

March 2020 Study Guide
Rules 1 and 2

By now all of you are aware through NFHS press releases there were few rule changes voted and approved for the coming season. Rules 1 and 2 have not changed in years.

2020 Points of Emphasis for Rule 1:

1-4-2 This year during the pregame meeting with the head coach he will be asked to declare an individual- himself, another coach or captain- who will make decisions concerning penalty acceptance or decline. This decision exists throughout the game except in case of injury or disqualification. The decision by this designated representative is final and cannot be revoked.

1-5-1d Pads and Protective Equipment

There are required pads and equipment for all players

Hip and tailbone protectors

Knee pads which **are unaltered from manufacturer design**

Pants that **completely cover the knees**

Volleyball knee pads are legal

1-5-3 Examples of illegal equipment

Play cards not worn on the wrist or arm

Eye shade that is not solid stroke or contains words, numbers or logos.

Eye shields that are neither clear or constructed of a molded rigid material

Knee braces worn over the pants

Wrist/sweat bands not worn on the wrist

Discovery of illegal or improperly worn equipment- procedure for officials

2020 Points of Emphasis for Rule 2:

2-3-7 Blocking Below the Waist

2-3-8 Chop Block

2-3-10 Blindside Block

2-4-1 Components of a catch

- 2-5-1 Clipping
- 2-5-2 Blocking in the back

- 2-9-1 Fair Catch
 - Valid Signal
 - Invalid Fair Catch signal
 - Illegal Fair Catch signal

- 2-12 First Touching

- 2-13 Force

- 2-14 Formations
 - Scrimmage Kick Formations

- 2-17 Free Blocking Zone

- 2-20 Illegal Helmet Contact
 - Targeting

- 2-26-3 Goal line extended

- 2-32 Player Designations
 - 2-32-3 A Back
 - 2-32-8 Kicker
 - 2-32-9 Lineman

- 2-32-16 Defenseless player
 - What is legal contact on a defenseless player?

- 2-35 Definition of Ready for Play (slightly changed from 2019)

- 2-39 Shifts

Sample Questions- all True or False:

1. Team A requests a time out prior to making a penalty decision. This is legal.

2. Tooth protectors have no color requirement
3. A single underpants garment that includes hip, tail bone, thigh and knee pads is legal.
4. A back in legal position may have his feet break a line through the waist of the nearest lineman legally on the line of scrimmage
5. A passer ceases to be a passer once he releases the ball.

For Crew Discussion:

1. What is our procedure when illegal equipment is discovered or required equipment is found not to be present?
2. Discuss in depth the following elements of the free blocking zone:
 - A. When is blocking in the back legal in FBZ?
 - B. What limitations in the FBZ exist in the shotgun?
 - C. Can there be a legal blindside block in the FBZ?
3. Discuss all aspects of force.
4. What must happen for a catch to be declared made?
5. What are the elements of a blindside block? Targeting?