

2020 NATIONAL FEDERATION FOOTBALL RULES BOOK

CLIP AND PLACE ON THE INSIDE COVER OF YOUR RULES BOOK

NFHS COVID-19 ADAPTATIONS - FOOTBALL

Reducing potential exposure to respiratory droplets by encouraging social distancing, limiting participation in to essential personnel, and allowing for protective equipment.

Pre-Workout/Pre-Contest Screening:

- Athletes and coaches should check their temperature at home before attending practices or games. If a student athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice until:
 - 1) They are free of fever (less than 100.4°F) AND respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; AND
 - 2) Ten days have passed since symptoms first appeared.
- Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate healthcare professional for guidance. Written medical clearance is required to return to activity.
- A record should be kept of all individuals present at team activities.
- Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

Football Officials

- Electronic whistles are permissible – choose a whistle that will carry outside.
- Cloth face coverings are permissible
- Gloves are permissible
- Do not share uniforms, towels, and other apparel/equipment
- Officials should use their own water bottles

Pregame Conference, Coin Toss and Overtime Procedures

- For the coin toss, limit attendees to the referee, umpire and one designated representative from each team.
- Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6 feet.
- No handshakes prior to and following the coin toss.
- Maintain social distancing of 6 feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.
- For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.

Rule Considerations

- Team Box (rule 1-2-3g) – The team box may be extended up to the 10 yard line for players only
- Maintain social distancing of six feet
- Cloth face coverings are permissible for coaches, nonplayers, and substitutes
- Do not share uniforms, towels, and other apparel/equipment
- Players should use their own water bottles
- Ball (rule 1-3-2) – The ball should be cleaned and disinfected throughout the contest
- Ball holders should maintain social distancing at all times
- Gloves (rule 1-5-2b) – Gloves are permissible but must still meet either the NOCSAE standard or SFIA specification
- Face Masks [rules 1-5-1a, 1-5-3c(4)] – Cloth coverings are permissible
- Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without presence of any tint) shall not be allowed during the contest
- The Schutt splash shield is allowed by NFHS rules provided it has no tint and is clear
- Charged Time-outs and Authorized Conferences (Rules 2-6-2, 3-5-3, 3-5-8)
- A single charged time-out may be extended to a maximum of two minutes.
- The authorized conference for a charged time-out should take place between the 9-yard marks and not at the sideline for social distancing purposes. (it would be permissible for more than one coach to be involved in the conference and for technology to be used.
- Each game official and player should have their own beverage container brought out to them on the field.
- Intermission Between Periods and After Scoring (Rule 3-5-7l) – The intermission may be extended to a maximum of two minutes between the first and second and the third and fourth periods and following a try, successful field goal or safety, and prior to the succeeding free kick.

Final Considerations

- Before, during, and after the contest, players, coaches, officials, team personnel and game administration officials should wash and disinfect their hands as often as possible.
- Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play when possible.
- Everyone should have their own beverage bottles that is not shared.
- Cloth coverings are permissible for all coaches and team staff for all game administration.
- Gloves are permissible for all coaches and team staff and for all game administration.
- Try and limit the number of non-essential personnel who are on the field level of throughout the contest.
- If possible, dressing facilities for game officials and teams should be large enough for them to use social distancing protocols and should be properly cleaned and disinfected prior to their arrival.
- Covid-19 Resources on WIAA web site: <https://www.wiaawi.org/Health/Infectious-Disease>

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