to a member school are not eligible for extracurricular activities.





RULES AND REGULATIONS

REMINDERS

CONTINUED

127-2-10: Non-School Participation

- **May not participate in any practice or contest.**
- **Permitted: Fundraisers, tryouts, pictures, evaluation camps, one-day showcases.**
- **Must have approval from administration.**
- **Athlete cannot miss a school event to attend the non-school activity.**
- **Violations will result in a loss of eligibility for the remainder of the season.**





WVSSAC RULE REMINDERS

- **127-2-9 Undue Influence – Recruiting**
 - Recruiting is not allowed.
 - No person affiliated with the school (coach, player, parent, etc.)
- **Social Media – Be careful what is posted.**
 - If violations occur = provide evidence.
- **Out of season coaching – Cannot work with students in your grade assignment plus one grade below.**
- **Age – Cannot turn 15 for MS or 19 for HS before July 1**





NEW TRANSFER RULE

Grades 9 & 10

ONE-TIME TRANSFER RULE

Who is Eligible?

Freshmen (9th Grade) & Sophomores (10th Grade). This applies fully to public, private, Hope Scholars, homeschool, micro schools, learning pods, and charter school students.

What are the rules?

- Students are permitted **one (1) transfer** during their 9th or 10th-grade years with immediate eligibility if transfer is prior to September 1st.

ACTIVE SPORTS SEASON EXCEPTION

If you transfer during an active season and have already participated (including tryouts/practices/scrimmages/games), you are eligible for all sports **except** that specific sport for the remainder of that season.

Grades 9, 10 & 11

"TRANSFER-BACK" PROVISION

What is this rule?

Allows students to return back from an out-of-attendance-zone school to the member school in the attendance zone where their parents reside.

The Requirements:

- Must be returning to the student's **originally identified "home" school.**
- **On or Before September 1 of Junior Year:** Immediate athletic eligibility is granted
- **After September 1:** The student will be **ineligible for the remainder of that academic year** (regains eligibility the following year, assuming GPA rules are met).

ACTIVE SPORTS SEASON EXCEPTION

Students are entitled to **only one (1) transfer-back** prior to September 1 of their Junior year.
Use it carefully.

OTHER INFORMATION

- Enroll on or before **September 1.**
- **Upperclassmen DO NOT have a one-time transfer.**
- **Without a waiver, must sit out 365 days.**





POSTING GAME SCORES

Schools are required to post scores by noon Monday following the game date. (Principal or Athletic Director).

If scores are not posted by noon Monday, there will be a \$50.00 fine for each week.

Need the Information – Do not want to assess fines.





FOOTBALL RATING POINTS SCALE

AAAA 15 AAA 12 AA 9 A 6

Revised Strength of Schedule Component

If you lose to an opponent, you will get the following bonus points for every game that opponent wins in their classification or above.

AAAA 1.5 AAA 1.2 AA .9 A .6

Bonus Points

All bonus points for wins will be 1 bonus point regardless of classification.





FOOTBALL PLAYOFFS

- **Program Information – Online**
 - Names, numbers, positions, auxiliary personnel, school administration, county personnel, coaches, assistant coaches, and cheerleaders – ALL submitted by school online
- **Official Football – WILSON GST or WILSON GRT - Must be used in all playoff games.**
- **Required playoff meetings at the WVSSAC Office for Week 1 and for State Football Championships. (Head Coach and an Administrator must attend)**

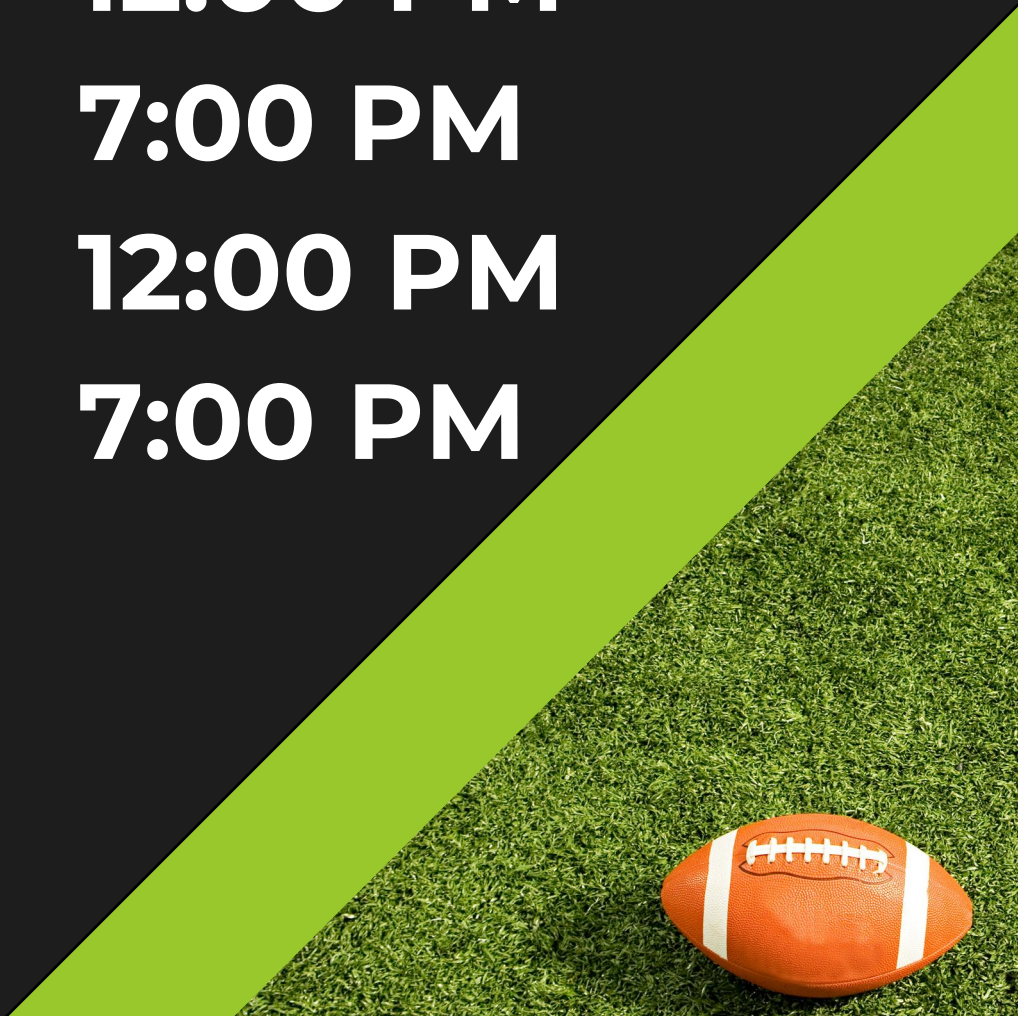




FOOTBALL PLAYOFFS



AAA	Friday, December 4	12:00 PM
AAAA	Friday, December 4	7:00 PM
A	Saturday, December 5	12:00 PM
AA	Saturday, December 5	7:00 PM





ATHLETIC TRAINER

- Professional Service Certificate
 - Certified Athletic Trainer
- Athletic Trainer Certificate
 - WVDE approved
 - LAT, ATC
- Limited Football Trainer Authorization
 - WVDE approved
 - May include the following:
 - RN, EMT, LPN, Etc.





PHYSICAL EXAMS

- Students may not participate without a completed/signed physical.
 - Student (1), Parent (2), and Physician (1)
- Physicals must be dated/signed on or after May 1, 2026; ending after state baseball championship 2027.
- Physical Form last updated on website March 2026.
- Physical requirements for flex days are up to the county board of educations.



WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION

2875 Staunton Turnpike - Parkersburg, WV 26104

Revised 3-20

ATHLETIC PARTICIPATION/PARENTAL CONSENT/PHYSICIAN'S CERTIFICATE FORM
(Form required each school year on or after May 1st. File in School Administration Office)

ATHLETIC PARTICIPATION/ PARENTAL CONSENT

PART I

Name _____ School Year: _____ Grade Entering: _____

Home Address: _____ Home Address of Parents: _____

City: _____ City: _____

Phone: _____ Date of Birth: _____ Place of Birth: _____

Last semester I attended _____ (High School) or (Middle School). We have read the condensed eligibility rules of the WVSSAC athletics. If accepted as a team member, we agree to make every effort to keep up schoolwork and abide by the rules and regulations of the school authorities and the WVSSAC.

PART II - PARENTAL CONSENT

INDIVIDUAL ELIGIBILITY RULES

- Attention Athlete! To be eligible to represent your school in any interscholastic contest, you:
- Must be a regular bona fide student in good standing of the school. (See exception under Rule 127-2-3) must qualify under the Residence and Transfer Rule (127-2-7)
- Must have earned at least 2 units of credit the previous semester. Summer School may be included. (127-2-6)
- Must have attained an overall "C" (2.00) average the previous semester. Summer School may be included. (127-2-6) must not have reached your 15th (MS), 19th (HS) birthday before July 1 of the current school year. (127-2-4)
- Must be residing with parent(s) as specified by Rule 127-2-7 and 8, unless parents have made a bona fide change of residence during school term. Unless an AFS or other Foreign-Exchange student (one year of eligibility only).
- Unless the residence requirement was met by the 365 calendar days attendance prior to participation, if living with legal guardian/custodian, may not participate at the varsity level. (127-2-8)
- Must be an amateur as defined by Rule 127-2-11.
- Must have submitted to your principal before becoming a member of any school athletic team Participation/Parent Consent/Physician Form, completely filled in and properly signed, attesting that you have been examined and found to be physically fit for athletic competition and that your parents' consent to your participation. (127-3-3)
- Must not have transferred from one school to another for athletic purposes. (127-2-7)
- Must not have received, in recognition of your ability as a HS or MS athlete, any award not presented or approved by your school or the WVSSAC. (127-3-5)
- Must not, while a member of a school team in any sport, become a member of any other organized team or as an individual participant in an unsanctioned meet or tournament in the same sport during the school sport season (See exception 127-2-10).
- Must follow All Star Participation Rule. (127-3-4)
- Must not have been enrolled in more than (14) semesters in grades 6 to 12.
- Eligibility to participate in interscholastic athletics is a privilege you earn by meeting not only the above listed minimum standards but also all other standards set by your school and the WVSSAC. If you have any questions regarding your eligibility or are in doubt about the effect any activity or action might have on your eligibility, check with your principal or athletic director. They are aware of the interpretation and intent of each rule. Meeting the intent and spirit of 'WVSSAC' standards will prevent athletes, teams, and schools from being penalized.

MEDICAL DISQUALIFICATION OF THE STUDENT-ATHLETE/ WITHHOLDING A STUDENT-ATHLETE FROM ACTIVITY

The member school's team physician has the final responsibility to determine when a student-athlete is removed or withheld from participation due to an injury, an illness or pregnancy. In addition, clearance for that individual to return to activity is solely the responsibility of the member school's team physician or that physician's designated representative.

I understand that participation may include, when necessary, early dismissal from classes and travel to participate in interscholastic athletic contests. I will not hold the school authorities or West Virginia Secondary School Activities Commission responsible in case of accident or injury as a result of this participation. I also understand that participation in any of those sports listed above may cause permanent disability or death. Please check appropriate space: He/She has student accident insurance available through the school (); has football insurance coverage available through the school (); is insured to our satisfaction ().

I also give my consent and approval for the above named student to receive a physical examination, as required in Part IV, Physician's Certificate, of this form, by an approved health care provider as recommended by the named student's school administration.

I consent to WVSSAC's use of the herein named student's name, likeness, and athletically related information in reports of Inter-School Practices or Scrimmages and Contests, promotional literature of the Association, and other materials and releases related to interscholastic athletics.

I have read/reviewed the concussion and Sudden Cardiac Arrest information as available through the school and at WVSSAC.org. (Click Sports Medicine)

Date: _____ Student Signature _____ Parent Signature _____

PART III - STUDENT'S MEDICAL HISTORY
(To be completed by parent or guardian prior to examination)

Name _____ Birthdate _____ / _____ Grade _____ Age _____

Has the student ever had:

Yes No 1. Chronic or recurrent illness? (Diabetes, Asthma, Seizures, etc.,)

Yes No 2. Any hospitalizations?

Yes No 3. Any surgery (except tonsils)?

Yes No 4. Any injuries that prohibited your participation in sports?

Yes No 5. Dizziness or frequent headaches?

Yes No 6. Knee, ankle or neck injuries?

Yes No 7. Broken bone or dislocation?

Yes No 8. Heat exhaustion/sun stroke?

Yes No 9. Fainting or passing out?

Yes No 10. Have any allergies?

Yes No 11. Concussion? If Yes _____ Date _____

Yes No 12. Have any problems with heart/blood pressure?

Yes No 13. Has anyone in your family ever fainted during exercise?

Yes No 14. Take any medicine?

List: _____

Yes No 15. Wear glasses, contact lenses, dental appliances?

Yes No 16. Have any organs missing (eye, kidney, testicle, etc.)?

Yes No 17. Has it been longer than 10 years since your last tetanus shot?

Yes No 18. Have you ever been told not to participate in any sport?

Yes No 19. Do you know of any reason this student should not participate in sports?

Yes No 20. Have a sudden death history in your family?

Yes No 21. Have a family history of heart attack before age 50?

Yes No 22. Develop coughing, wheezing, or unusual shortness of breath when you exercise?

Yes No 23. (Females Only) Do you have any problems with your menstrual periods.

PLEASE EXPLAIN ANY "YES" ANSWERS OR ANY OTHER ADDITIONAL CONCERNS.

I also give my consent for the physician in attendance and the appropriate medical staff to give treatment at any athletic event for any injury.

SIGNATURE OF PARENT OR GUARDIAN _____ DATE _____

PART IV-VITAL SIGNS

Height _____ Weight _____ Pulse _____ Blood Pressure _____

Visual acuity: Uncorrected _____ / _____; Corrected _____ / _____ Pupils equal diameter: Y N

PART V - SCREENING PHYSICAL EXAM

This exam is not meant to replace a full physical examination done by your private physician.

Mouth:

Appliances Y N

Missing/loose teeth Y N

Caries needing treatment Y N

Enlarged lymph nodes Y N

Skin - infectious lesions Y N

Peripheral pulses equal Y N

Respiratory:

Symmetrical breath sounds Y N

Wheezes Y N

Cardiovascular:

Murmur Y N

Irregularities Y N

Murmur with Valsalva Y N

Abdomen:

Masses Y N

Organomegaly Y N

Any "YES" under Cardiovascular requires a referral to family doctor or other appropriate healthcare provider.

Musculoskeletal: (note any abnormalities)

Neck: Y N

Shoulder: Y N

Elbow: Y N

Wrist: Y N

Knee/Hip: Y N

Ankle: Y N

Hamstrings: Y N

Scoliosis: Y N

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response)

	Not at all	Several Days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge.	0	1	2	3
Not being able to stop or control worrying.	0	1	2	3
Little interest or pleasure in doing things.	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

RECOMMENDATIONS BASED ON ABOVE EVALUATION:

After my evaluation, I give my:

_____ Full Approval;

_____ Full approval; but needs further evaluation by Family Dentist _____; Eye Doctor _____; Family Physician _____; Other _____;

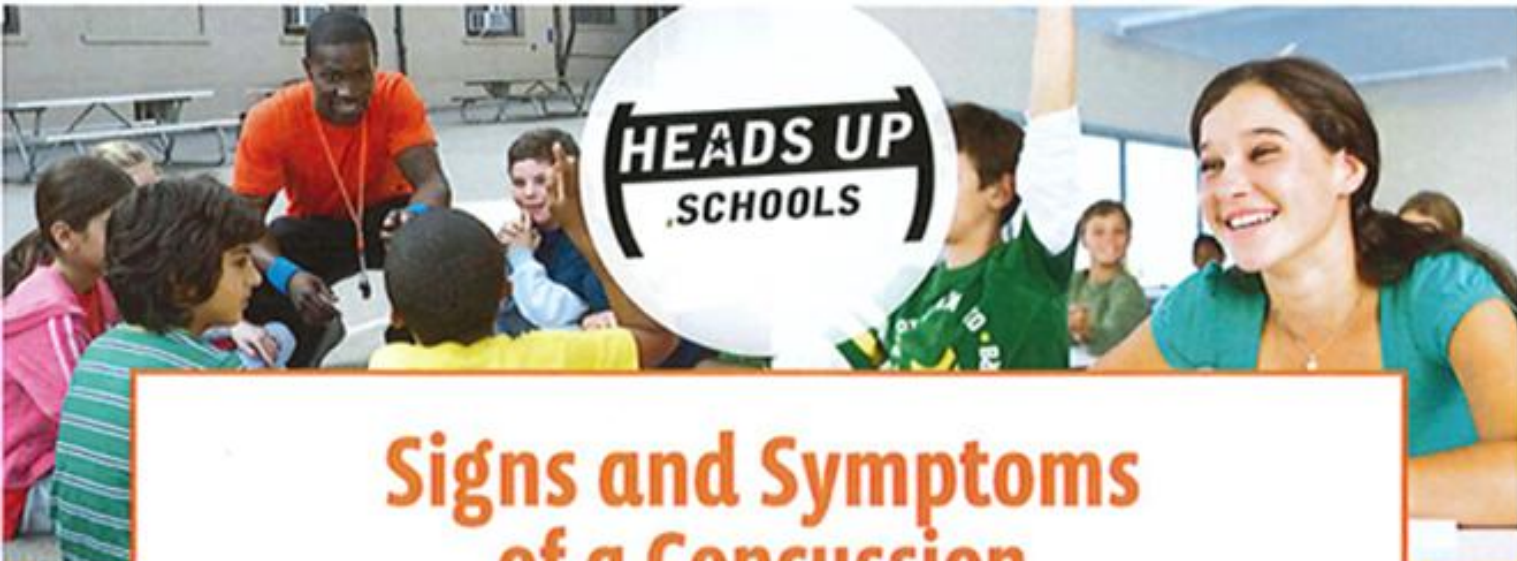
_____ Limited approval with the following restrictions: _____.

_____ Denial of approval for the following reasons: _____.

MD/DO/DC/Advanced Registered Nurse Practitioner/Physician's Assistant

Date _____





Signs and Symptoms of a Concussion

A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Be alert for **any** of the following signs and symptoms.

SIGNS OBSERVED BY SCHOOL PROFESSIONALS

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events *prior* to hit, bump, or fall
- Can't recall events *after* hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

SYMPTOMS REPORTED BY THE STUDENT

Thinking/Remembering

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

Physical

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

Emotional

- Irritable
- Sad
- More emotional than usual
- Nervous

Sleep*

- Drowsy
- Sleeps *less* than usual
- Sleeps *more* than usual
- Has trouble falling asleep

*Only ask about sleep symptoms if the injury occurred on a prior day.



What can school professionals do?

Know your Concussion ABCs:

- A—Assess the situation
- B—Be alert for signs and symptoms
- C—Contact a health care professional

For more information and to order additional materials
FREE-OF-CHARGE, visit: www.cdc.gov/Concussion

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



WVSSAC
SUDDEN CARDIAC ARREST AWARENESS



What is Sudden Cardiac Arrest?

- Occurs suddenly and often without warning.
- An electrical malfunction (short-circuit) causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart.
- The heart cannot pump blood to the brain, lungs and other organs of the body.
- The person loses consciousness (passes out) and has no pulse.
- Death occurs within minutes if not treated immediately.

What are the symptoms/warning signs of Sudden Cardiac Arrest?

- SCA should be suspected in any athlete who has collapsed and is unresponsive
- Fainting, a seizure, or convulsions during physical activity
- Dizziness or lightheadedness during physical activity
- Unusual fatigue/weakness
- Chest pain
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)
- Family history of sudden cardiac arrest at age <50

ANY of these symptoms/warning signs may necessitate further evaluation from your physician before returning to practice or a game.

What causes Sudden Cardiac Arrest?

- Conditions present at birth (inherited and non-inherited heart abnormalities)
- A blow to the chest (Commotio Cordis)
- An infection/inflammation of the heart, usually caused by a virus. (Myocarditis)
- Recreational/Performance-Enhancing drug use.
- Other cardiac & medical conditions / Unknown causes. (Obesity/Idiopathic)

What are ways to screen for Sudden Cardiac Arrest?

- The American Heart Association recommends a pre-participation history and physical which is mandatory annually in West Virginia.
- Always answer the heart history questions on the student Health History section of the WVSSAC Physical Form completely and honestly.
- Additional screening may be necessary at the recommendation of a physician.

What is the treatment for Sudden Cardiac Arrest?

- Act immediately; time is critical to increase survival rate
- Activate emergency action plan
- Call 911
- Begin CPR
- Use Automated External Defibrillator (AED)

Where can one find additional information?

- Contact your primary health care provider
- American Heart Association (www.heart.org)



DON'T LET AN INJURY LEAD TO AN OPIOID ADDICTION

2 MILLION ATHLETES ARE EXPECTED TO SUFFER A SPORTS INJURY THIS YEAR

MANY OF THESE ATHLETES WILL BE PRESCRIBED OPIOID PAINKILLERS

75% OF HIGH SCHOOL HEROIN USERS STARTED WITH PRESCRIPTION OPIOIDS

HIGH SCHOOL ATHLETES ARE AT RISK OF BECOMING ADDICTED TO PRESCRIPTION DRUGS

- 28.4% used medical opioids at least once over a three year period.
- 11% of high school athletes have used an opioid medication for nonmedical reasons.
- Nearly 25% of students who chronically use prescription opioids also use heroin.

HOW TO PROTECT YOUR CHILD

- Talk to your healthcare provider about alternative pain management treatment options (see below).
First-time prescription opioid users have a 64% higher risk of early death than patients who use alternative pain medication.
- If your child is prescribed an opioid painkiller, talk about the dangers of misusing medication, including overuse and medication sharing.
- Monitor your child's intake of prescription medication to ensure he/she is following dosage instructions.
- Safely dispose of any unused medication through a prescription drug drop box or a DEA Take-Back program.

WHAT ARE OPIOIDS?

Opioids are a powerful and addictive type of prescription painkiller that have similar chemical properties and addiction risks as heroin. While opioids may provide temporary relief, they do nothing to address the underlying injury and can have serious side effects.

These drugs may lead to: dependence, tolerance, accidental overdose, coma and death.

The most common prescribed opioid painkillers in West Virginia are:

- Oxycodone (OxyContin)
- Hydrocodone (Lortab and Vicodin)

NON-NARCOTIC PAIN MANAGEMENT ALTERNATIVES

Physical Therapy
Chiropractic
Massage Therapy
Acupuncture
Over-the-Counter Medication





HEAT ILLNESS POLICY

The policy applies to all practice and conditioning activities (**in season, out of season, summer**) in which heat illness poses a risk, both outdoor and indoor. Contests are also to be considered and modified accordingly.

Prevention:

- Coaches will be notified of any student athlete with pre-existing conditions that place the individual at higher risk of exertional heat illness.

Monitoring:

Monitoring will occur at the beginning of each practice or conditioning session, and continue every 30 minutes during the activity, using a Wet Bulb Globe Thermometer (WBGT) device. The monitoring will be recorded either in a hard copy or stored in the device. Modifications will be made as follows:





HEAT ILLNESS POLICY

WBGT Reading	Activity Guidelines/Modifications
Under 82.0	Normal activities. Provide at least three separate rest breaks each hour with a minimum duration of three minutes each during the workout.
82.0-86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully. Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.
87.0-89.9	Maximum practice time is 2 hours. For football: players are restricted to helmet, shoulder pads, and shorts during practice, and all protective equipment must be removed during conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For all sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
90.0-92.0	Maximum practice time is 1 hour. For football: no protective equipment may be worn during practice, and there may be no conditioning activities. For all sports: There must be 20 minutes of rest breaks distributed throughout the hour of practice.
Over 92.0	No outdoor workouts. Delay practice until a cooler WBGT level is reached.



HEAT ILLNESS POLICY

- **Monitoring of student athlete safety will be continuous during any physical activity. School staff should be educated on the signs and symptoms of exertional heat illness. The signs and symptoms include, but are not limited to:**
- **Headache, confusion or “out of it” look, disorientation, or dizziness, altered consciousness or coma, nausea or vomiting, diarrhea, hot and moist or dry skin. A rectal temperature greater than 104 F at time of incident indicates exertional heat stroke.**





HEAT ILLNESS POLICY

If a student athlete is suspected of having exertional heat stroke, EMS must be called immediately. However, anyone with exertional heat stroke must be COOLED FIRST and then transported by EMS.

A cooling zone must be designated at each practice site. Treatment must include minimum:

- **Removing excess clothing**
- **Placing patient in a cold-water immersion tub (35-59 F), or ice floating on top of tub if no thermometer available to check water temperature.**

Once diagnosed with exertional heat illness, the student athlete must complete a rest period and/or obtain medical clearance from a physician before returning to play, depending on the type of illness diagnosed.





SUDDEN CARDIAC ARREST PREVENTION ACT

- **Emergency Action Plan (EAP) must be completed and uploaded to the WVSSAC website before the first practice.**
- **EAP's are to be posted on the school website and provided to local emergency agencies.**
- **ALL coaches are trained in CPR, AED use, and first aid.**
- **NFHS Sudden Cardiac Arrest course must be completed annually by all coaches and verified by school administration.**
- **AED's are required to be on site for all practices and contests. Check pads and batteries!**
- **Required informational meeting for parents and athletes prior to each sport's season on the warning signs of sudden cardiac arrest. Document attendance!**
- **Any athlete exhibiting syncope or fainting before, during, or after an athletic activity not be allowed to participate in an athletic activity until the student is cleared to return to play by a physician, certified nurse practitioner, certified nurse specialist, or licensed physician assistant.**





EMERGENCY ACTION PLAN

- Please work with your athletic director and school administrators to make sure it is completed.
- Practice your EAP!
- Fines up to \$250 if not submitted by first day of practice.
- EAPs are required by law to be practiced and posted!

Emergency Action Plan Worksheet – Student Response Team									
Coach/Advisor Name:			Activity:			Level:			
1 911 TEAM			2 CPR TEAM			3 AED TEAM			
CALL 911			START CPR			GET THE AED			
CALL 911. Explain emergency. Provide location.			1. Position person on back 2. Put one hand on top of the other on middle of person's chest. Keeping arms straight, push hard and fast, 100 presses/minutes. Let chest completely recoil after each compression. 3. Take turns with other responders as needed			PRACTICE		EVENTS	
Closest Phone			Coach			Closest AED			
EMS Access Point			Person 1			Person 1			
Street Intersection			Person 2			Person 2			
Person 1			Person 3			GET THE ATHLETIC TRAINER			
			WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS			Typical Location			
Person 2			1. Remove clothing from chest. 2. Attach electrode pads as directed by voice prompts. 3. Stand clear while AED analyzes heart rhythm. 4. Keep area clear if AED advises a shock. 5. Follow device prompts for further action. 6. After EMS takes over, give AED to Athletic Administrator for data download.			Person 1			
						Person 2			
MEET AMBULANCE at EMS Access Point. Take to victim.			4 HEAT STROKE TEAM						
			PRACTICE		EVENTS		PREPARE TUB DAILY		
Entry Door/Gate									
Person 1			Tub Location				PRACTICE		
Person 2							EVENTS		
CALL CONTACTS. Provide location and victim's name.			Water Source Location				Person 1		
			Ice Source Location				Person 2		
NAME			CELL						
Athletic Trainer			Ice Towel Location				1. Remove equipment/excess clothing. Move to shade.		
Athletic AD			Student 1				2. Immerse athlete into cold ice water tub, stir water. *If no tub: cold shower or rotating cold, wet towels over the entire body		
Person 1			Student 2				3. Monitor vital signs.		
Person 2							4. Cool First, Transport Second.		
							5. Cool until rectal temperature reaches 102 F if ATC or MD is available.		
							6. If no medical staff, cool until EMS arrives.		



CONCUSSION RETURN TO PLAY PROTOCOL (RTP)

- An athlete removed from a contest that shows signs/symptoms of a concussion shall be immediately evaluated by an appropriate health care professional. If no appropriate health care professional with training in evaluation of head injuries is available, the athlete shall not be allowed to Return to Play.
- Must have written permission to RTP
- WHEN IN DOUBT...SIT THEM OUT!





CONCUSSION RETURN TO PLAY PROTOCOL (RTP)

RTP shall be delayed until the athlete is asymptomatic and has undergone a progression of tests to determine if they are able to RTP. Each step/test in the progression takes 24 hours and no more than one progression per day may be completed.

If any symptoms occur during the progression, the athlete should rest for 24 hours before attempting the same progression again.

- No activity with complete physical and cognitive rest.
- Light aerobic exercise (less than 70% of maximum heart rate).
- Sport specific exercise (drills specific to the athlete's sport).
- Non-contact training drills (more intense sport drills with no contact from other players).
- Full contact practice (following medical clearance).
- Return to play (normal game play).





CONCUSSION REPORTING FORM

- **Fillable Online Form**
 - **WVSSAC.org**
 - **Forms**
 - **Sports Medicine**
 - **Concussion Report Form**
- **Must submit Parts I & II within 30 days of the incident**
- **Part I – Initial incident report**
- **Part II – Documentation of completion of protocol progressions**





APPROVED HEALTH CARE PROVIDERS WHO CAN EVALUATE AND RELEASE TO RETURN-TO- PLAY

- Medical Doctor (MD)
- Doctor of Osteopathy (DO)
- Doctor of Chiropractic (DC)
- Advanced Registered Nurse Practitioner (ARNP)
- Physician Assistant (PA-C)
- Licensed/Registered Certified Athletic Trainer (ATC/R, LAT, ATC)
- Licensed Physical Therapist





PREVENT PARALYSIS

- Prevent Paralysis – DON'T HIT WITH YOUR HEAD or SEE WHAT YOU HIT
- Video must be shown before live contact.
- Document your players watched the video.
- Reinforce Proper Technique!
 - Coach it every day!

Heads Up – Reducing the Risk of Head and Neck Injuries in Football

- Google or YouTube: NATA Heads Up Video





PRE-GAME SAFETY MEETING

Before any athletic contest begins, the host school administration must conduct a brief safety meeting. This meeting should include:

- One coach from each team
- An athletic trainer (if available)
- One game official
- A representative from the visiting school administration (if available)

The purpose is to review available emergency personnel, equipment, and supplies, and to inform officials of the game administrator's location in case of an emergency or a need for crowd behavior issues.

As a reminder, it is the host school's responsibility to ensure the safety of officials before, during, and after an event.





COACHES/OFFICIALS COMMENTS

Coaches: To Comment on a Crew or an Official

- **Email Larry McCloy: refrules90@gmail.com**
- **Summary:**
 - **Positive Comments / Negative Concerns**
 - **Keep comments to the major issue**
 - **Not for calls or non-calls made during the game**



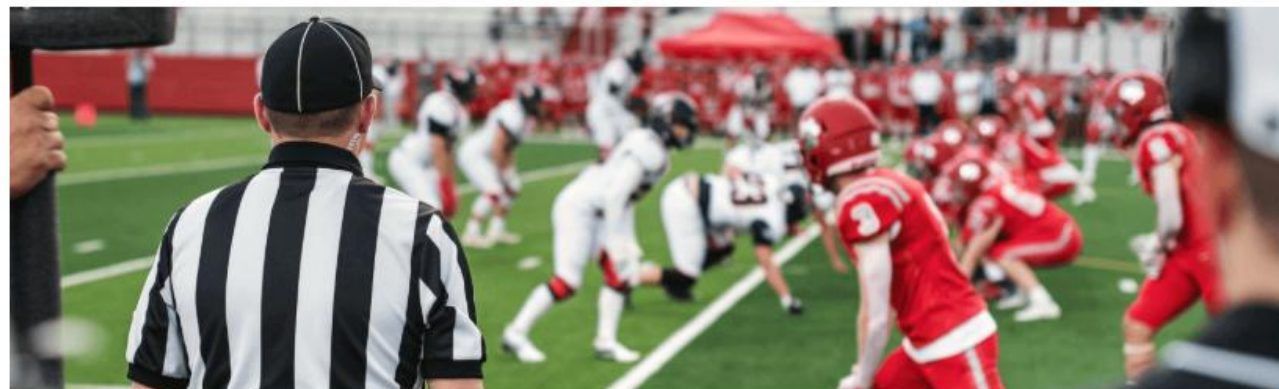


OFFICIALS INFORMATION



[HOME](#) [ABOUT US](#) [COACHES EDUCATION](#) [FORMS](#) [MEDIA](#) [OFFICIALS](#) [RESOURCES](#) [SPORTS & ACTIVITIES](#) [SPORTS MEDICINE](#)

Officials



How to Become an Official

Individuals interested in becoming an official with the WVSSAC must complete a RefReps Officiating Education Course or a Local Board Training course.

You must be at least 16 years of age or older to register for a training class. Those under the age of 18 can only officiate middle school contests with a veteran official.

RefReps– Is an online education system where you will complete the course training. The remainder of the training is in-person with the local board. Officials must submit their certificate of completion to their training instructor, prior to the end of the local board training class, to be eligible to obtain a WVSSAC officiating license. There is an up-front cost to take the online course, but the WVSSAC will waive the registration fee for your first year.

[Click here](#) to view instructions on how to obtain the RefReps online course.

Local Board Training– Is a 30-hour in-person class that consists of 20-hours of classroom work and 10-hours of practicum. Once the class has ended, you will be sent a link to register and pay the required fees. Registration fee is not waived for this option. Contact the WVSSAC for the contact information to the Local Board in your area.

All officials are required to pay a \$17 AOA Insurance Fee and \$10 *Background Check Fee (*not applicable if you are under the age of 18) in addition to the registration fee.

**2026-2027 Arbiter Registration
Opens Friday, May 1!**

Quick Links

— OFFICIALS PACKET & INFO

[Officials Packets](#)

[Officials Handbook](#)

[How to Login to Arbiter](#)

▼ FORMS

▼ OTHER INFORMATION

▼ OFFICIALS ADVISORY COMMITTEE

PACKETS ONLINE

www.wvssac.org

1. wvssac.org
2. Officials Tab
3. Officials Packets
4. Football Officials





FOOTBALL OFFICIALS

ONLINE TEST DATES

Only 1 Test

Begins August 3, 2026

Closes August 24, 2026

Failure to test will result in a drop to Class III





FOOTBALL OFFICIALS

IMPORTANT DATES

Self Nomination Form closes October 12, 2026

Each Board is asked to schedule a visit during practice to the schools in your area.

Goals

- 1. Improve relationship & communication.**
- 2. Clear up rule questions / explain new rules.**
- 3. Encourage players to consider becoming an official.**





SELECTION OF OFFICIALS FOR POSTSEASON

Professionalism

Test Score

Years of Experience / Schedule / Quality of Work

Self Nomination

Observation / Reports





OFFICIALS ONLINE SPECIAL REPORTS

- Access WVSSAC Page in Arbiter
- Login Using Username/Password
- Click Lists and then Forms
- Click “Enter Special Report”
- PLEASE verify all information is correct before you submit!





OFFICIALS REMINDERS

- Communication and professionalism is key!!
- Class III 1st year officials/no varsity games
- In the event of alleged assault (officials or coaches):
 - State Law – 61-2-15A
 - Work with local law enforcement that has jurisdiction in that area.
 - The report must be filed in Magistrate Court.





GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING OR THUNDER DISTURBANCES

National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)

It is important that state associations continue to educate their member schools on the importance of having an established Lightning Policy / Plan in place for all outdoor high school sports and activities and for indoor swimming pools and that this Policy / Plan is current, practiced and executed.

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state association and the nearest office of the National Weather Service.

PROACTIVE PLANNING

1. Assign a specific staff member to monitor local weather conditions before and during practices and contests. This staff member is charged with suspending outdoor activities and determining when to resume activities. Any individual following these guidelines shall not be challenged.
2. Develop an emergency action plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
 - a. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
 - b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to going outdoors and resuming play.
 - c. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count will begin.
 - d. If available, data from a nationally connected network for lightning detection network should be monitored closely when storms are possible or during lightning delays. Play shall be suspended when lightning is within a 10-mile radius of the event and will not be resumed until at least 30 minutes have passed since the last lightning within the 10-mile radius. However, never depend on the reliability of any detection device if the sky looks threatening, you hear thunder, or see lightning*. Visual and audio indications of a storm should always take precedence over information from a mobile app or lightning-detection device.

* – At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.

4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
5. Inform student-athletes and their parents of the lightning policy at start of the season.

October 2024

January 2021

March 2018

October 2014

January 2014

October 2010

October 2007

January 2004

DISCLAIMER – NFHS Position Statements and Guidelines

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time.



NFHS DIGITAL

**DOWNLOAD THE
NFHS DIGITAL APP PLATFORM
FOR RULES PUBLICATIONS**





NFHS NETWORK

Automated Content Platform: Summary



Pixellot Camera



Live Stream
+
VOD



VOD



Coaching Platform



Game Breakdown

Score, Team Stats,
Player Stats



Short Form Videos



100%
Automated



— **REVOLUTIONIZE THE FAN EXPERIENCE** —



OFFICIALS INFORMATION

Licensed Equipment WVSSAC Vendors:

- purchaseofficials.com
- officiallysports.com
- Dan's Sports Shop 304-523-1974
- Ump Attire – ump-attire.com

Larry McCloy

- State Football Clinician
- Chair of the NFHS Football Research Subcommittee





CLINIC SIGN-IN
Coaches Only

GOOD LUCK!





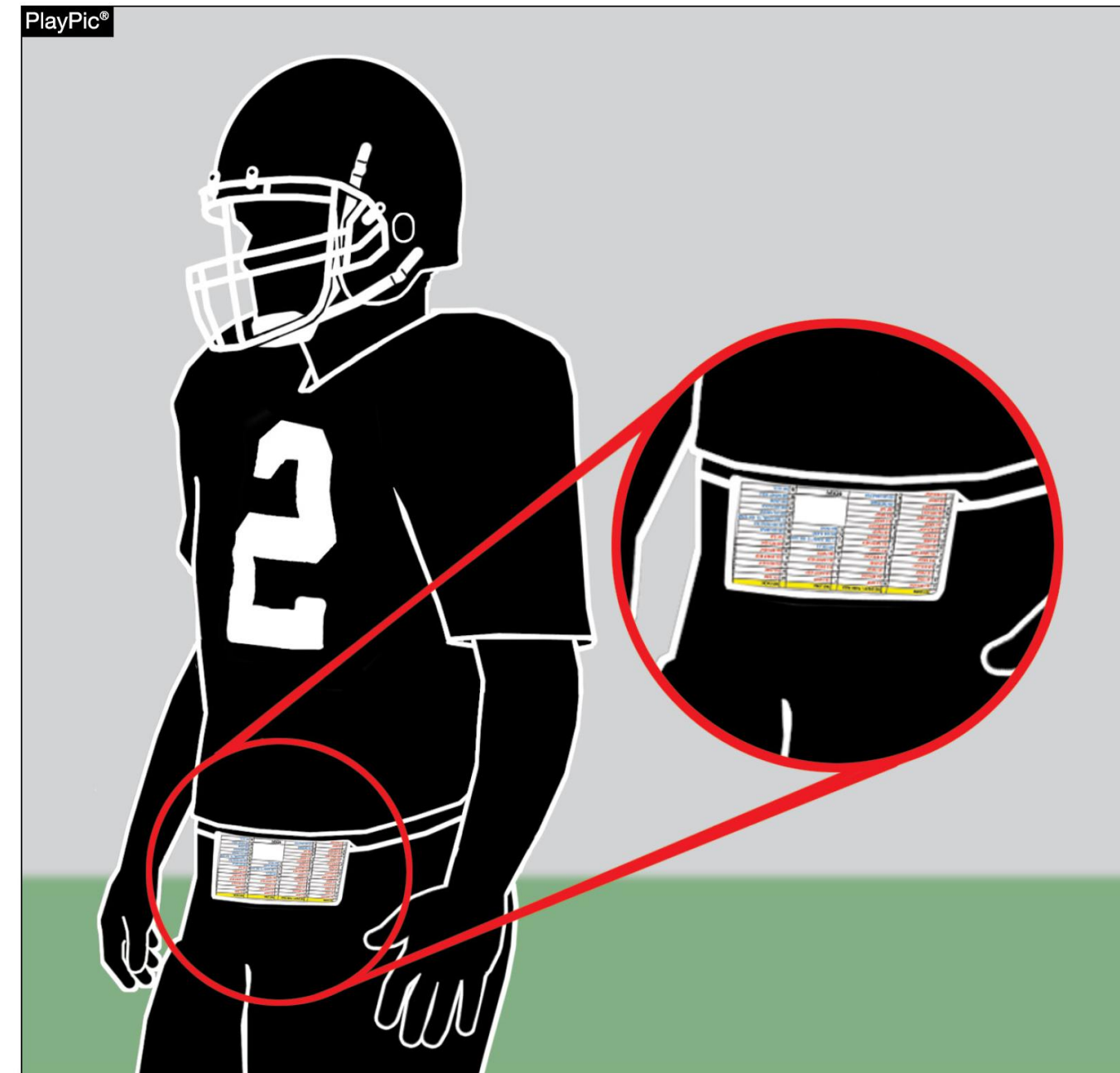
2026 NFHS FOOTBALL RULES CHANGES

Larry McCloy
WVSSAC Football Clinician
Email: refrules90@gmail.com
Cell Phone: (304) 482-4454

PLAY CARDS

RULE 1-5-3c(9)

- “Illegal equipment shall always include but is not limited to:
9. Play cards not worn on the wrist, arm or belt.”

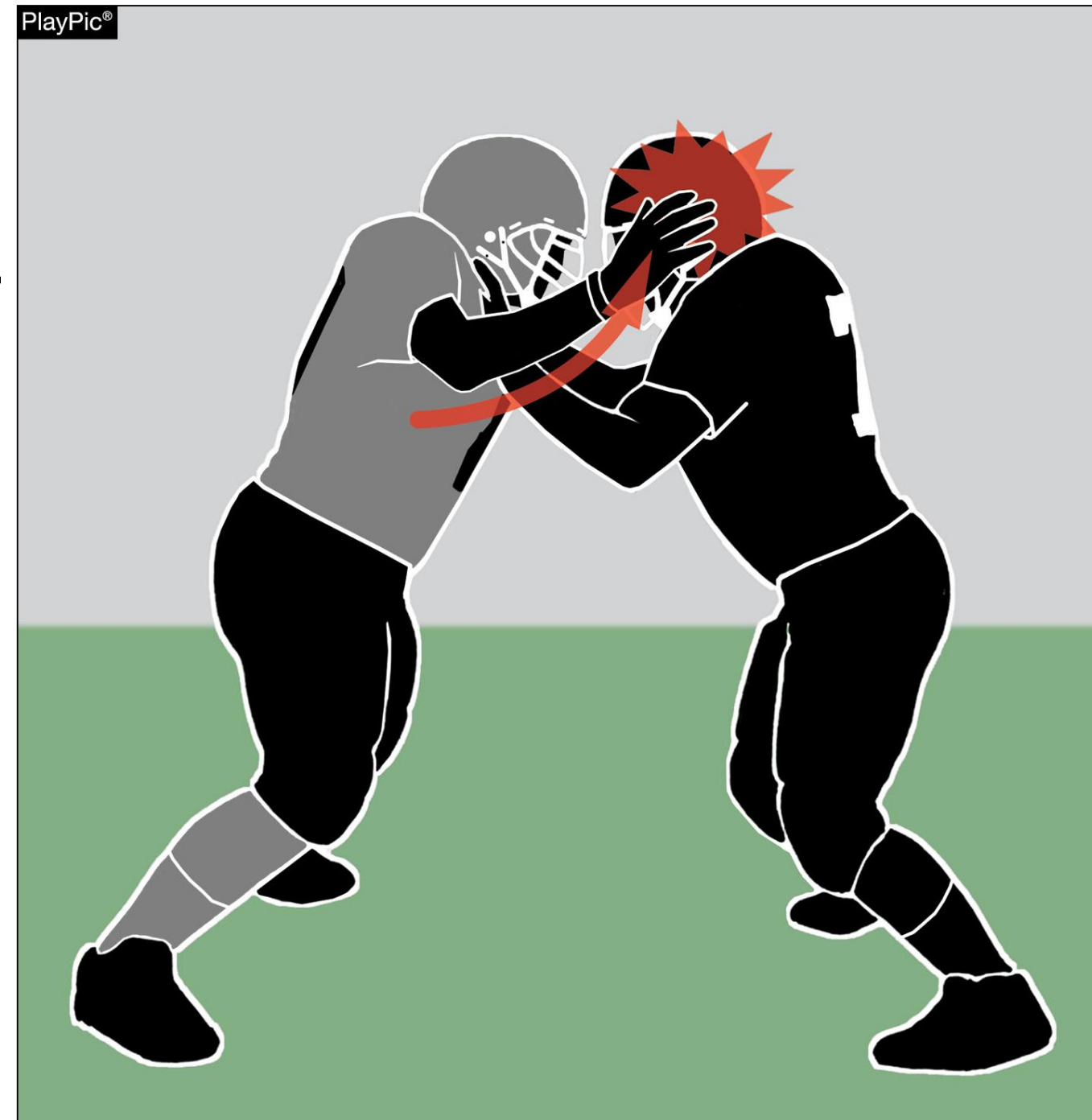


LEGAL

HEAD SLAP

RULE 9-4-7

- “No player may use the hand(s) to slap the opponer head.”



ILLEGAL



2026 NFHS FOOTBALL EDITORIAL CHANGES



GAME ENDING PROCEDURE

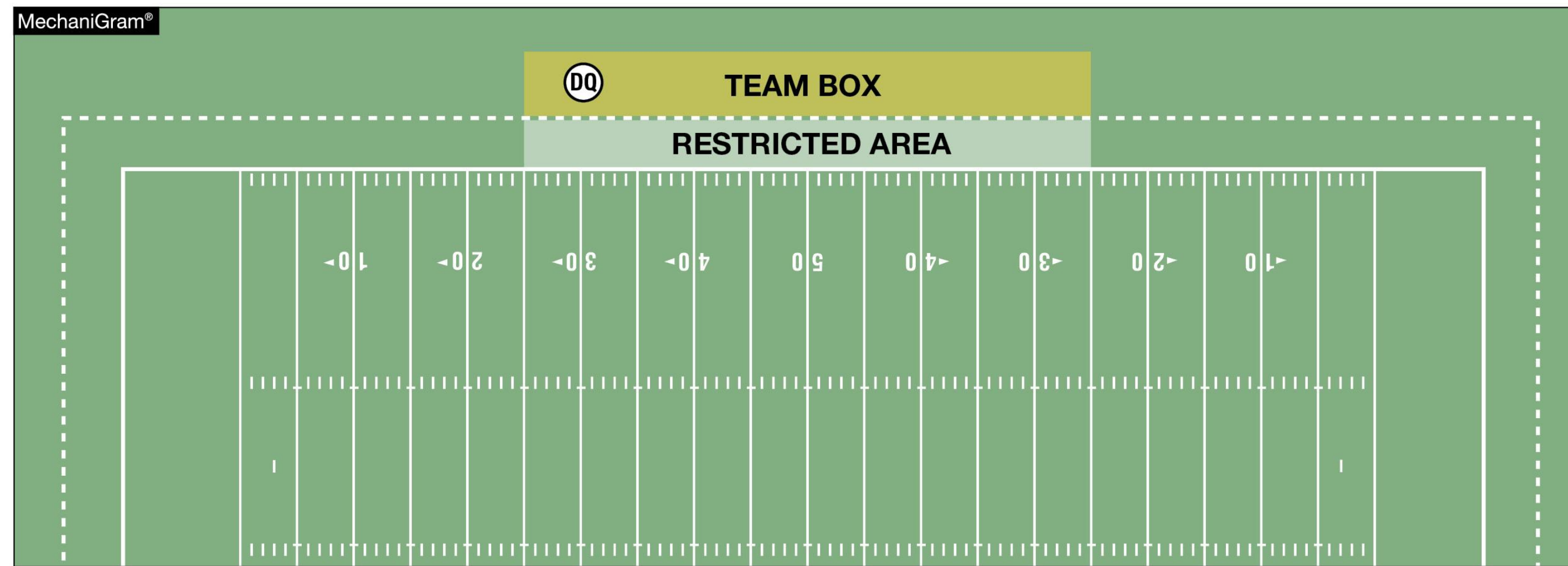
RULE 1-1-8

- The game officials' authority extends through the referee's declaration of the end of the fourth period or overtime. The jurisdiction of the game officials is terminated and the final score has been approved when all game officials leave the visual confines of the playing area. The game officials retain clerical authority over the game through the completion of any reports, including those imposing disqualifications, that are responsive to actions occurring while the game officials had jurisdiction. State Associations may intercede in the event of unusual incidents that occur before, during or after the game official's jurisdiction has ended or in the event that a game is terminated prior to the conclusion of regulation play.

DISQUALIFIED PLAYER

RULE 2-32-6

- A disqualified player is a player barred from further participation in a game. A disqualified player can be permitted to remain in the team box area.

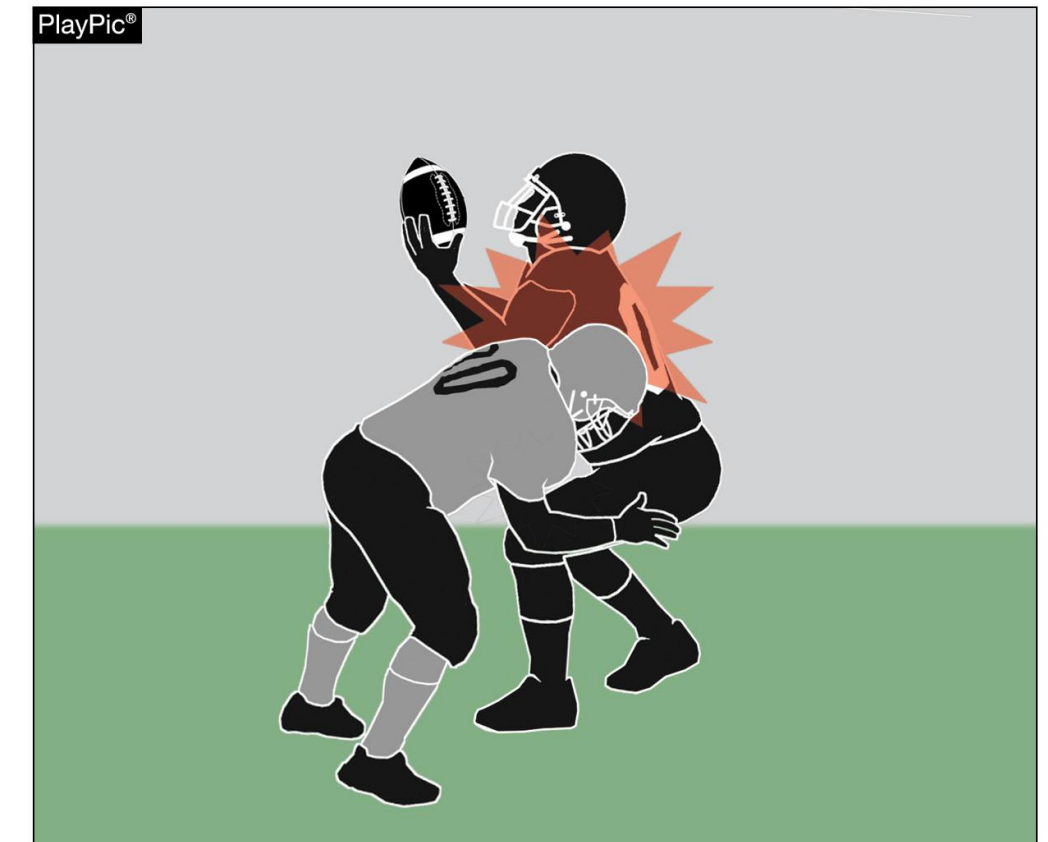
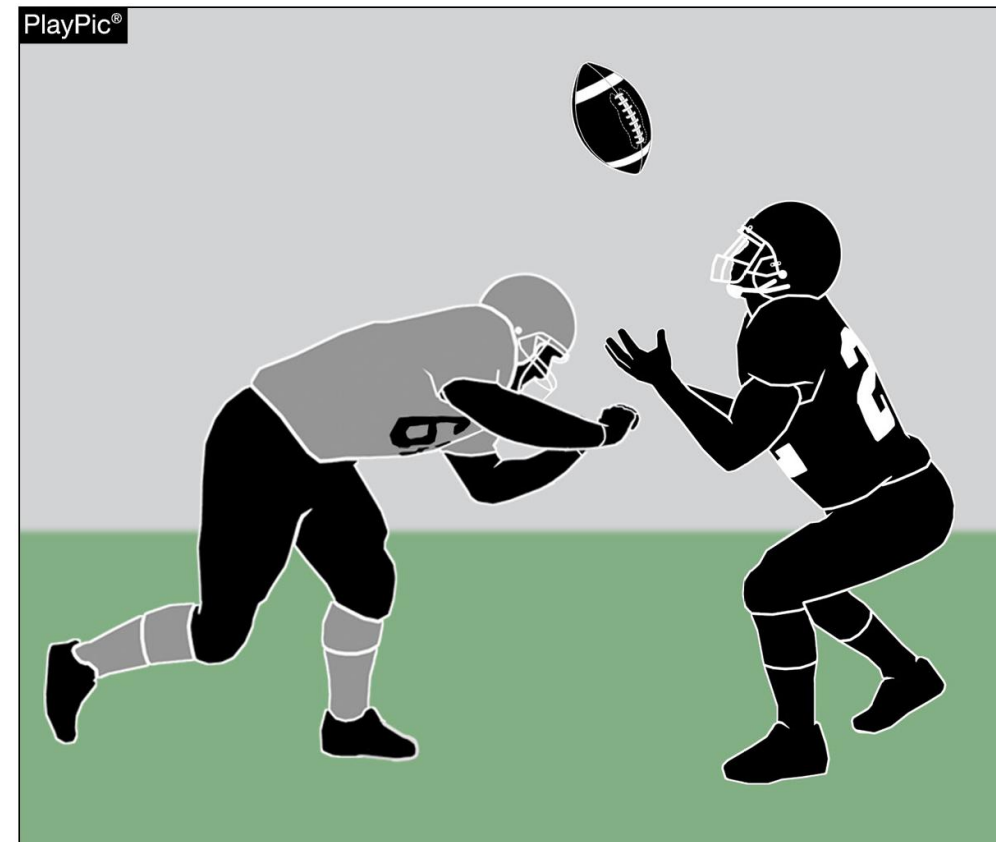


ILLEGAL PERSONAL CONTACT/DEFENSELESS PLAYER

RULE 9-4-3p



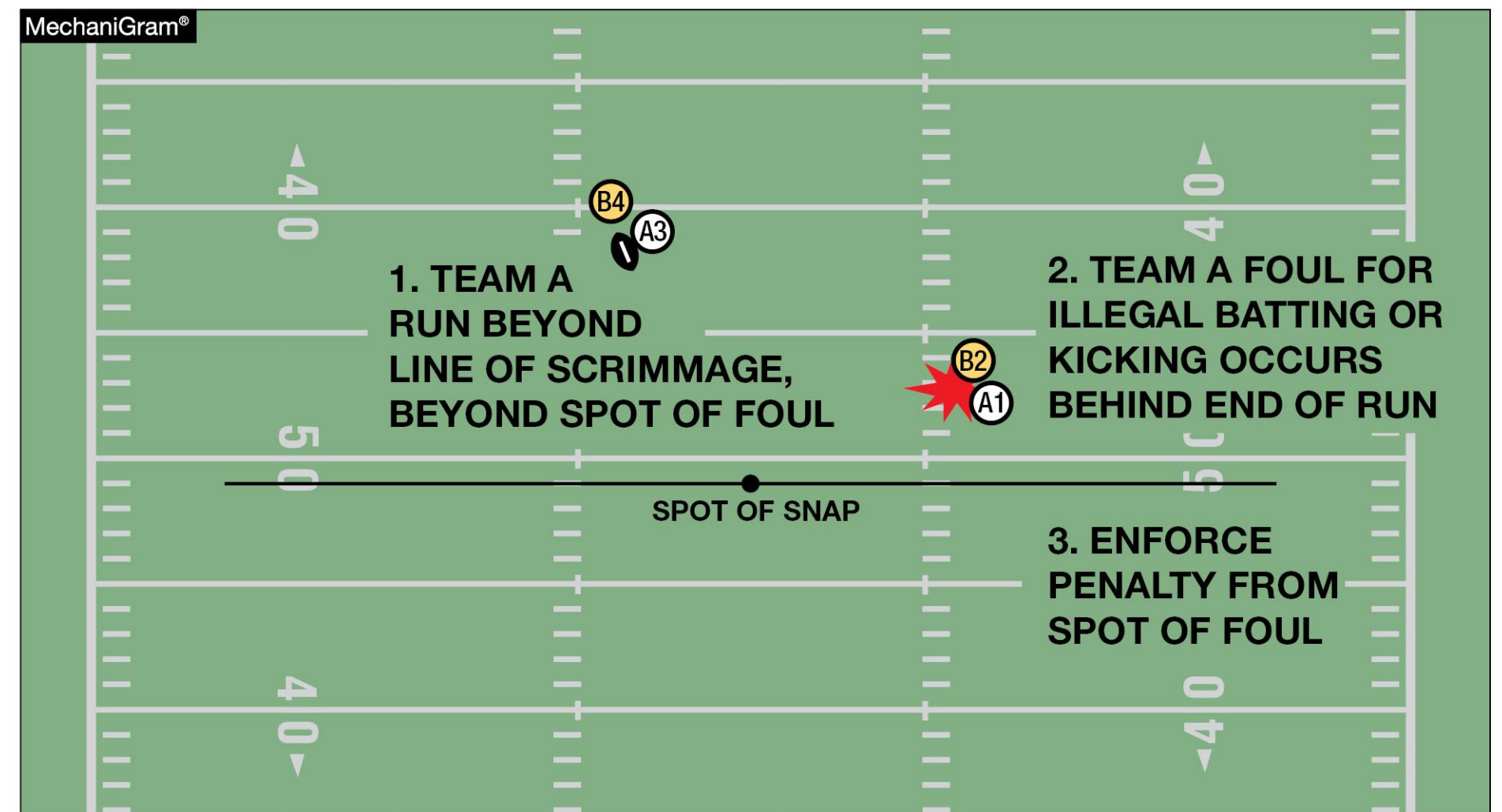
- No player or nonplayer shall:
 - p. Initiate forceful contact against a defenseless receiver as in 2-32-16b, 2-32-16c and 2-32-16e that is not:
 1. Incidental contact as a result of making a play on the ball;
 2. Initiated with open hands; or
 3. An attempt to tackle by wrapping arm(s) around the receiver.



BASIC SPOT

RULE 10-4-4a

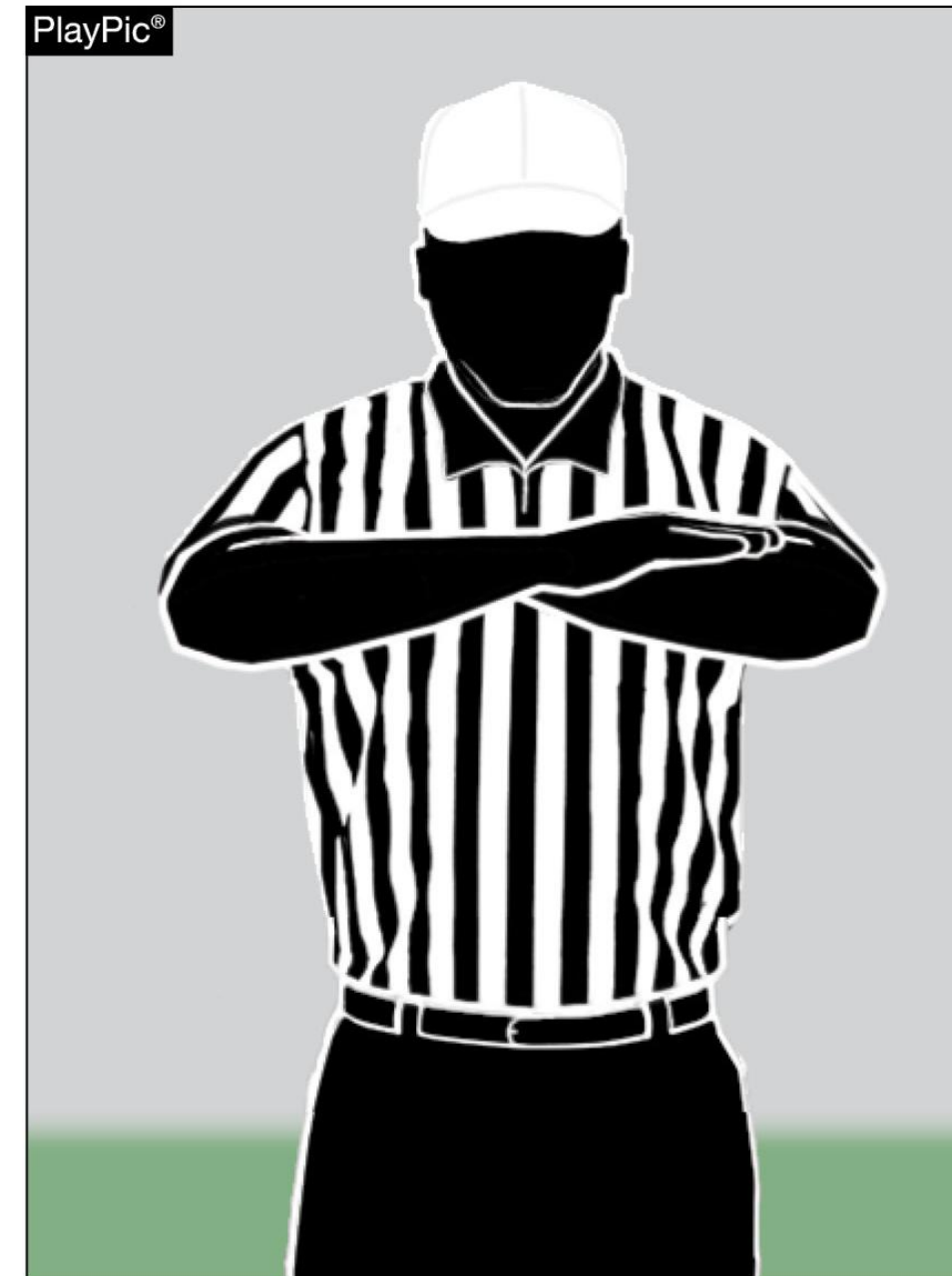
- The basic spot is the spot of the foul for:
 - a. Illegal batting or illegal kicking by A that occurs behind the basic spot.



NEW DELAY OF GAME SIGNAL



PREVIOUS
DELAY OF GAME SIGNAL



NEW
DELAY OF GAME SIGNAL



2026 NFHS FOOTBALL EDITORIAL CHANGES

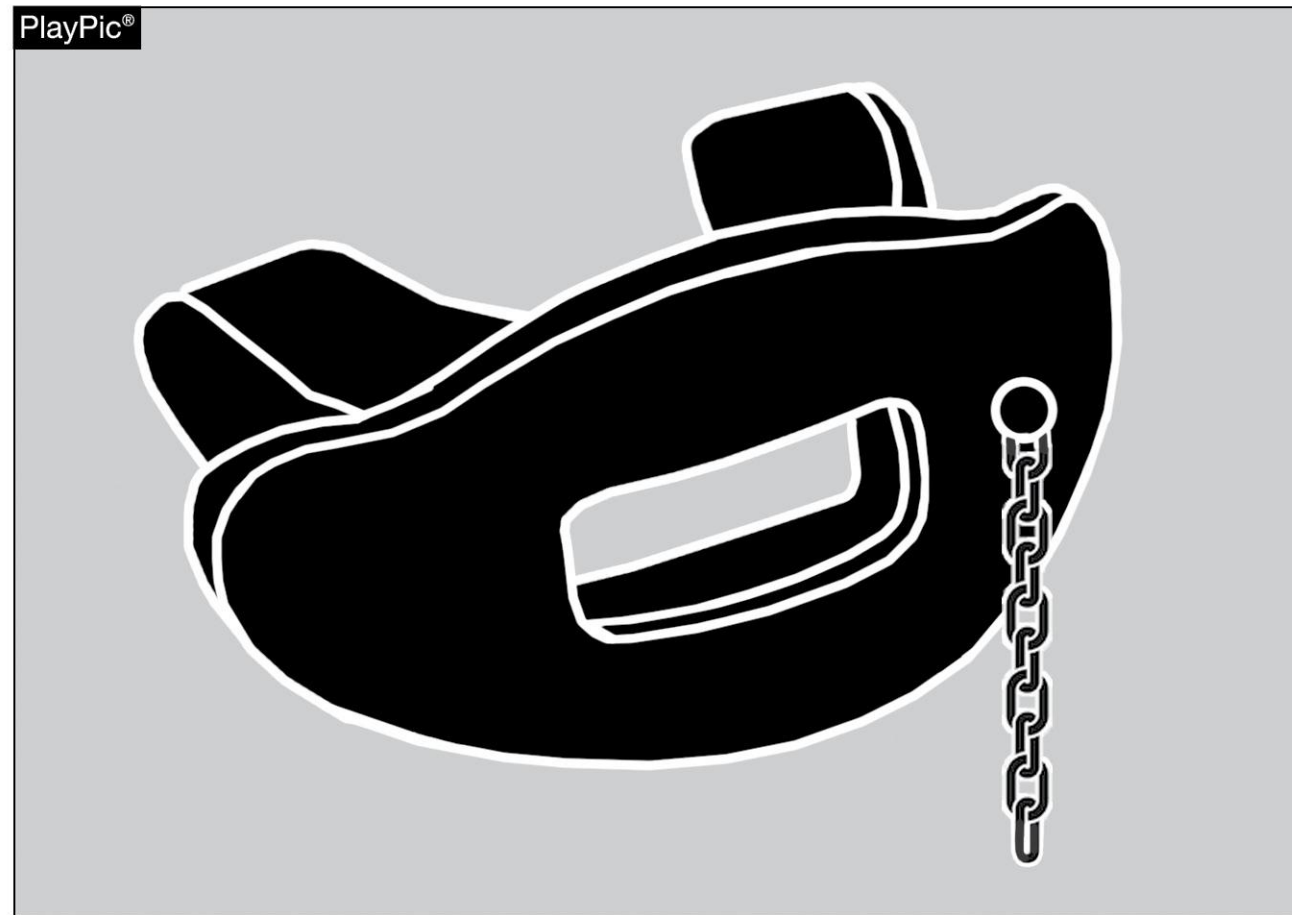
1-3-5b	Changed “Head Linesman” to “Head Line Judge.
1-5-3a(2)	Deleted the reference to “opponent.”
2-15-1	Further clarified to make definition more consistent with forward fumble rule that was approved in 2025.
3-5-7g	Replaced “heat and humidity” with “circumstances and conditions” better covers a variety of situations that may create a health risk to players.
4-1-3	Deleted “if elected” from the rule as it was not needed.
5-3-1	Added “ball being” before ready-for-play for clarification.
5-3-2	Changed “Head Linesman” to “Head Line Judge.
8-2-2, 8-2-3, 8-2-4, 8-2-5	Changed “subsequent kickoff” to “succeeding spot” for clarification.



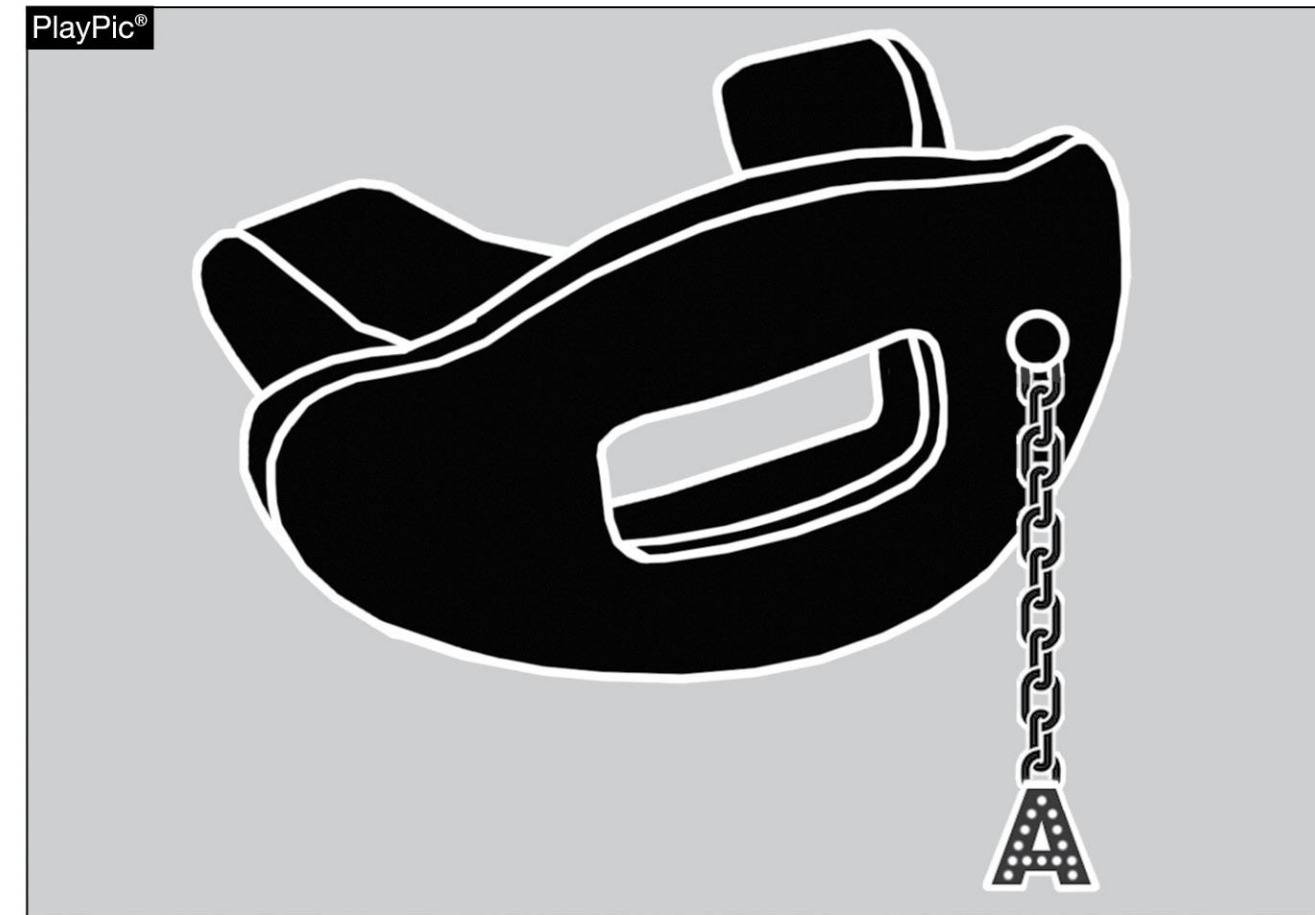
2026 NFHS FOOTBALL RULES REMINDERS

TOOTH & MOUTH PROTECTOR

RULE 1-5-1d(5)a – 4



ILLEGAL

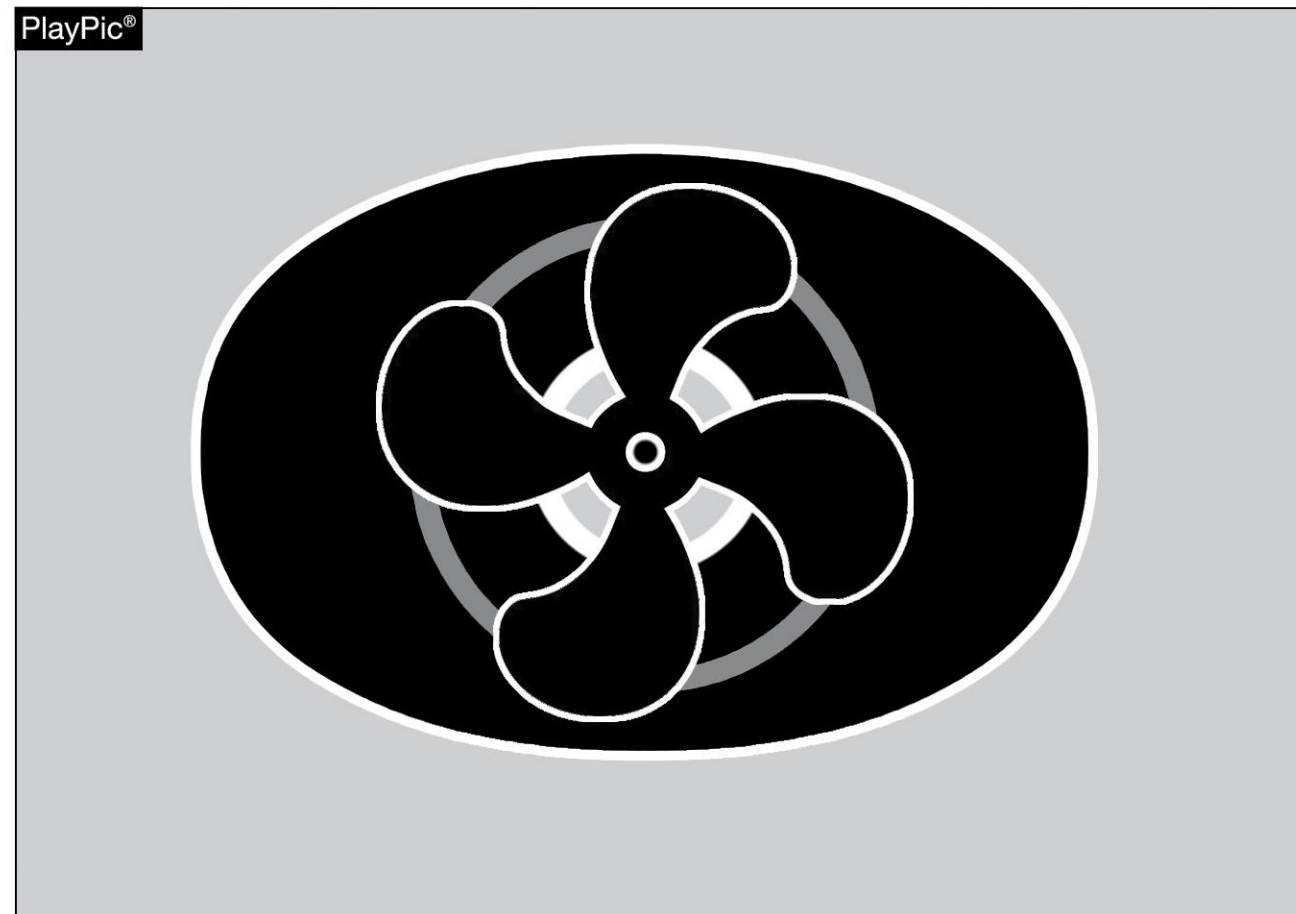


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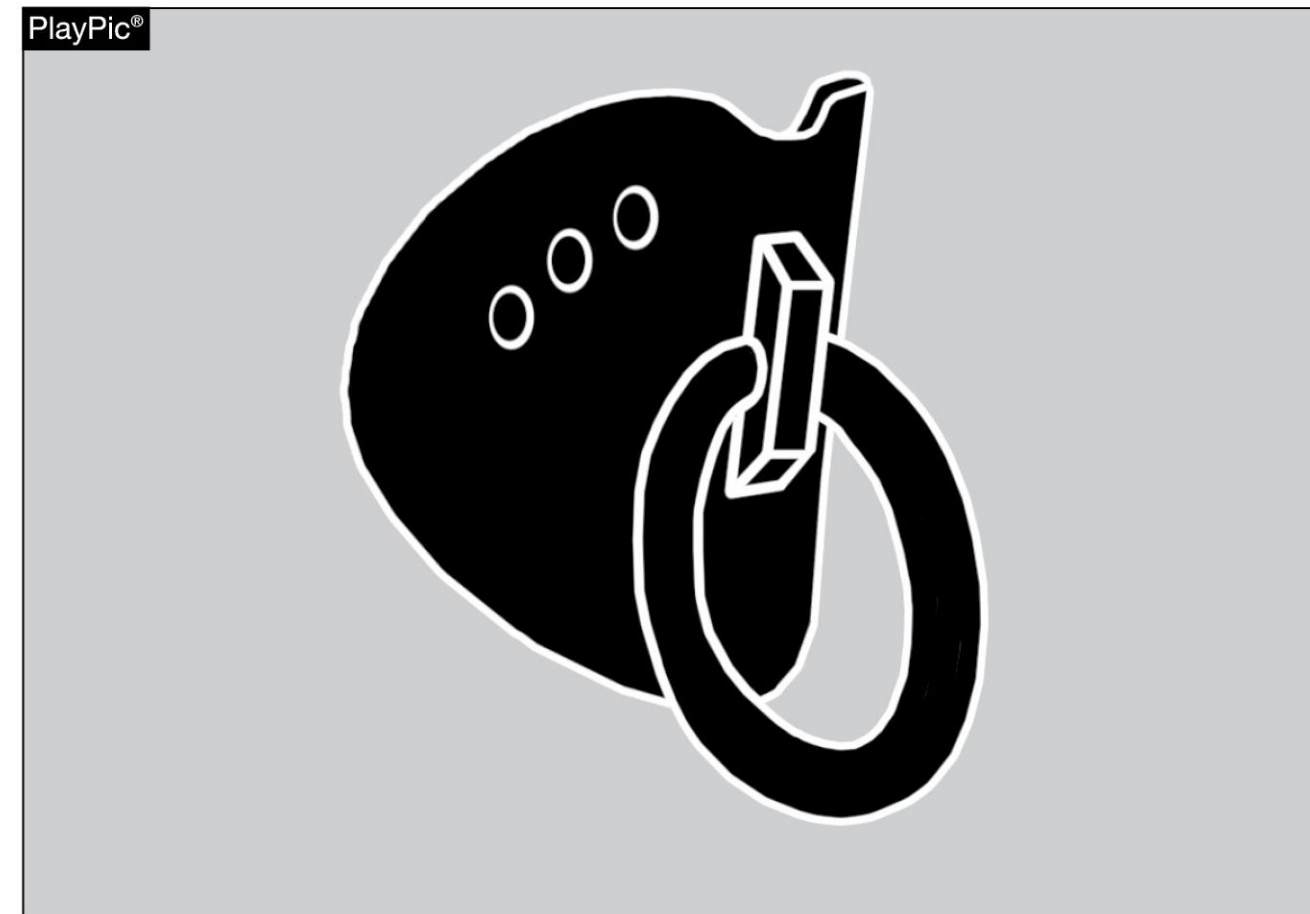
Effective 2026: Tooth and mouth protectors may not include any attachment(s) that do not serve a purpose and function in protecting the teeth or mouth.

TOOTH & MOUTH PROTECTOR

RULE 1-5-1d(5)a – 5



ILLEGAL



ILLEGAL

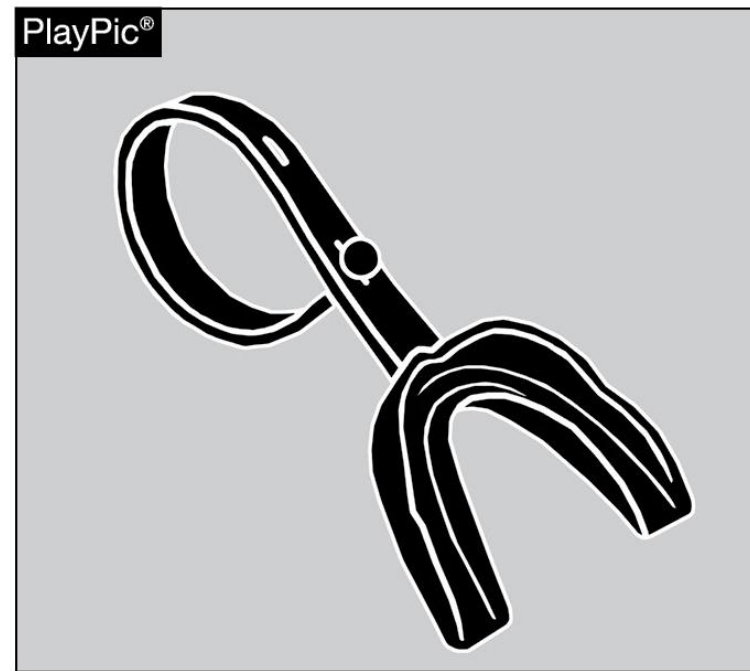
Effective 2026: Tooth and mouth protectors may not include anything on them that is a health or risk issue and can pose a danger to themselves or other players.

How will this be enforced?

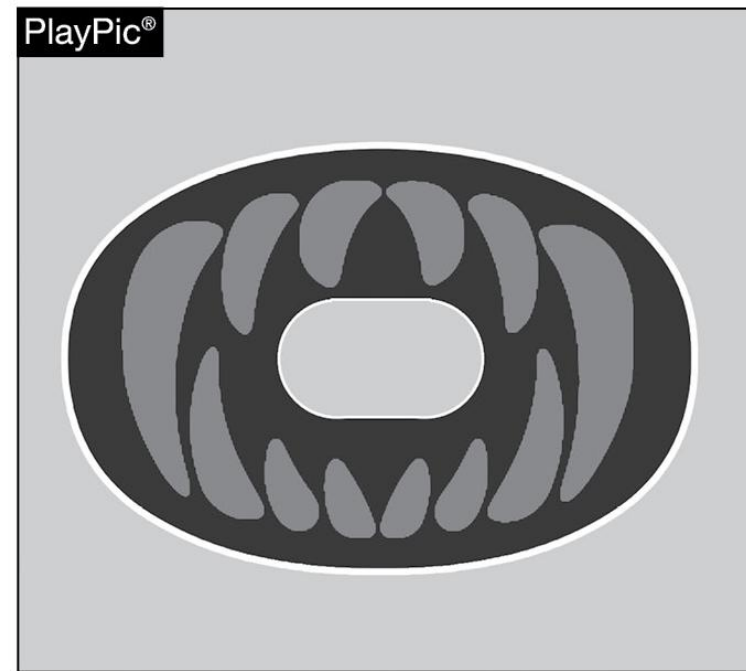
- Going to address at WVSSAC Rule Clinics
- Address with Coaches/Players during Practice Sessions/Meet The Team Talk
- Emphasize During Pre Game On Game Night
- First Time Seen-Call Officials Time Out/Tell Head Coach This is the last chance to get it corrected before being penalized 15 yards for Unsportsmanlike Conduct
- 2 Unsportsmanlike Penalties Charged to the Head Coach/Result is Disqualification

TOOTH & MOUTH PROTECTOR

RULES 1-5-1d(5)a – 4, 5



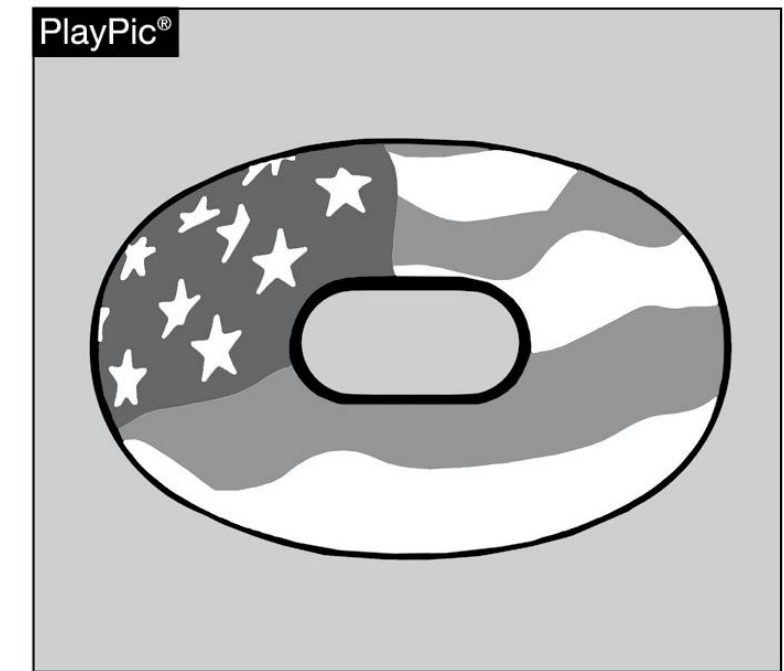
LEGAL



LEGAL



LEGAL



LEGAL

These tooth and mouth protectors neither include any attachment(s) that does not serve a purpose and function in protecting the teeth or mouth, nor anything that is a health or risk issue posing a danger and are not impacted by this rule change.

NEUROGUARD+ MOUTHGUARD



- **Permissible by current 2026 NFHS Football Rules**



Q-COLLAR



- **Permissible by current 2026 NFHS Football Rules**



FOOTBALL HELMET COVERS



- **Permissible by 2026 current NFHS Football Rules**



GUARDIAN CAPS



SAFR PRO TECH

ARM SLEEVES

RULES 1-5-2d, 1-5-3c(6)



Effective 2027: Arm sleeves, whether attached to a shirt or unattached, manufactured to enhance contact with the football or opponent must meet the SFIA Specification at the time of manufacture.

ARM SLEEVES

RULES 1-5-2d, 1-5-3c(6)



Effective 2027: Arm sleeves must have a permanent, exact replica of the SFIA arm sleeve seal (meets SFIA Specification), that must be visible and appear legibly on the exterior of the arm sleeve.

ELECTRONIC SIGNS

RULE 1-5-3c(2)

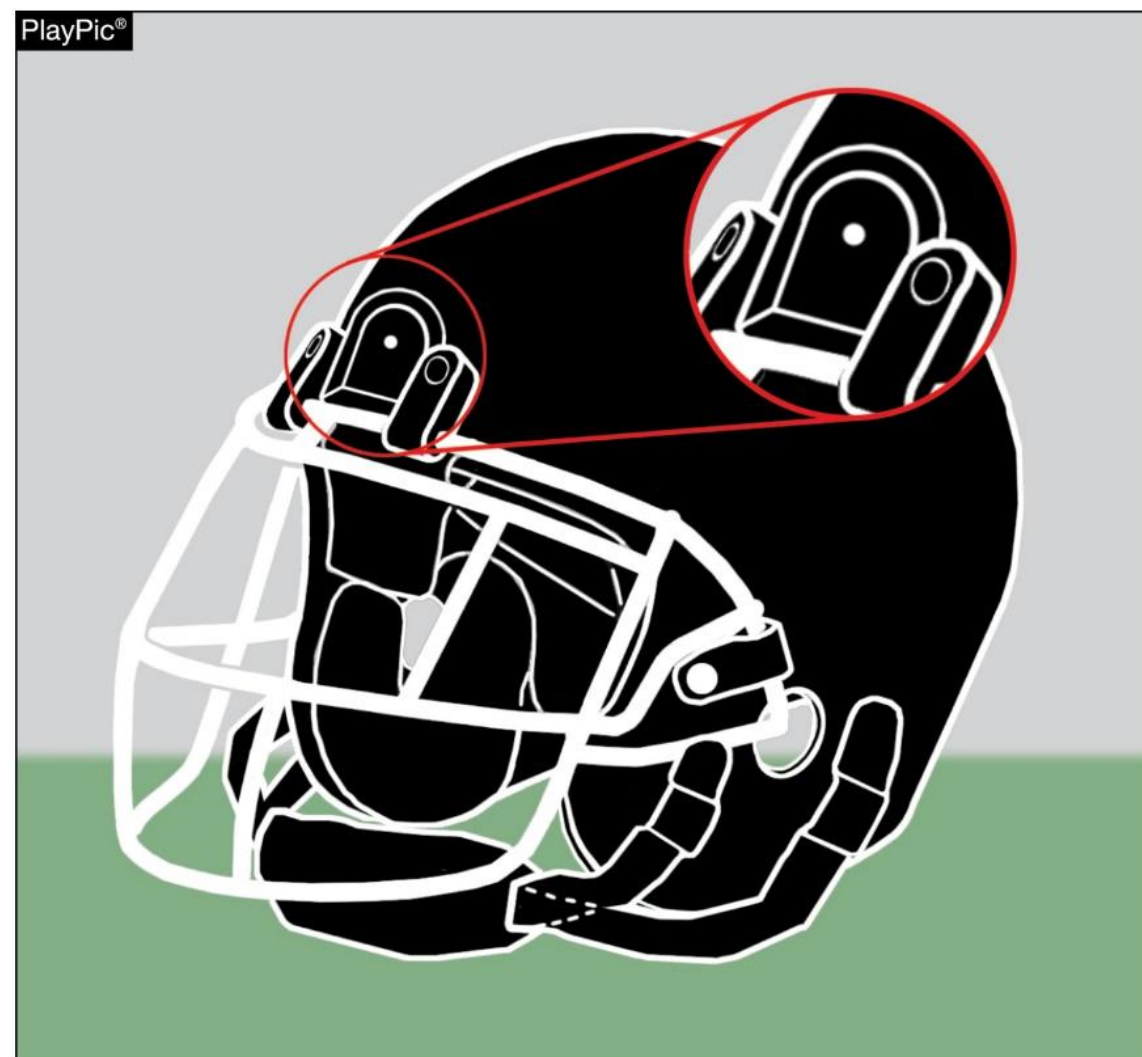


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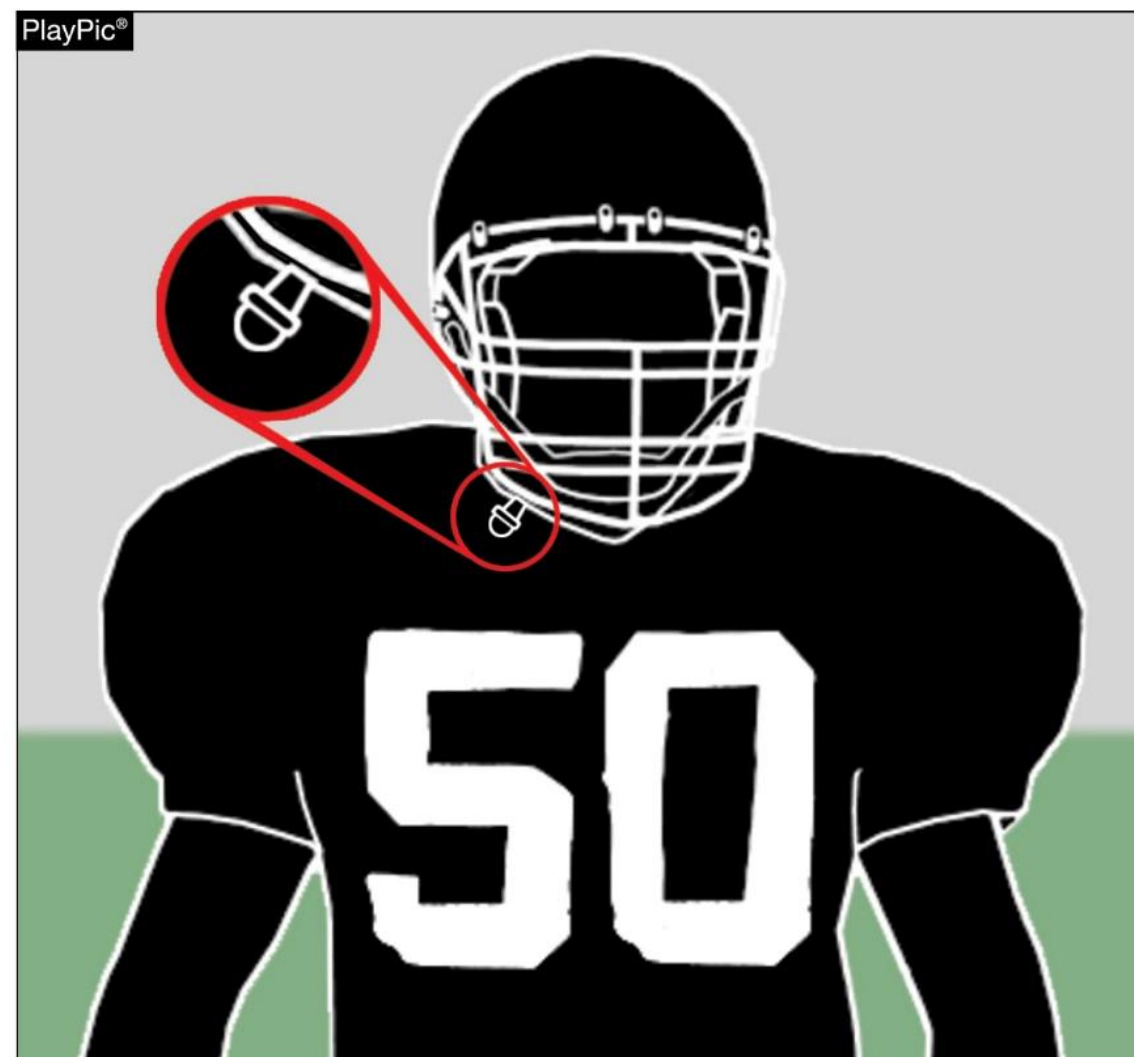
Fixed electronic signs (non-audio) with play signals are allowed to communicate from the sideline.

ILLEGAL EQUIPMENT

RULE 1-5-3c(3) (NEW)



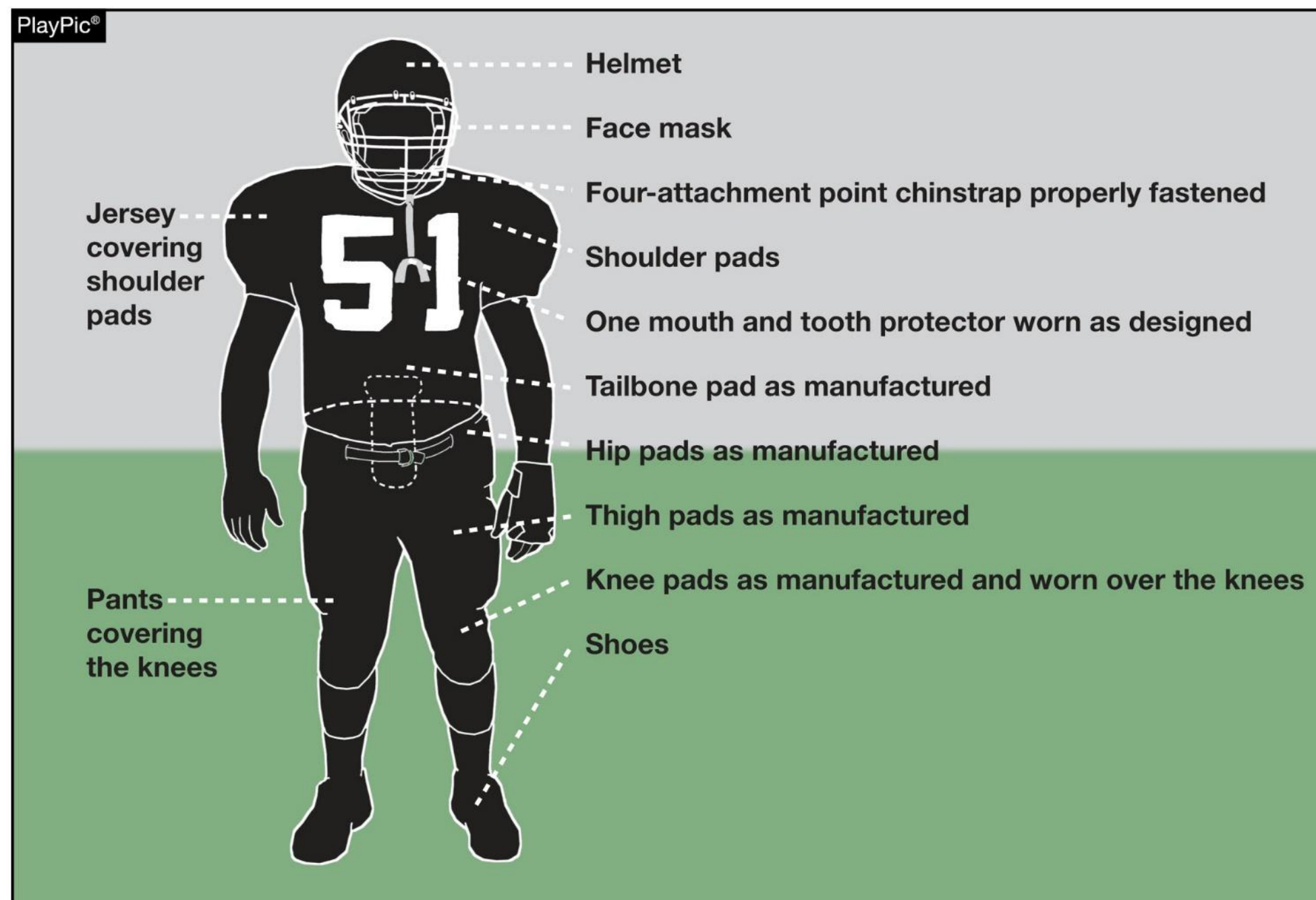
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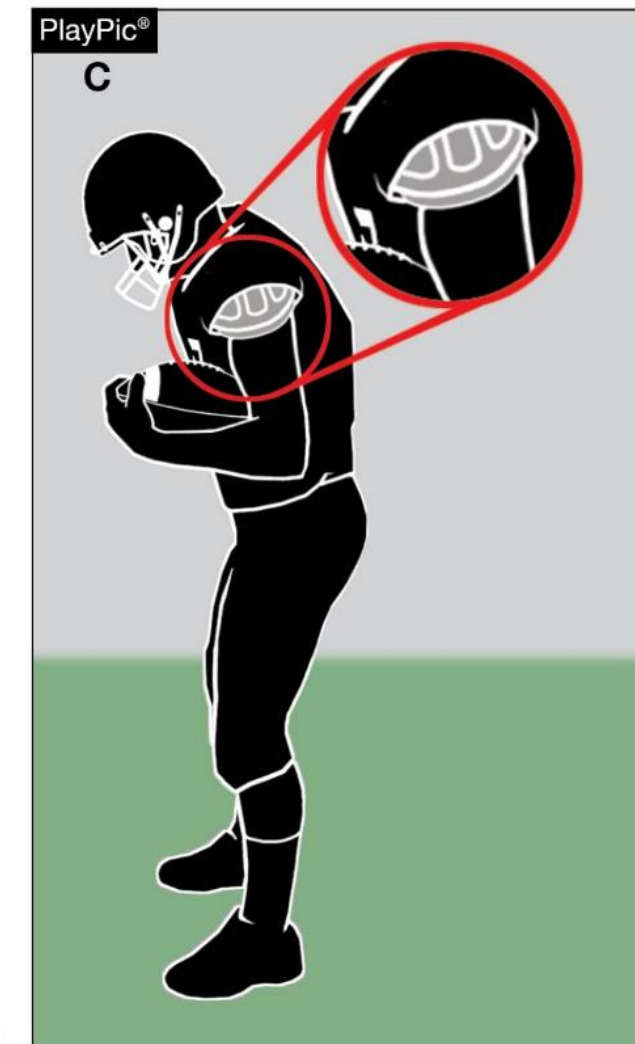
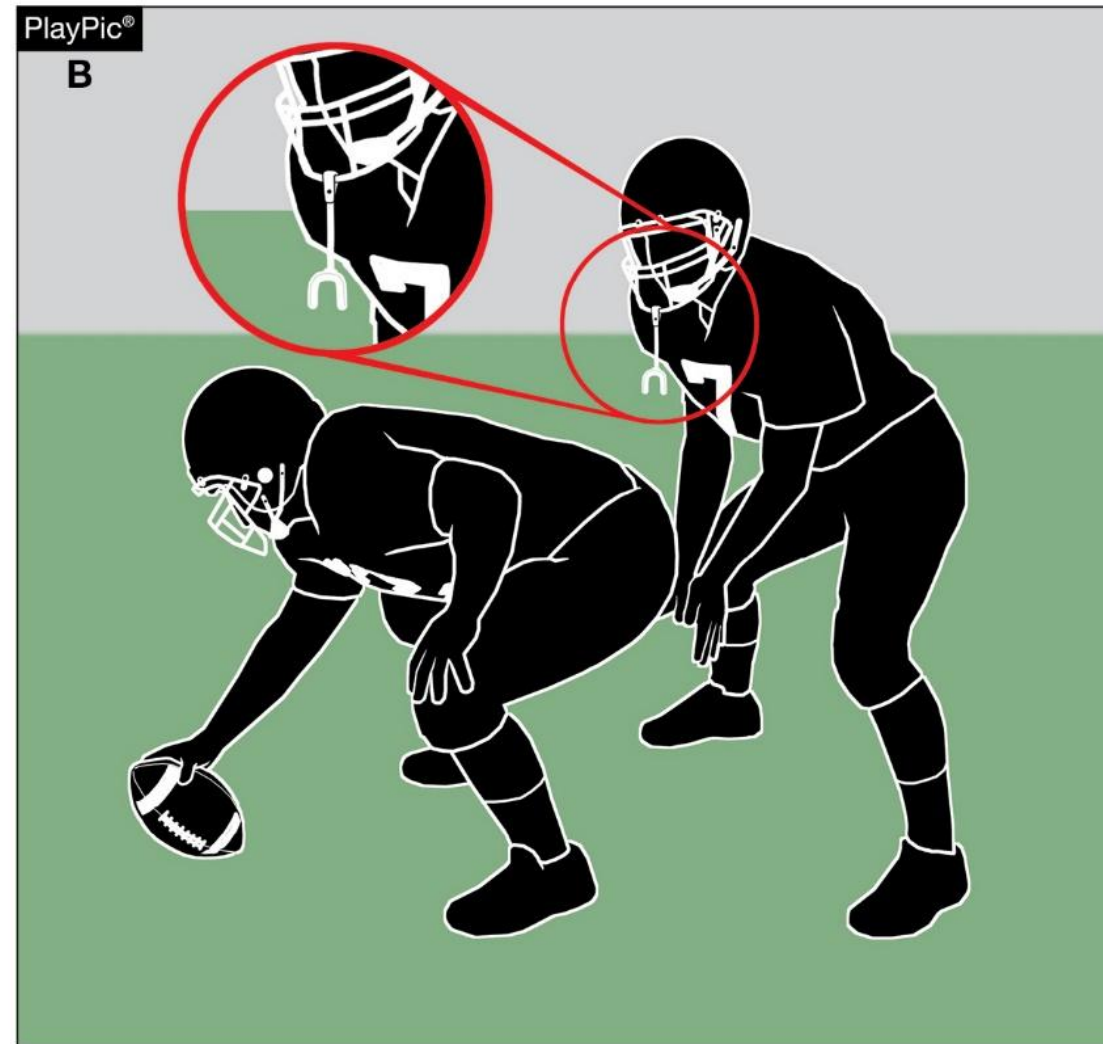
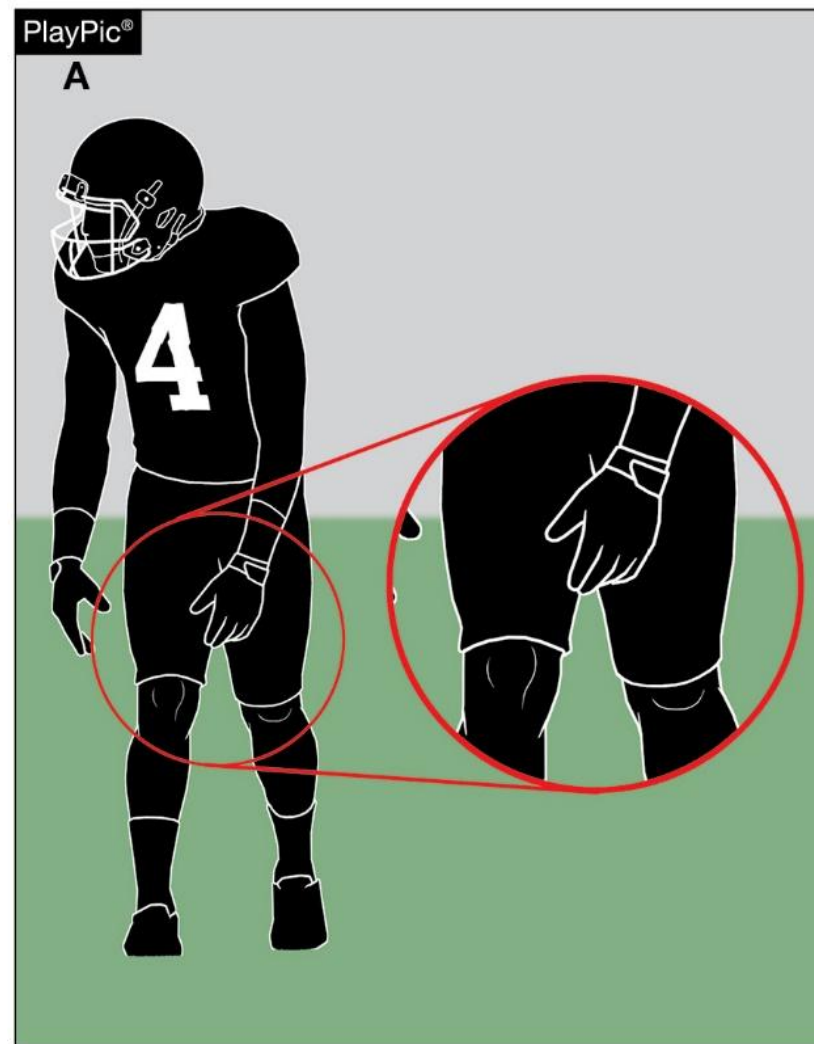
Any video (camera) device or audio (microphone) worn by a player during the game is illegal.

ILLEGAL AND IMPROPERLY WORN PLAYER EQUIPMENT



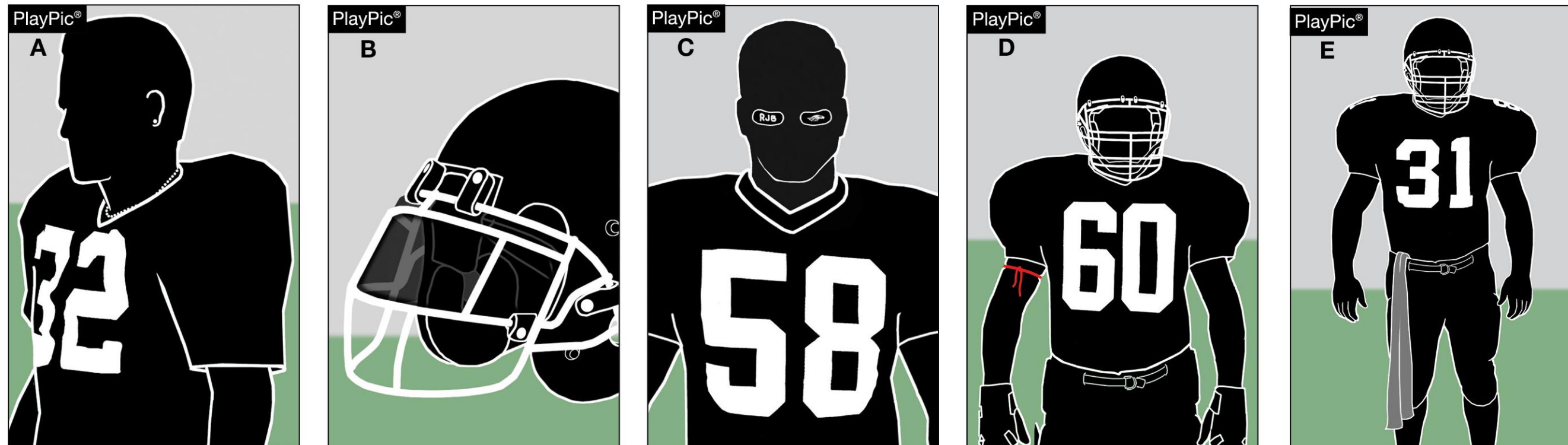
To support the safety of all participants, players must wear equipment and uniforms that are properly fitted and worn as intended by the manufacturer. Before starting each game, the head coach must verify that all players are properly and legally equipped. Allowing players to use illegal equipment or to wear required equipment improperly could subject the coach to a penalty.

ILLEGAL AND IMPROPERLY WORN PLAYER EQUIPMENT



Improperly worn equipment pertains to all equipment that is otherwise legal but not worn as intended. Examples include pants not covering the knees, tooth and mouth protectors not being worn as play starts and shoulder pads not properly covered by the jersey.

ILLEGAL AND IMPROPERLY WORN PLAYER EQUIPMENT

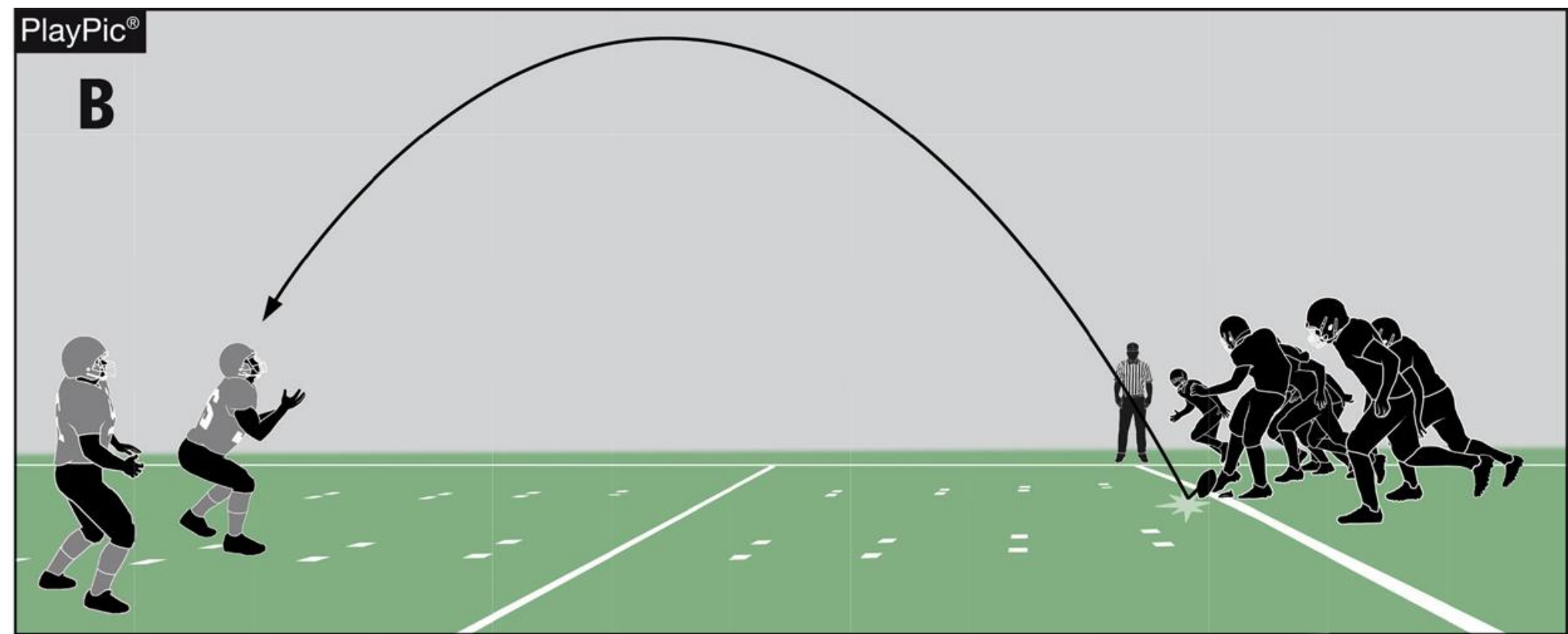
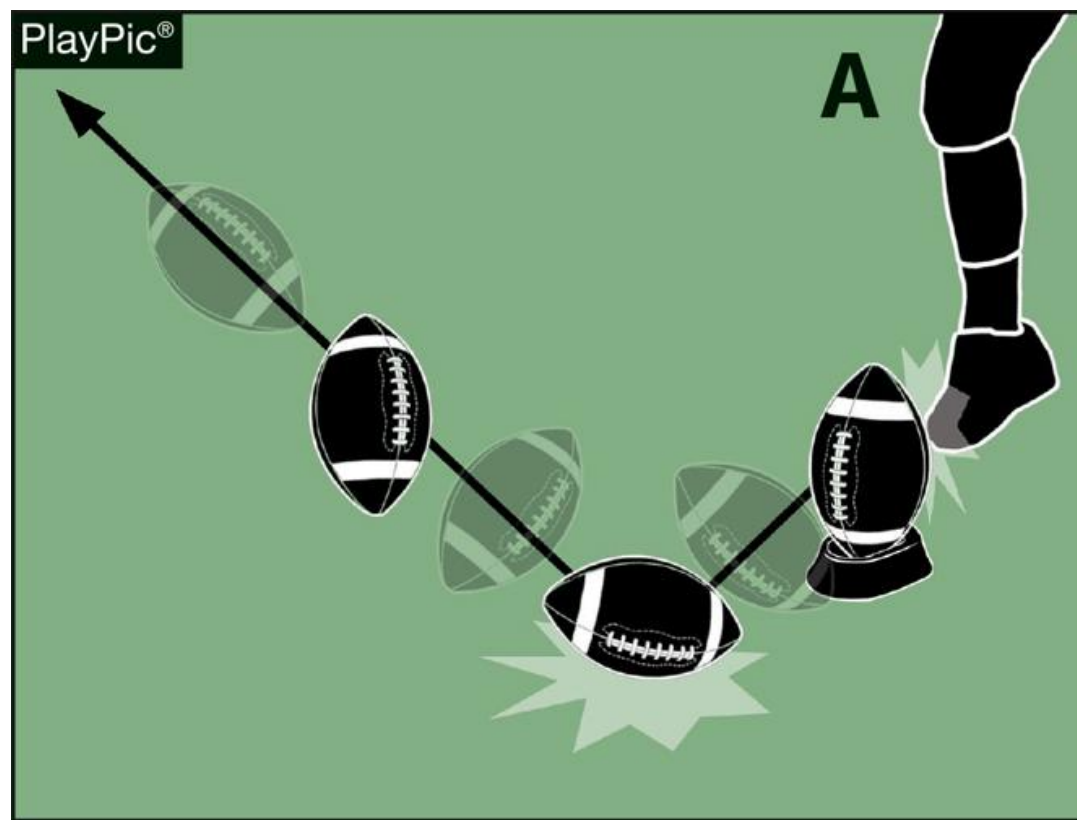


Illegal (prohibited) equipment includes jewelry (A), tinted visors (B), non-compliant eye shade (C), bands worn around the upper arm, neck or legs (D), and uniform adornments like towels that do not conform to rules (E).

POP-UP KICK

RULES 2-24-10; 6-1-11; 6-1 PENALTY

- A pop-up kick is a free kick in which the kicker drives the ball immediately to the ground, the ball strikes the ground once and goes into the air in the manner of a ball kicked directly off the tee. Such kicks are penalized as a dead-ball foul.





2026 NFHS FOOTBALL POINTS OF EMPHASIS

2026 NFHS FOOTBALL POINTS OF EMPHASIS

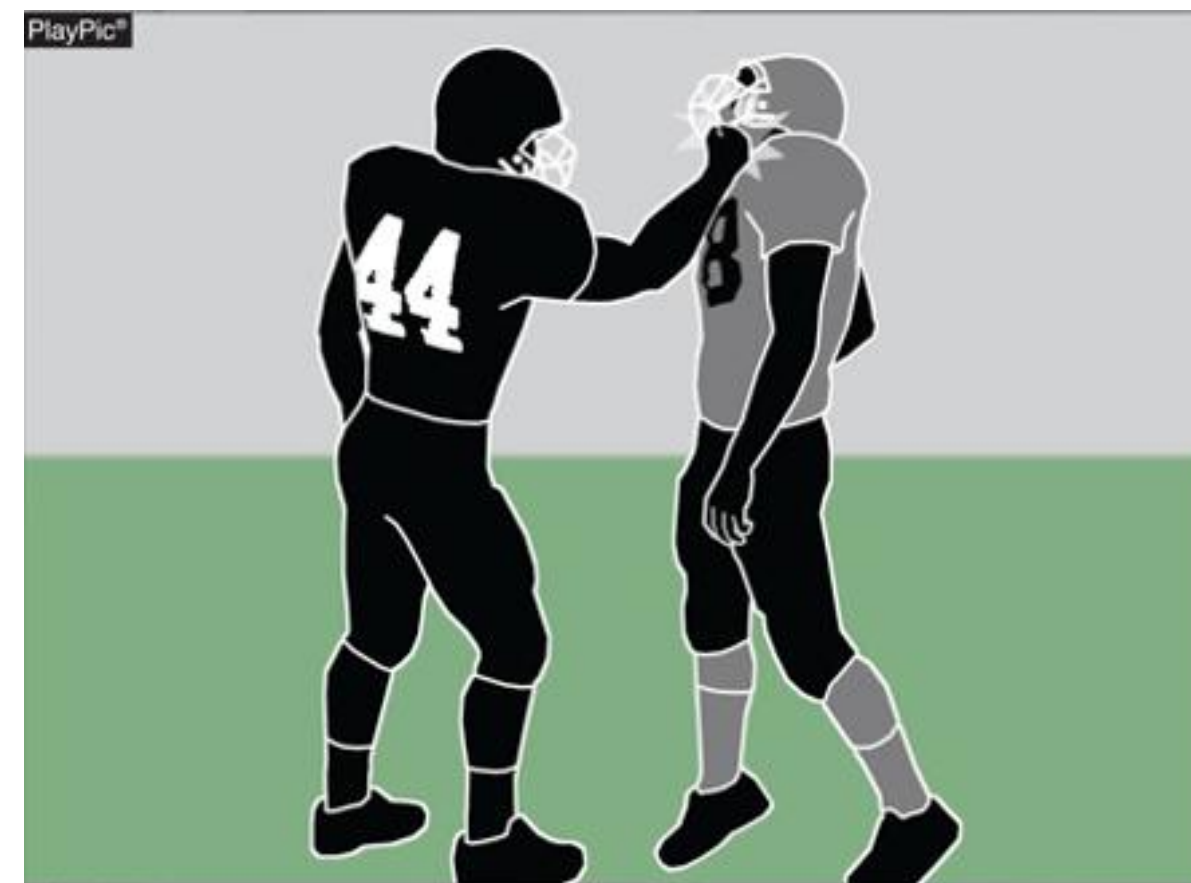


- 1. Flagrant and Unsportsmanlike Fouls**
- 2. Helping the Runner**
- 3. Sideline Management and Control**
- 4. Identification of the NFHS Authenticating Mark on Game Balls**

FLAGRANT AND UNSPORTSMANLIKE FOULS



- In high school football, flagrant fouls and unsportsmanlike fouls are serious rule violations that threaten player safety and the integrity of the game.
- Game officials must consistently penalize both flagrant and unsportsmanlike fouls to maintain control of the game.



FLAGRANT AND UNSPORTSMANLIKE FOULS



- Flagrant fouls are the most severe type of personal foul in high school football.
- A foul so severe or extreme that it places an opponent in danger of serious injury, and/or involves violations that are extremely or persistently vulgar or abusive conduct.
- These actions involve intentional, reckless or excessively violent behavior that shows a clear disregard for the safety of others. Examples include fighting, maliciously targeting the head or neck area, striking an opponent, or delivering a violent illegal blindside block or late hit.
- Disqualification if any foul is judged by the game official to be flagrant.

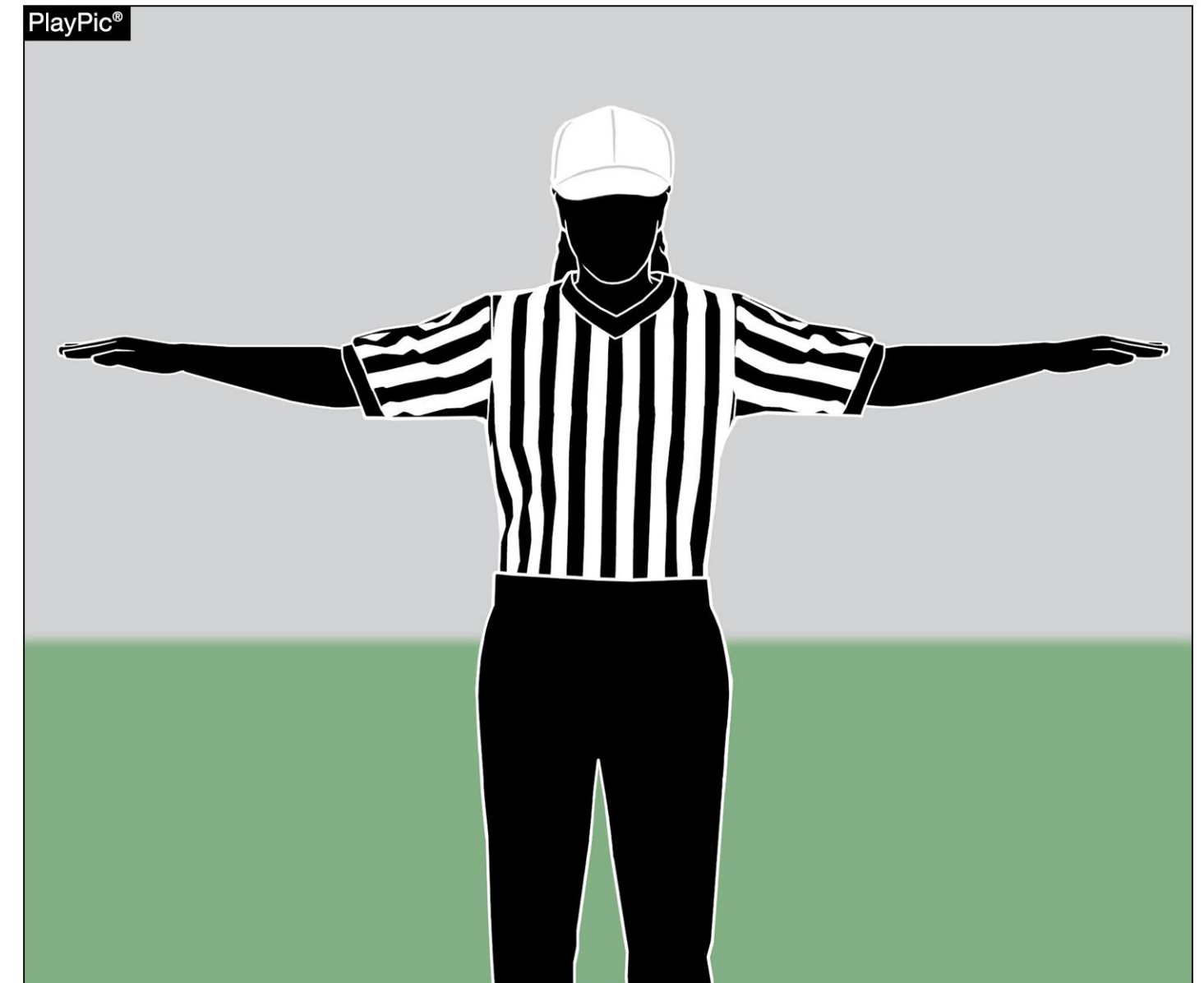


PERSONAL FOUL

FLAGRANT AND UNSPORTSMANLIKE FOULS



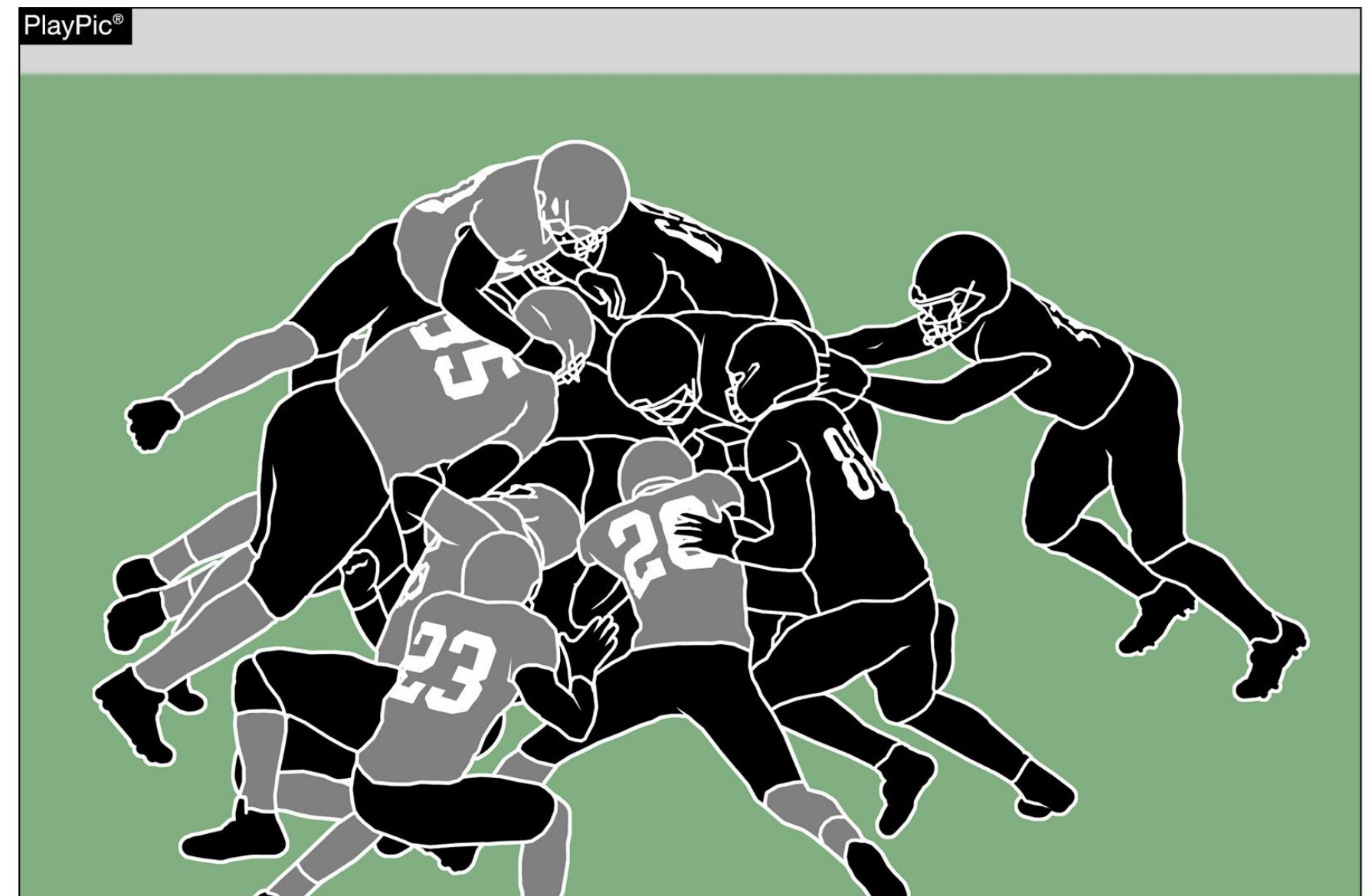
- Unsportsmanlike fouls are non-contact fouls that violate standards of fair play, respect and sportsmanship.
- Common examples include taunting, threatening gestures or posturing, racist comments, trash talking, excessive or choreographed celebrations, aggressively spiking, spinning or throwing the ball high into the air, using profanity, spitting, arguing with game officials, or throwing equipment.



UNSPORTSMANLIKE CONDUCT
NONCONTACT FOUL

HELPING THE RUNNER

- Illegally helping the runner to assist forward progress presents a risk of injury to the runner and others. The additional momentum to a particular offensive player, as opposed to the pile, swings the competitive balance toward the offense in a manner not intended by the rules.





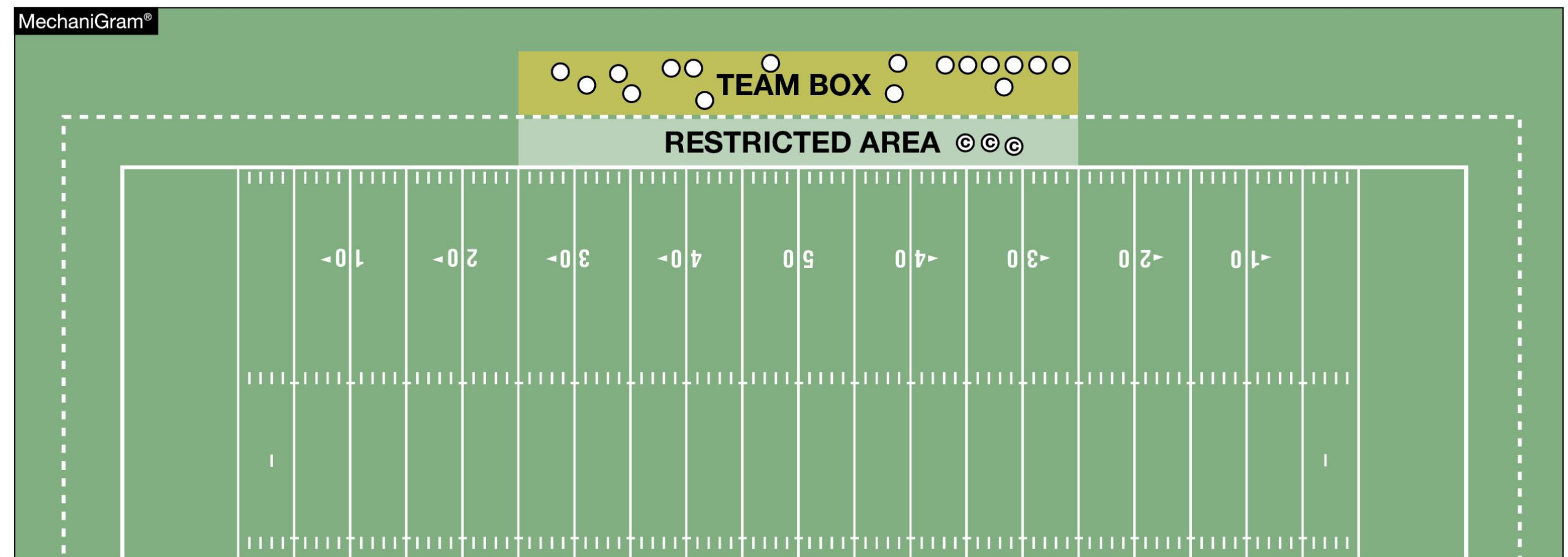
HELPING THE RUNNER

- Although a foul can occur on any play, game officials should especially be alert for this type of action on short-yardage plays near the goal line and line to gain. Remember, pushing the pile is legal; direct contact while pushing, pulling, lifting of the runner to assist forward progress is not.

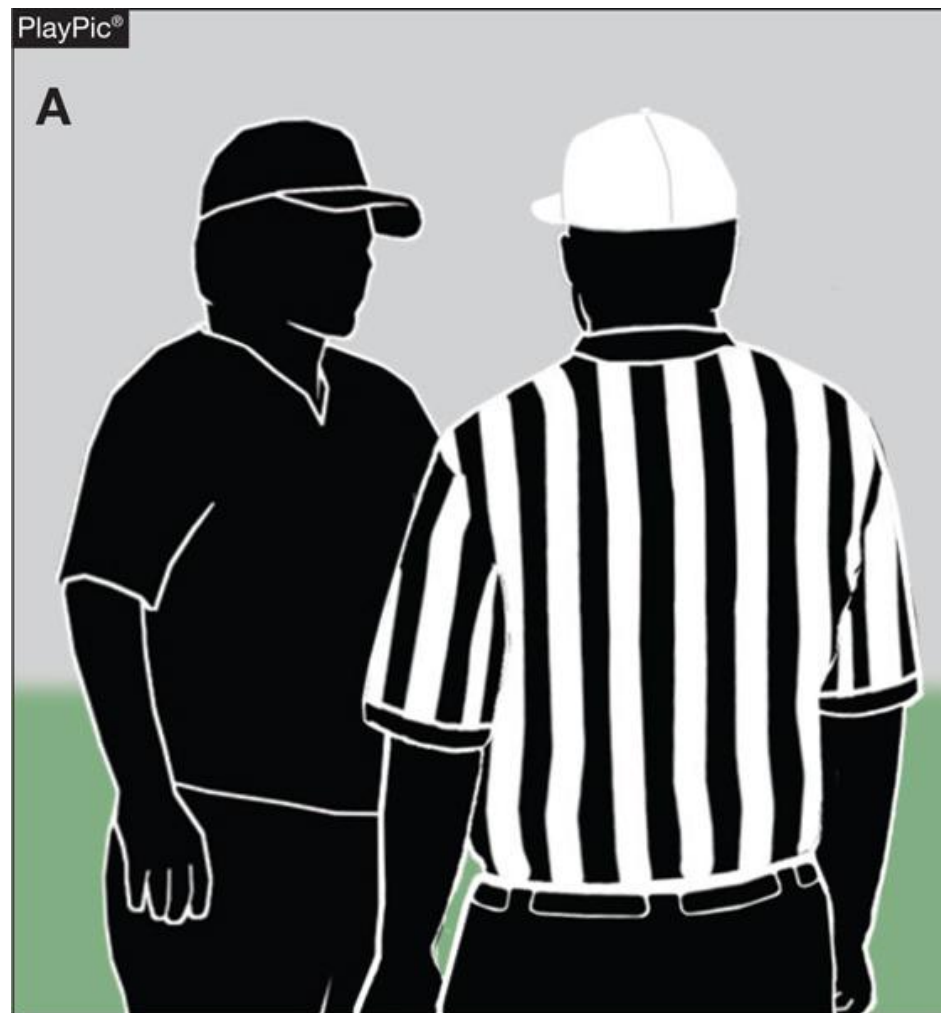
SIDELINE MANAGEMENT AND CONTROL



- Sideline management has become a recurring “point of emphasis” because it improves game safety. To minimize the risk of all involved, non-players must remain in their team box and out of any restricted areas, especially while the ball is live. The coaches’ area is a minimum of a 2-yard belt between the front of the team box and the sideline, and becomes the restricted area when the ball is live. A maximum of three coaches – and only coaches – may be in this area when the ball is dead between plays.



SIDELINE MANAGEMENT AND CONTROL



- Game officials are instructed to strictly enforce NFHS Football Rules when coaches or team personnel enter the field of play to dispute rulings or address game officials outside the coaching area.

SIDELINE MANAGEMENT AND CONTROL



- Sideline management and control promotes good sportsmanship and professionalism across all levels of play, and also prevents unnecessary delays and confrontations that can impact game flow and fairness.

IDENTIFICATION OF NFHS AUTHENTICATING MARK ON GAME BALLS

- The NFHS Authenticating Mark ensures easy identification of inflated and non-inflated balls used in interscholastic competition for which the NFHS writes playing rules. All such balls are required to display the NFHS Authenticating Mark.



NFHS Authenticating Mark Update



Old Logos

Current Logo



Specifications

- Do not use the NFHS Authenticating Mark without prior written approval from the NFHS
- This mark is for use of licensees only.

Minimum size

- **Inflatable Balls** - 2 ½" in length (Basketball, Football, Soccer, Volleyball, and Water Polo)
- **Non-Inflatable Balls** - 1 ¼" in length (Baseball, Field Hockey, Ice Hockey Puck, Lacrosse, and Softball)
- On a ball or puck, the NFHS mark may be smaller than manufacturer's logo, but should be placed in proximity to the manufacturer's name for easy identification. Allow enough space around the mark so it can be easily recognized as distinct and separate.
- Reproduce the mark only from the vector artwork provided on Direct Licensing Hub. Do not copy, scan art electronically or use as a template to redraw the symbol.

Note: If sizing or specifications do not work well in your particular design situation, contact K12 Licensing.

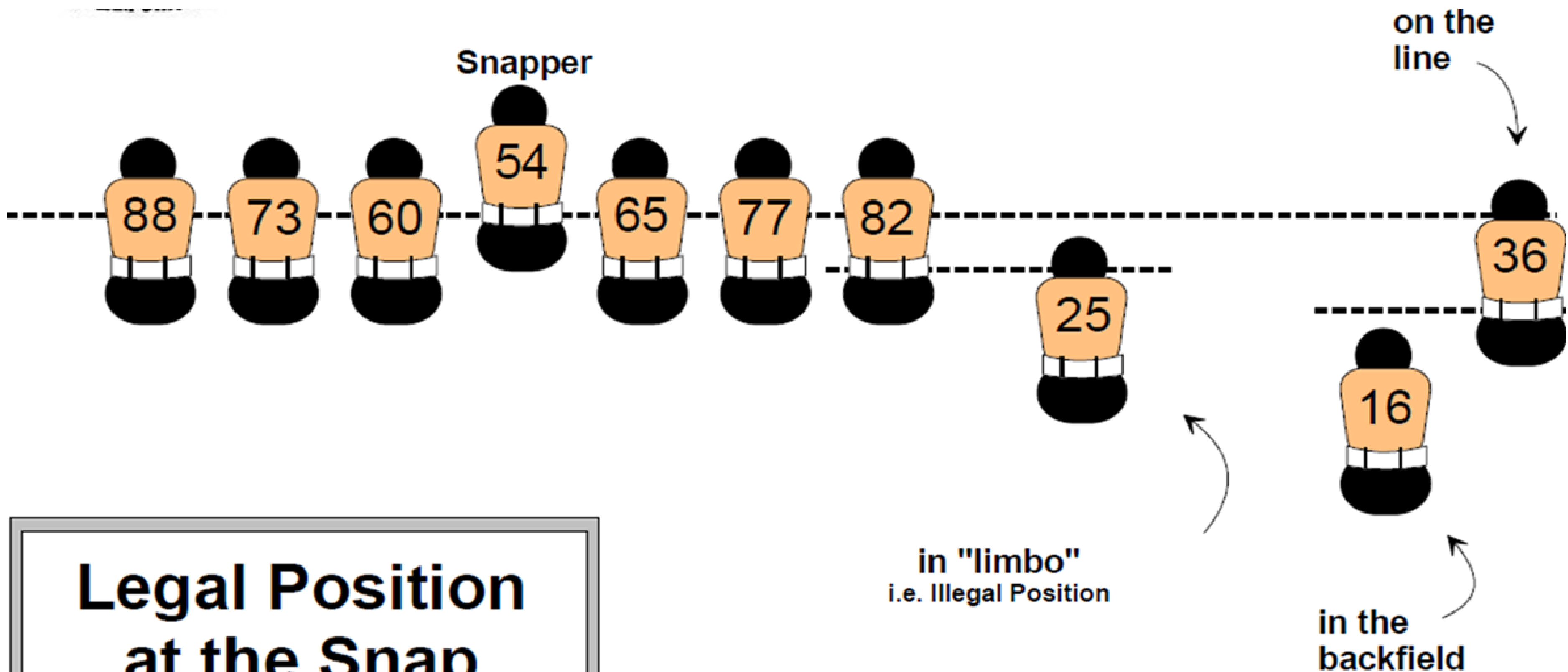
Football

Old Size



Current Size





Legal Position at the Snap

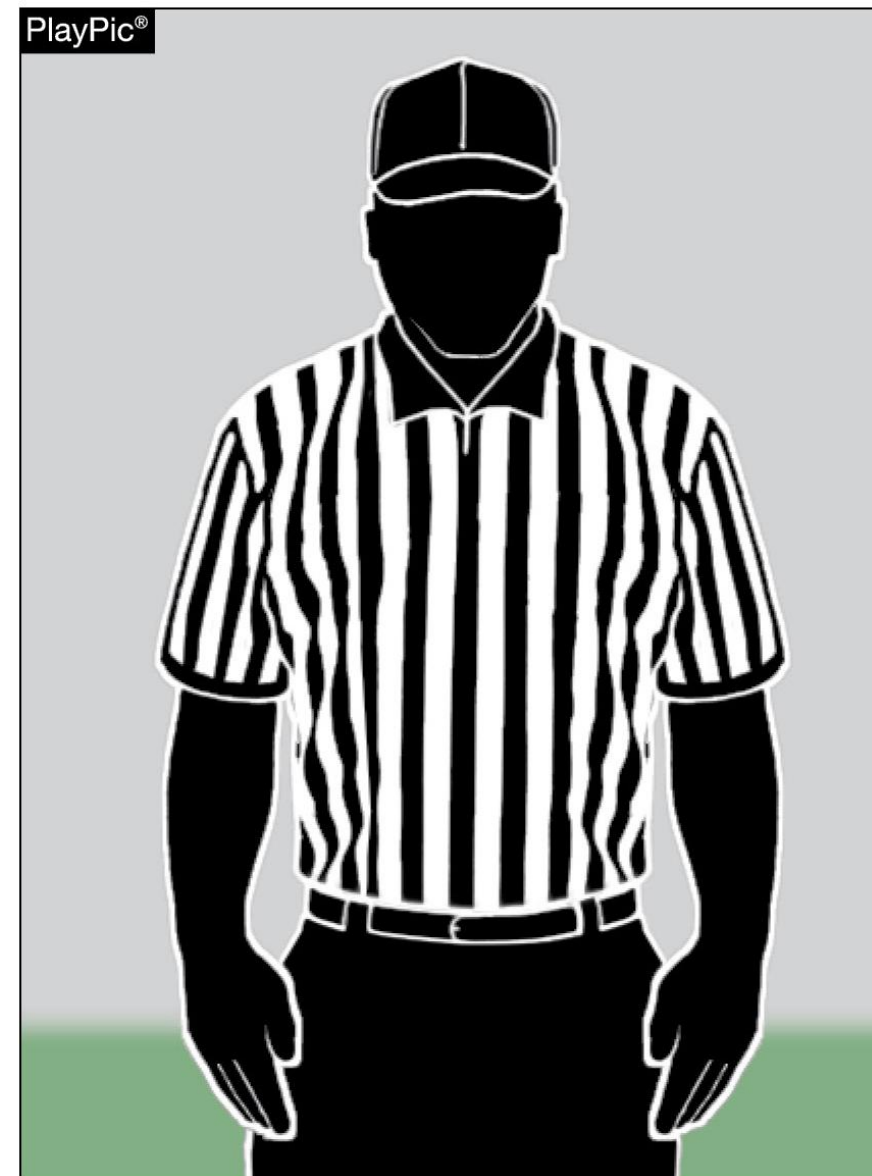
- on the line
- in the backfield

Rule 2-32-3

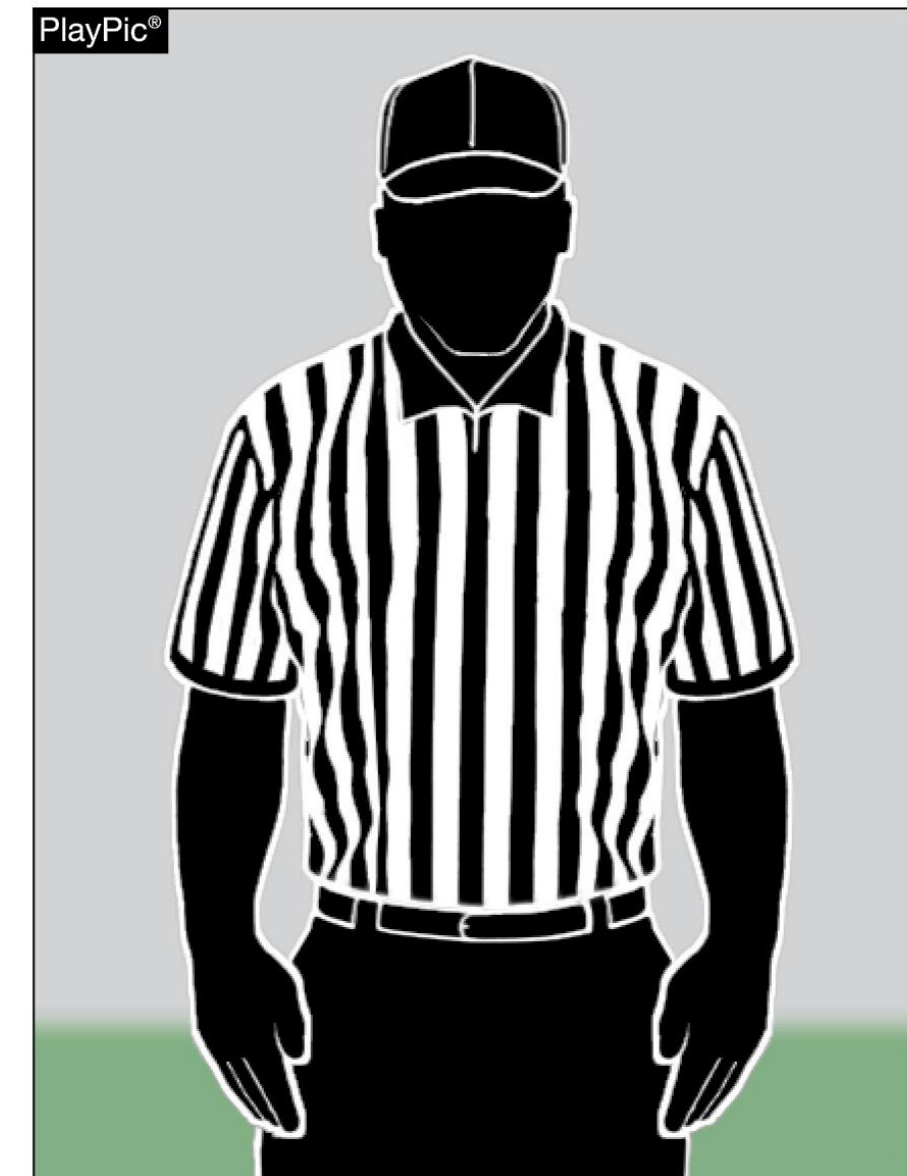
A back is any Team A player, except for the player under the snapper, who has no part of his body breaking the plane of an imaginary line drawn parallel to the line of scrimmage through the waist of the nearest teammate who is legally on the line except for the player under the snapper, who is also considered a back.

NEW POSITION NAME

- The *Head Linesman* position is now referred to as *Head Line Judge*.



PREVIOUS
HEAD LINESMAN



NEW
HEAD LINE JUDGE



2026-27 NFHS FOOTBALL INFORMATION



2027 NFHS FOOTBALL RULE CHANGE PROPOSAL ONLINE FORM



Due:

November 1, 2026

**Must be submitted to your state
association office for approval.**



NFHS OFFICIALS EDUCATION





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2024 Baseball Exam - Part 1



2024 Baseball Exam - Part 2



2023 Basketball Exam - Part 1



2023 Basketball Exam - Part 2



2023 Diving Exam - Part 1



2024-25 Diving ONLY Exam



2023 Field Hockey Exam - Part 1



2024-25 Field Hockey Exam



2023 Football Exam - Part 1



2024-25 Football Exam - Part 1



2023 Girls Gymnastics Exam - Part 1



2023 Girls Lacrosse Exam - Part 1





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Thank You



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Coaches Only**