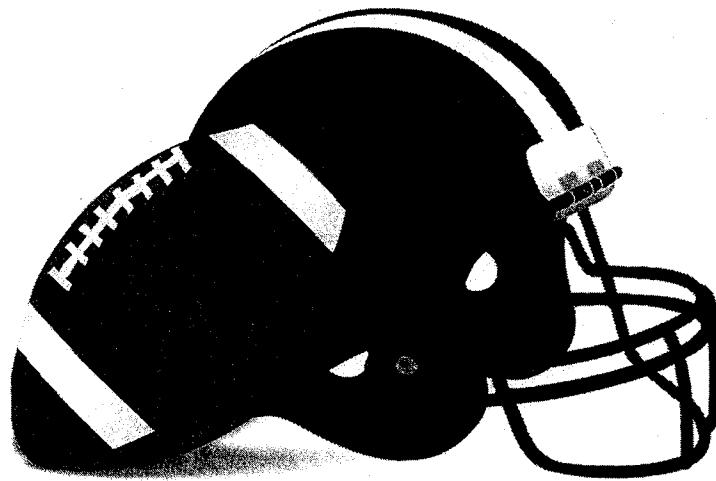


**NASSAU COUNTY PUBLIC HIGH SCHOOL
ATHLETIC ASSOCIATION
SECTION VIII**



**FALL 2023
FOOTBALL BOOKLET**

THE MAN IN THE ARENA



It is not the critic who counts;
not the man who points out how the strong man stumbles,
or where the doer of deeds could have done them better.
The credit belongs to the man who is actually in the arena,
whose face is marred by dust and sweat and blood;
who strives valiantly; who errs, who comes short again and again,
because there is no effort without error and shortcoming;
but who does actually strive to do the deeds;
who knows great enthusiasms, the great devotions;
who spends himself in a worthy cause;
who at the best knows in the end the triumph of high achievement,
and who at the worst, if he fails, at least fails while daring greatly,
so that his place shall never be with those cold and
timid souls who neither know victory nor defeat."

Theodore Roosevelt

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I.

DIRECTORY

Message from MATT McLees, CMAA
SECTION VIII FOOTBALL COORDINATOR

Enclosed, you will find important information regarding the upcoming football season. Please read this information and carefully adhere to all guidelines. Our #1 priority must be the safety, and well-being of all the athletes. Please continue to emphasize proper sportsmanship with your players, coaches, support groups and fans. Together we can maintain the high level of excellence and integrity that has been established in our sport. All of you (players and coaches) work very hard and spend many hours in preparation for the season and while it is important to strive for victory, the many positive outcomes of your effort can't always be measured in wins and losses. I wish you all the best of luck during the season.

DON'T QUIT

When things go wrong, as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest, if you must, but don't you quit.
Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about
When he might have won had he stuck it out;
Don't' give up, though the pace seems slow -
You might succeed with another blow.
Success is failure turned inside out -
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far;
So, stick to the fight when you're hardest hit -
It's when things seem worse that you must not quit.

NASSAU COUNTY
HIGH SCHOOL ATHLETIC ASSOCIATION, INC. OFFICERS

Office of the Executive Director

Patrick Pizzarelli, CAA	- Executive Director
Justin Jonas	- Asst. Executive Director
Nicholas Dunninger	- Assistant Director (Boys)
Grace Chianese	- Assistant Director (Girls)

Executive Committee

John Coscia	- President
Matt McLees, CMAA	- Past President
Jennifer Keane	- VP Women
Matt McLees	- VP Men
Hank Grishman	- Central Committee Superintendent
John Coscia	- Central Committee Principal
Jennifer Keane	- Central Committee Women's PE
Mike Bongino	- Central Committee Men's PE

High School Association Officers

Eric Caballero	- President
Scott Steuber	- Past President
John Franchi	- Recording Secretary
Ed Ramirez	- VP for Schedules
John Mankowich	- VP Parliamentarian/Historian
Peter Cardone	- VP Officials
Kevin Regan	- VP Nominations
Dave Zawatson	- VP By-Laws & Policies

Superintendents' Board

Mr. Hank Grishman, Chair	- Jericho Schools
Mr. John McNamara	- Wantagh Schools
Dr. Phyllis Harrington	- Oceanside Schools
Mr. David Schneider	- Bethpage Schools
Dr. Michael Hynes	- Port Washington

2023 - SECTION VIII FOOTBALL COMMITTEE

SECTION VIII COORDINATOR	Matt McLees	Sewanhaka CHSD	(Work) (516) 488-9858 (Cell) (631) 664-2467
Assistants to the Coordinator	Frank Luisi	Oceanside	(w) (516) 678-7526 (c) (516) 281-5027
	Keith Sachs	Wantagh	(C) (631) 988-9939
	Peter Cardone	Glen Cove	(w) (516) 801-7648 (c) (516) 353-6086
	Russ Cellan	Freeport	(c) (516) 569-0220
	Buddy Krumenacker	Farmingdale	(w) (516) 752-6638 (h) (516) 586-3114
	Mike Stanley	Carey	(c) (516) 361-6904
CONFERENCE I			
Coordinator	Paul Rorke	Syosset	(w) (516) 364-5735 (h) (631) 361-8735
Assistant Coordinator	Kevin Shippos	Massapequa	(c) (516) 456-7789
At-Large	Kevin Cloghessy	Port Washington	(c) (516) 993-8857
CONFERENCE II			
Coordinator	Bobby Fehrenbach	MacArthur	(w) (516) 520-8450 (c) (516) 655-4158
Assistant Coordinator	Dave Ettinger	Garden City	(516) 375-2045
At-Large	Colin Maier	New Hyde Park	(917) 364-3039
CONFERENCE III			
Coordinator	John Palladino	Hewlett	(c) (516) 884-2268
Assistant Coordinator	Ronnie Pickett	Floral Park	(c) (516) 523-2131
At-Large	David Yaker	Lynbrook	(c) (516) 637-7730
CONFERENCE IV			
Coordinator	Russ Pajer	East Rockaway	(w) (516) 887-8300 x472 (c) (516) 241-0785
Assistant Coordinator	Jon Mendrenski	Cold Spring Harbor	(c) (631) 241-6635
At-Large	Joe Gustafeste	Valley Stream South	(c) (516) 660-6840
N.C.H.S.F.C.A. President	Dom Carre	West Hempstead	(c) (516) 523-5332
N.Y.S.F.C.A.	Joe Vito	Roosevelt	(w) (516) 345-7216 (h) (516) 593-1057
Senior Bowl Director	Dan Agovino	North Shore	(w) (516) 277-7040 (c) (516) 622-6663
H.S. Association Rep	Ed Ramirez	Baldwin	(w) (516) 377-9296 (c) (516) 765-0112
Football Official	Bob Miller		(c) (516) 398-1821
Modified Coordinator	Scott Stuber	Syosset	(c) (631) 219-1265
Point System Consultant	Tony Caiazza	Oceanside	(w) (516) 678-7526

N.C.H.S.F.C.A. EXECUTIVE BOARD

President	- Dom Carre	- West Hempstead
1 st V.P.	- Rob Blount	- Oceanside
2 nd V.P.	- Jon Mendreski	- Cold Spring Harbor
Past President	- Mike Yoo	- TBA
Past President Emeritus	- Joe Vito	- Roosevelt
Secretary	- Ronnie Pickett	- Floral Park
Treasurer	- Dan Agovino	- North Shore
Special Projects	- Frank Luisi	- Oceanside (Retired)
Coordinator	- Matt McLees	- Sewanhaka District

FUND RAISING DIRECTOR

Rick Voight
P.O. Box 670
Pt. Lookout, NY 11569
Cell: (516) 314-9271 Email: rvoight49@aol.com

L.I. ASSOCIATION OF FOOTBALL OFFICIALS, INC.

President	Pete Siegmann	(516) 410-9097
1 st VP	Tom O'Connor	(516) 880-5941
2 nd VP	Lowell Citron	(646) 526-4126
Treasurer	Matt Kohut	(516) 379-9150
Secretary	Jim Behan	(516) 477-5805
Rules Interpreter	Tom Smith	(516) 330-4981
OCC Rep	Chris Acheson	(516) 686-7196

2023 - SECTION VIII FOOTBALL COACHES

School	Coach	E-Mail Address	Cell Phone
Baldwin	Ernie Blount	BlountE@baldwinschools.org	(516) 395-6057
Bethpage	Peter Zito	pzito@bethpage.ws	(516) 749-3650
Calhoun	Nick Rawls	Coachrawls76@gmail.com	(516) 712-9512
Carey	Mike Stanley	coachstan03@gmail.com	(516) 361-6904
Carle Place Wheatley	Joe Migliano	Joe2154@gmail.com	516-924-3714
Clarke	Kevin O'Hagan	kohagan@emufsd.us	(516) 369-6515
Cold Spring Harbor	Jon Mendreski	jmendreski@csh.k12.ny.us	(631) 241-6635
East Meadow	Vinny Mascia	vmascia@emufsd.us Emfootball@optonline.net	(516) 330-8745
East Rockaway	Russ Pajer	rpajer@eastrockawayschools.org	(516) 241-0785
Elmont	Tom Innes	tinnies@sewanhaskaschools.org	(516) 857-2073
Farmingdale	Buddy Krumenacker	buddykrum@optonline.net	(516) 353-6351
Floral Park	Ronnie Pickett	rpickett@sewanhaskaschools.org	(516) 523-2131
Freeport	Russ Cellan	rcellan@freeportschools.org	(516) 659-0220
Friends Academy	Callum Ewen	Callum_ewen@fa.org	(516) 359-2086
Garden City	David Ettinger	ettingerd@gcufsd.edu	(516) 375-2045
Glen Cove	Steve Tripp	stripp@glencove.k12.ny.us	(516) 671-0230 H (516) 801-7640 O
Hempstead	Matthew Ali	Alidmatt2288@gmail.com	(516) 903-5164
Herricks	Tom Graef	tgraef@herricksk12.org	(516) 301-6471
Hewlett	John Palladino	jpalladino@hewlett-woodmere.net	(516) 884-2268
Hicksville	Ron Modik	rmodik@hicksvillepublicschools.org	(516) 728-2251

School	Coach	E-Mail Address	Cell Phone
Island Trees	Ryan Vinberg	rvinberg@islandtrees.org	(516) 506-8139
Jericho (JV)	Brendan Lahti	blahti@jerichoschools.org	(631) 974-4316
Kennedy Bellmore	Johnny McGuire	johnnymcguire@gmail.com	(516) 384-2598
Lawrence	Melik Mavruk	melikmavruk60@yahoo.com	(516) 859-6390
Levittown Division	Robert McNamara	rmcnamara@levittownschoools.com	(516) 477-3378
Locust Valley	Michael Gilbert	mgilbert@locustvalleyschools.org	(516) 672-2912
Long Beach	Scott Martin	smartin@longbeach.org	(516) 902-7662
Lynbrook	David Yaker	david.yaker@lynbrookschools.org	(516) 637-7730
MacArthur	Robert Fehrenbach	fbach7@optonline.net	(516) 655-4158
Malverne	Kito Lockwood	kitolockwood@aol.com	(516) 782-5965
Manhasset	Jay Iaquina	iaquintaj@optonline.net	(516) 996-9874
Massapequa	Kevin Shippas	Shippas14@optonline.net	(516) 456-7789
Mepham	Matt Moody	mmoody@bmchsd.k12.ny.us	(845) 264-1108
Mineola	Tim Weinclaw	twienclaw@mineola.k12.ny.us	(516) 582-9819
New Hyde Park	Colin Maier	maiercd@msn.com	(917) 364-3039
North Shore	Dan Agovino	nsfootball@aol.com	(516) 782-7381
Oceanside	Rob Blount	rblount@oceansideschools.org	(516) 375-9386
Oyster Bay	Andrew Caramico	acaramico@gmail.com	(516) 318-6783

School	Coach	E-Mail Address	Cell Phone
Plainedge	Rob Shaver	robert.shaver@plainedgeschools.org	(516) 512-2887
Plainview JFK/Jericho	Brian Gurney	bgurney@pobschools.org	(516) 579-5053
Port Washington	Kevin Cloghessy	kcloghessy@portnet.org	(516) 993-8857
Roslyn	Kevin McKeown	kevinmckeown87@yahoo.com	(516) 754-6212
Roosevelt	Joe Vito	jvito@rufsd.com	(516) 345-7216
Seaford	Michael Corcoran	mcorcoran@seaford.k12.ny.us	(516) 241-1143
Sewanhaka	George Kasimatis	George.kasimatis@gmail.com	(917) 365-2247
South Side	Phil Onesto	Philliponesto47@gmail.com	(516) 851-7591
Syosset	Paul Rorke	pforke@hotmail.com	(631) 514-5104
Uniondale	Phil Coppola	pcoppola@uniondaleschools.org	(516) 287-7831
VS Central	Thomas Schiavo	schiavot@vschsd.org	(516) 808-5055
VS North	Mike Paolillo	paolillm@vschsd.org	(516) 238-4948
VS South	Joe Guastafeste	Guastafj@vschsd.org	(516) 384-0701
Wantagh	Keith Sachs	sachsk@wantaghschools.org	(631) 988-9939
Westbury	Savalis Charles	scharles@westburyschools.org	(646) 642-6328
West Hempstead	Dominick Carre	Dom5640@aol.com	(516) 523-5332

II.

SCHEDULES

&

DATES

SECTION VIII FOOTBALL - 2023 SEASON

START DATE: Saturday, August 19, 2023
Practice Requirements 2-3-5
FIRST SCRIMMAGE DATE: Friday, September 1st
FIRST GAME DATES: Saturday, September 2nd *Conference II only*
Saturday, September 9th

Week 0 - Saturday, September 2	@ 2:00PM <i>Conf. II only</i>
Week 1 - Saturday, September 9	@ 2:00PM
Week 2 - Thursday , September 14	@ 4:30PM <i>JV Game Mon. 9/18 @ 4:00PM</i>
Week 3 - Saturday, September 23	@ 2:00PM
Week 4 - Saturday, September 30	@ 2:00PM
*Week 5 - Saturday, October 7	@ 3:00PM - SAT
~Week 6 - Saturday, October 14	@ 2:00PM <i>~Tentative PSAT Date</i>
Week 7 - Saturday, October 21	@ 2:00PM
Week 8 - Saturday, October 28	@ 2:00PM
*Week 9 - Saturday, November 4	@ 3:00PM - SAT

*Most Varsity Games @ 2:00 PM *SAT Games @ 3:00 PM ~ PSAT tentative 10/14*

***All Conference I & III** JV games are on SATURDAY's @ 9:15AM

***All Conference II & IV** JV games are on MONDAY'S @ 4:30PM (**Monday, Sept. 25th Yom Kippur - Game TBD**)

❖ Point Differential Policy – Running clock at a Point Differential of 35 or more points.

Quarter Finals play-off games are at higher seed

SEMI-FINAL PLAYOFFS:

Thursday, November 9	Conference I	4:00PM & 7:30 PM	Hofstra **
Friday, November 10	Conference III	4:00PM & 7:30 PM.	Hofstra **
Saturday, November 11	Conference II	10:00AM & 1:30PM	Hofstra **
	Conference IV	5:00PM & 8:30PM	Hofstra **

NC CHAMPIONSHIPS:

Friday, November 17	Conference I	4:00 PM	Hofstra **
	Conference III	7:30 PM	Hofstra **
Saturday, November 18	Conference II	12:30 PM	Hofstra **
	Conference IV	4:00 PM	Hofstra **

LONG ISLAND CHAMPIONSHIPS:

Friday, November 24	Conference I	12:00 PM	Hofstra **
	Conference III	4:30 PM	Hofstra **
Saturday, November 25	Conference II	12:00 PM	Stony Brook **
	Conference IV	4:30 PM	Stony Brook **

**** Tentative**

SECTION VIII FOOTBALL

ALIGNMENT Fall 2023

CONFERENCE I		CONFERENCE II		CONFERENCE III		CONFERENCE IV	
1. Freeport	1817	1.Herricks	1047	1. Levittown Div.	746	1. VS South	597
2. Uniondale	1671	2.Mepham	992	2. Roosevelt	740	2. North Shore	579
3. Syosset	1644	3. Long Beach	980	3. South Side	740	3. Lawrence	560
4. Massapequa	1427	4. MacArthur	926	4. Glen Cove	737	4. Island Trees	534
5. Hicksville	1308	5. Jericho	894	5. Bellmore JFK	725	5. CP/Wheatley	502
6. Hempstead	1307	6. Roslyn/Friends	871	6. Bethpage	722	6. Seaford	483
7. Oceanside	1293	7. Sewanhaka	866	7. Hewlett	707	7. Malverne	482
8. Farmingdale	1229	8. New Hyde Park	863	8. VS North	648	8. Locust Valley	453
9. Plainview JFK	1229	9. Calhoun	839	9. Mineola	645	9. Cold Spring Harbor	407
10. Port Wash	1218	10. Garden City	810	10. Floral Park	630	10. W. Hempstead	380
11. Westbury	1179	11. Elmont	809	11. Lynbrook	630	11. Oyster Bay	321
12. Baldwin	1146	12. Carey	788	12. Plainedge	630	12. East Rockaway	285
13. VS Central	1097	13. Manhasset	746	13. Wantagh	626		
14. E. Meadow	1091			14. Clarke	597		

2022 RESULTS

CONFERENCE I	CONFERENCE II	CONFERENCE III	CONFERENCE IV
1. Farmingdale	1. Garden City	1. Plainedge	1. North Shore
2. Massapequa	2. Mepham	2. Wantagh	2. W. Hempstead
3. Baldwin	3. Long Beach	3. Bethpage	3. Seaford
4. Syosset	4. South Side	4. Carey	4. Malverne
5. Hempstead	5. Elmont	5. Manhasset	5. Mineola
6. Freeport	6. New Hyde Park	6. Floral Park	6. Island Trees
7. Oceanside	7. MacArthur	7. Lynbrook	7. Cold Spring Harbor
8. Port Washington	8. Calhoun	8. Roosevelt	8. Clarke
9. VS Central	9. Sewanhaka	9. Hewlett	9. Locust Valley
10. East Meadow	10. Bellmore JFK	10. Levittown Div.	10. East Rockaway
11. Uniondale	11. Herricks	11. VS North	11. VS South
12. Plainview JFK/Jericho	12. Roslyn/Friends	12. Glen Cove	12. Lawrence
13. Hicksville			13. Oyster Bay
14. Westbury			14. Carle Place/Wheatley

SECTION VIII FOOTBALL 2023 PRELIMINARY SEEDING

CONFERENCE I	CONFERENCE II	CONFERENCE III	CONFERENCE IV
1. Farmingdale	1. Garden City	1. Plainedge	1. North Shore
2. Massapequa	2. Mepham	2. Wantagh	2. W. Hempstead
3. Baldwin	3. Long Beach	3. Bethpage	3. Seaford
4. Syosset	4. Carey	4. Southside	4. Malverne
5. Hempstead	5. Elmont	5. Mineola	5. Island Trees
6. Freeport	6. Manhasset	6. Floral Park	6. Cold Spring Harbor
7. Oceanside	7. New Hyde Park	7. Lynbrook	7. Locust Valley
8. Port Washington	8. MacArthur	8. Roosevelt	8. East Rockaway
9. VS Central	9. Calhoun	9. Clarke	9. VS South
10. E. Meadow	10. Sewanhaka	10. Hewlett	10. Lawrence
11. Uniondale	11. Herricks	11. Bellmore JFK	11. Oyster Bay
12. Plainview JFK/Jericho	12. Roslyn/Friends	12. Levittown Division	12. Carle Pl/Wheatley
13. Hicksville	13. Jericho	13. VS North	
14. Westbury		14. Glen Cove	

- Teams in **BOLD** denotes conference change

2023 FOOTBALL SCHEDULE

14 Teams

CONFERENCE I	CONFERENCE III
1. Farmingdale	1. Plainedge
2. Massapequa	2. Southside
3. Freeport	3. Wantagh
4. Baldwin	4. Bethpage
5. Syosset	5. Floral Park
6. Hempstead	6. Lynbrook
7. Oceanside	7. Roosevelt
8. Port Washington	8. Hewlett
9. Uniondale	9. Glen Cove
10. East Meadow	10. Mineola
11. Valley Stream Central	11. Clarke
12. Westbury	12. Valley Stream North
13. Hicksville	13. Bellmore JFK
14. Plainview JFK	14. Levittown Division

Week 1	**Week 2	Week 3	*Week 4	Week 5	~ Week 6	Week 7	Week 8
Sept. 9	Sept. 14	Sept. 23	Sept. 30	Oct. 7	Oct. 14	Oct 21	Oct. 28
6 @ 4	13 @ 9	13 @ 7	1 @ 8	6 @ 10	14 @ 12	13 @ 11	12 @ 8
14 @ 10	12 @ 6	6 @ 8	12 @ 9	12 @ 13	13 @ 8	3 @ 9	1 @ 6
11 @ 12	3 @ 11	1 @ 3	3 @ 6	3 @ 2	6 @ 2	2 @ 1	2 @ 5
9 @ 1	2 @ 4	11@14	2 @ 7	11 @ 5	1 @ 7	14 @ 6	10 @ 13
7 @ 3	7 @ 14	9 @ 5	14 @ 13	7 @ 9	9 @ 11	7 @ 5	11 @ 7
5 @ 13	5 @ 1	10 @ 2	5 @ 4	4 @ 1	5 @ 3	10 @ 12	9 @ 14
8 @ 2	8 @ 10	4 @ 12	10 @ 11	8 @ 14	4 @ 10	8 @ 4	4 @ 3

- Games are on Saturday's @ 2:00PM ** Week 2 is on Thursday, 9/14/23 @ 4:30PM
- *SAT'S 10/7/23 & 11/4/23 @ 3:00PM
- ~PSAT Tentative 10/14/23
- Conference I & III JV Games are on Saturday's @ 9:15am
- Conference II & IV JV Games are on Monday's @ 4:15pm
- Week 9 @ 2:00PM at Higher Seed

2023 FOOTBALL SCHEDULE

13 Teams

CONFERENCE II
1. Garden City
2. Carey
3. Mephram
4. Elmont
5. Manhasset
6. New Hyde Park
7. MacArthur
8. Long Beach
9. Calhoun
10. Sewanhaka
11. Herricks
12. Roslyn/Friends
13. Jericho

Week 0	Week 1	**Week 2	Week 3	Week 4	* Week 5	~ Week 6	Week 7	Week 8
Sept. 2	Sept. 9	Sept. 14	Sept. 23	Sept. 30	Oct. 7	Oct. 14	Oct. 21	Oct. 28
6@1	4@3	8@1	2@8	2@1	10@2	3@2	4@1	1@3
2@4	10@6	9@3	5@4	3@5	6@3	1@5	3@7	5@2
3@11	7@2	12@7	1@7	4@6	12@4	9@7	11@10	7@11
12@9	1@9	4@10	10@9	8@10	5@9	6@8	8@12	13@6
7@5	11@5	5@13	11@13	9@11	11@8	13@10	9@13	10@12
10 Bye	13@8	2@6	6@12	13@12	7@13	12@11	2 Bye	8@4
13 Bye	12 Bye	11 Bye	3 Bye	7 Bye	1 Bye	4 Bye	5 Bye	9 Bye
8 Bye							6 Bye	

- Week 0 is on Saturday, Sept. 2nd ** Week 2 is on Thursday, 9/14/23 @ 4:30PM
- *SAT'S 10/7/23 & 11/4/23 @ 3:00PM
- ~PSAT Tentative 10/14/23
- Conference I & III JV Games are on Saturday's @ 9:15am
- Conference II & IV JV Games are on Monday's @ 4:15pm
- Week 9 @ 2:00PM at Higher Seed

2023 FOOTBALL SCHEDULE

12 Teams

CONFERENCE IV
1. North Shore
2. Malverne
3. Seaford
4. Locust Valley
5. East Rockaway
6. Cold Spring Harbor
7. Island Trees
8. West Hempstead
9. Valley Stream South
10. Lawrence
11. Oyster Bay
12. Carle Place

Week 1	**Week 2	Week 3	Week 4	*Week 5	~ Week 6	Week 7	Week 8
Sept. 9	Sept. 14	Sept. 23	Sept. 30	Oct. 7	Oct. 14	Oct 21	Oct. 28
6 @ 1	1 @ 3	1 @ 9	5 @ 1	2 @ 1	1 @ 8	1 @ 4	7 @ 1
2 @ 5	4 @ 2	8 @ 2	2 @ 7	4 @ 3	6 @ 2	3 @ 2	2 @ 10
7 @ 3	10 @ 6	3 @ 11	3 @ 6	11 @ 5	9 @ 3	5 @ 9	3 @ 5
8 @ 4	5 @ 12	6 @ 4	4 @ 10	12 @ 6	5 @ 4	6 @ 11	4 @ 12
9 @ 10	11 @ 7	7 @ 5	11 @ 8	9 @ 7	7 @ 12	10 @ 7	8 @ 6
12 @ 11	9 @ 8	10 @ 12	12 @ 9	8 @ 10	10 @ 11	12 @ 8	11 @ 9

- Games are on Saturdays @ 2:00PM ** Week 2 is on Thursday, 9/14/23 @ 4:30PM
- *SAT'S 10/7/23 & 11/4/23 @ 3:00PM
- ~PSAT Tentative 10/14/23
- Conference I & III JV Games are on Saturday's @ 9:15am
- Conference II & IV JV Games are on Monday's @ 4:15pm
- Week 9 @ 2:00PM at Higher Seed

2023 - IMPORTANT DATES

N.C.H.S.F.C.A. Meetings

August 21st - Coaches' Meeting/Safety Clinic – 7:00PM @ Oceanside HS
September 7th - Coaches' Meeting - 7:30 PM Zoom Meeting
October 12th - Coaches' Meeting - 7:30 PM @ Clarke HS
November 1st - Coaches' Meeting - 7:00 PM @ Clarke HS

***All League and All County Selections – Wednesday, November 1, 2023**

Thorpe/Martone/Kessenich/Piner/Pizzarelli/Snyder National Football Foundation Award nominations are due. Films and thumbnail sketches must also be submitted.
All necessary forms are in the back of this handbook.

All County Pictures – Monday, November 6, 2023

Monday, November 6, 2023 - 7:00 p.m. at East Meadow H.S. All players selected All County must attend with shoulder pads and game jersey.

Senior Bowl

First Practice:

Monday, November 20, 2023 - @ MacArthur HS from 5:00PM-7:00PM. All participants and coaches must attend.

Game:

Thursday, November 23, 2023 - @ Mitchell Athletic Complex at 10:00AM.

56th Gridiron Dinner

Wednesday, December 6th, 2023 @ Crest Hollow Country Club.

Tickets - \$70.00

4:00 p.m. - "Huddle" college recruiting sessions

7:00 p.m. - Dinner and awards presentations

A ticket is required to attend the huddle and/or the dinner. All County players are guests of the Coaches' Association (N.C.H.S.F.C.A.).

All tickets must be purchased thru Gofan.com prior to Wednesday, November 29th, 2023.

No cash will be accepted at the door.

For Ticket Information

Contact Gridiron Dinner Chairman, Russ Pajer (516) 241-0785

email: rpajer@eastrockawayschools.org

College Coaches

TBA

IMPORTANT
GUIDELINES FOR PARTICIPATION IN SECTION VIII FOOTBALL

To maintain the integrity and efficient operation of the Nassau County Football Program, the following procedures will be followed:

1. School districts must notify Section VIII Executive Director in writing (copy to Football Coordinator) if they are unable to field a varsity football team for any reason (austerity or other).
2. If any team drops out on or before **June 1**, that conference will reschedule (according to approved schedules 11,12,13,14,15 teams). Eight (8) game schedule, four (4) team playoff.
3. Should any conference drop below 11 teams on or before **June 1**, a complete realignment of all teams and conferences in Section VIII must take place.
4. If a team drops out after **June 1**, all schedules and conferences will remain intact. All games scheduled against a team that drops out after **June 1**, will be considered a "no contest".
5. If a team starts late (due to budget problems) or doesn't complete their schedule or plays any part of their schedule; the games will count and any unplayed games will be forfeited to the opposing school.
6. If schools combine teams after the seeding meeting and before **June 1**, all conferences that gain a new team must be re-seeded.

PRE-SEASON PRACTICE REGULATION
2-3-5 PRACTICE REGULATION – TEAM
2-3-5 PRACTICE REGULATION – INDIVIDUAL UPDATED JULY 2021

The first (2) two days of practice must be non-contact, without the use of protective equipment and mechanical blocking devices. The use of cones, ropes, ladders, step-over dummies, soft hand shields and similar devices as teaching aids is permissible. Helmets may be worn.

The next three (3) days provide a transition from the conditioning phase to full contact. During this phase players are permitted to wear a helmet and shoulder pads. Blocking dummies, sleds, and similar devices are permitted. During this phase player to player tackling drills, team scrimmaging, running full contact plays, etc. are not permitted.

The following five (5) days **Revised 2019** consist of contact practice with full protective equipment and the use of all training devices. Full player to player contact and team scrimmaging is permitted.

INDIVIDUALS MUST COMPLETE 10 PRACTICES IN ORDER TO REPRESENT THEIR SCHOOL IN A SCRIMMAGE OR CONTEST. *Revised 2019*

GUIDELINES FOR FOOTBALL SCRIMMAGES

As of May 2010, the N.Y.S.P.H.S.A.A. has adopted the following guidelines governing all football scrimmages conducted in New York State:

1. No official score is kept.
2. No definite time is set or kept.
3. Coaches are permitted on the field to provide instruction and make corrections.
4. Different configurations governing possession time and down and situations (than those normally used in a game) may be used to govern play.
5. Unlimited time-outs and stoppages of play are permitted and encouraged for both providing instruction and adequate rest periods.
6. The use of officials would be permitted and encouraged whenever possible for instruction regarding the rules and proper application of rules.
7. No kickoffs are permitted.
8. Punts and extra-point kicks attempts may involve live play until the ball is kicked. Punts may not be advanced, and all fumbled punts and muffs will be blown dead immediately.
9. The total number of plays should be recorded to prevent an individual player from being involved in more than a maximum of 90 live contact plays during the entire scrimmage.
10. No admission may be charged.
11. The participation of student support groups such as cheerleaders, bands, kick lines, etc. are prohibited.

GUIDELINES FOR JUNIOR VARSITY FOOTBALL

Starting Date

Saturday, August 19, 2023 - All junior varsity teams are bound by the 2-3-5 practice requirements.

Eligibility

All Section VIII junior varsity teams must consist solely of student athletes in grades 9, 10 & 11. 7th and 8th graders are eligible only by meeting the requirements for Athletic Placement Process.

Schedule

The schedule is the same as the varsity, at the opposite site.

Declaration

THERE IS NO DECLARATION NECESSARY UNLESS YOU ARE NOT GOING TO HAVE A JUNIOR VARSITY TEAM. If this is the case, please notify Matt McLees and BOCES, in writing, no later than **September 1st**. The Football Committee will meet to make any necessary adjustments in the junior varsity schedule.

GUIDELINES REGARDING 'KICKERS' **UPDATED JULY 2015**

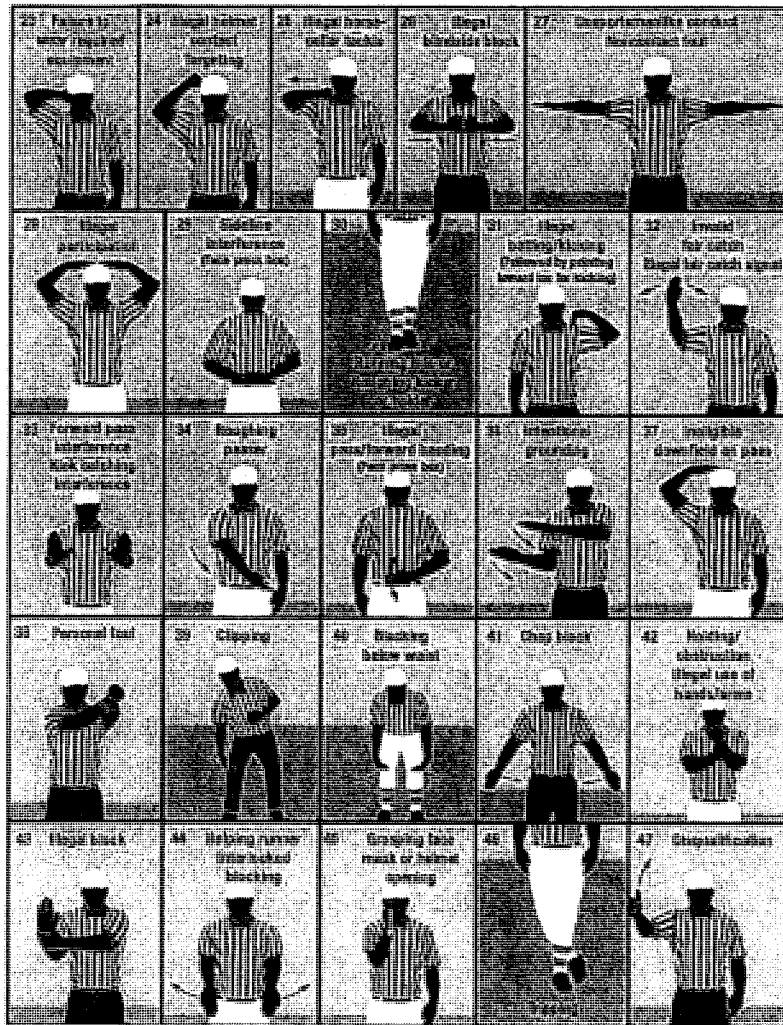
The word kicker refers to the position or player designated to perform the act of kicking the football (punt, kickoff, place kick). This player is the same as any other player on the field. The athlete must meet all the practice requirements (2-3-5 total 10 days) and must be properly instructed, trained and drilled in all the fundamental skills and techniques necessary to safely perform as a football player. This includes blocking, tackling and being blocked or tackled.

NYSPHSAA 20 YARD LINE OVERTIME PROCEDURE

1. An overtime period is untimed play after a regulation game has ended with the score tied. During an overtime period each team has an opportunity to be on offense. However, an overtime period may include only one offensive possession if the defensive team scores a safety or touchdown.
2. When the score is tied at the end of the fourth period, the referee will instruct both teams to return to their respective team boxes. There will be a three-minute intermission during which both teams may confer with their coaches. All officials will assemble at the 50-yard line, review the overtime procedure, determine the number of the second half time-outs remaining for each time, and discuss how penalties (if any) will be assessed to start the overtime procedure. At the end of the intermission, the linesman will go to the team on the side of the field where the line to gain equipment is located and the line judge will go to the other team. They will inform the coaches of the number of time-outs each team has remaining and any special penalty enforcement that apply.
3. At the coin toss in the center of the field the visiting team's captain shall be given the privilege of calling the coin while it is in the air. The winner of the toss shall be given his choice of defense or offense first, or of designating the end of the field at which the ball will be put in play for this overtime period. The loser will have his choice of the other options. The referee will indicate the winner of the toss by placing a hand on his shoulder. To indicate which team will go on offense, the referee will have that captain face the goal toward which his team will advance and indicate this with the first-down signal. The other team captain will face the offensive captain with his back toward the goal he will **defend**.
4. Each team shall be permitted one additional time-out during each overtime period (A on offense, followed by B on offense). The team scoring the greater number of points in the overtime shall be declared the winner. The final score shall be determined by totaling all points scored by each team during both regulation time and overtime periods.
5. To start the overtime, the offensive team shall put the ball in play, first and 10, on the defensive team's 20-yard line anywhere between the inbounds lines. The first offensive team shall have a series of four downs to either score or gain enough yardage for a 1st down. If the offensive team gains a first down, the possession will continue, with the ball in play as either first and 10, or first and goal if the ball is snapped inside the defensive team's 10-yard line. The offensive possession shall be terminated by any score by the offensive team, or if the defensive team has gained possession of the ball.
6. If the team on offense scores a touchdown, it is entitled to the opportunity for a try unless the points would not affect the outcome of the game or playoff qualifying. A field-goal attempt is permitted during any down. If the offensive team gains possession, the ball becomes dead immediately and the offensive team's possession is ended.
7. After the first team on offense has completed its possession, the first team on defense will become the offensive team with the ball snapped from the same 20-yard line anywhere between the inbounds lines. The same end of the field will be used for possessions by both teams during each overtime period to ensure equal game conditions and conserve time.
8. If the score remains tied after each team has been given one offensive possession in an overtime period, then the procedure shall be repeated with other overtime periods until a game winner is determined. In this case, there shall be an intermission of two minutes between periods. At the subsequent meeting of team captains, the loser of the overtime coin toss will be given first choice of the options. If additional overtime periods are required, then first options will be alternated with no coin toss.
9. If a safety is scored by the offensive team, the succeeding spot will be the 20-yard line in possession of the team that was on defense, provided the defensive team has not already had its offensive series during the period (the temporary overtime score is Team A-2; Team B-0)
10. When the defensive team gains possession of the ball, the possession immediately ends for the offensive team.
11. The offensive team shall be awarded a new series of downs when any one of the following occurs:
 - a. Penalty for defensive pass interference is accepted.
 - b. Offensive team recovers a scrimmage kick (field-goal attempt) between the goal lines after it has been touched first by the defensive team beyond the neutral zone.
 - c. Defensive team is guilty of roughing the passer or roughing the kicker, place-kick holder or snapper during a scrimmage kick (field-goal attempt).
12. If the defensive team scores a safety or touchdown, the game is ended.



NFHS OFFICIAL FOOTBALL SIGNALS



PlayPic® PlayPics courtesy of **REFEREE** (www.referee.com)

NFHS GENERAL INSTRUCTIONS
FOR FOOTBALL GAME AND PLAY CLOCK OPERATORS

- A. The clock operator should report to the game officials at the stadium at least 30 minutes before game time for the following purposes:
1. To synchronize timer's watch with official game time as established by the game official responsible for timing.
 2. To advise game officials whether the clock operator will be in the press box or on the sideline. Determine procedure for communication with timer and check this procedure prior to the game.
 3. To discuss coordination of starting, stopping and adjusting the clock in accordance with the playing rules.
 4. To discuss if the game clock horn (mechanical signal) can be turned off. Preference is for the game clock horn (mechanical signal) to be turned off for the duration of the game.
- B. The game clock is normally started 30 minutes before game time. The halftime intermission will start on the referee's signal when the players and game officials leave the field. All pregame and halftime activities will be synchronized with the official game clock. The mandatory three-minute warm-up period will be put on the clock after the intermission time has elapsed and shall be started immediately.
- C. The game clock operator shall have an extra stopwatch available. In case of failure of the game clock, the clock operator shall immediately contact the game officials, giving them the correct data regarding the official time. The game official responsible for timing will then pick up the correct game time on the stopwatch. If the game clock becomes inoperative and is subsequently repaired, it will not be used again until the next period or when the referee determines it is operational. The public-address announcer will indicate the field clock will not be official until the malfunction is corrected and a subsequent announcement is made on the public-address system.
- D. Game Clock Procedures:**
1. The game clock operator is an integral member of the officiating crew and game administration. Unfair advantages occur when the game clock is not started or stopped correctly by rule. Great care must be exercised to see that no time lag occurs in starting or stopping the clock.
 2. On all free kicks, the nearest game official(s) will signal the legal touching of the ball by indicating that the game clock should start.
 3. Any game official may signal a time-out; therefore, the game clock operator should be alert to stop the game clock.
 4. The incompleteness signal will stop the game clock.
 5. The game clock operator will automatically stop the clock following a touchdown, field goal, touchback or safety after the appropriate scoring signal has been made.
 6. After the game clock has been stopped, the referee will start it again on the referee's start-the-clock signal and if no such signal is given, the game clock operator will start the clock on the snap without the signal from the referee.
 7. The referee may start the clock again in certain instances before the ready-for-play.
 8. The try is not a timed down.

1. There are instances when a period shall be extended by an untimed down. During these extensions, leave the clock at :00. Do not reset the game clock for the next period until the referee declares the period over by facing the press box and holding the ball overhead.
2. Each state association may decide whether to utilize a running clock in certain situations, and the procedures for those situations.

E. Play Clock Procedures

1. The following set of instructions is for the play clock operators to assist with the rules on the play clock that now involves a 40-second or 25-second possibility for a delay of game. The following are the instructions for the 40-second and the 25-second play clock, to be used if and when visible play clocks are available to be used.
2. Note to the Play Clock Operator: Starting the 40-second play clock “immediately” is to be interpreted as starting the 40 seconds as quickly as the covering official signals the end of the down using Signal #3 (time-out) or Signal #7 (dead ball with one arm straight up) or Signal #10 (incomplete pass). These are the only three signals you should expect at the end of a down prior to the 40-second play clock starting.
3. The following addresses the play situations that require the 40-second option:
 - a. The Team A (offense) runner is stopped inbounds short of a first down. The game clock continues to run and the 40-second play clock is started immediately except at the end of a 4th down.
 - b. The Team A (offense) runner is stopped inbounds beyond 1st line-to-gain (first down). The game clock is stopped for the first down and the 40-second play clock is started immediately. The referee will then restart (wind) the game clock (no whistle involved) as quickly as the football is placed on the ground and ready for play.
 - c. The Team A (offense) runner or a Team A fumble or a Team A backward pass goes out of bounds. The game clock is stopped, and the 40-second play clock is started immediately. The game clock will not start again until the next legal snap.
 - d. The Team A (offense) legal forward pass is incomplete. The game clock is stopped, and the 40-second play clock is started immediately. The game clock will not start again until the next legal snap.

2021

GENERAL INSTRUCTIONS

FOR FOOTBALL LINE-TO-GAIN CREWS

The typical line-to-gain crew consists of at least three individuals – A DOWN-MARKER INDICATOR OPERATOR and two to hold the rods. Unless otherwise possible by use of a fourth crew member, the DOWN-MARKER INDICATOR OPERATOR will attach the clip as specified. In some cases, where a fourth crew member is present, that member may also be requested to record penalties on a chart provided by the game officials. It is **STRONGLY** recommended that the members of the crew be adults and wear distinctive vests or jackets furnished by home or game management. Remind crew members that they are assistant officials, not fans.

PREGAME DUTIES

1. The line-to-gain crew shall meet the HEAD LINESMAN on the sideline opposite the press box at least 15 minutes before game time and also five minutes prior to the second-half kickoff. If an auxiliary down-marker indicator is used, the operator shall meet the LINE JUDGE on the press-box side at the same time.
2. The HEAD LINESMAN shall make certain that the official line-to-gain and down-marker indicators have been placed opposite the press box or on the designated sideline and that all are in good working order and conform to the rules. The LINE JUDGE shall make certain that the auxiliary down-marker indicator is in good working order and is placed on the opposite side of the field from the line-to-gain crew.
3. The complete concentration of the crew is absolutely necessary if crew members are to discharge their duties efficiently. The crew must refrain from showing any partisan reaction to the events taking place on the playing field. The crew must be prepared to act immediately on instructions from the HEAD LINESMAN so that teams and all concerned will know the exact situation concerning the down and yards to be gained. The crew shall not move or change the number of the down until signaled to do so by the HEAD LINESMAN. The AUXILIARY DOWN-MARKER INDICATOR OPERATOR shall act only on instructions from the LINE JUDGE. The crew must remain impartial and may not communicate down and distance information to members of the coaching staff or team.
4. While serving on the line-to-gain crew, the crew should refrain from using items that would distract them from their responsibility (i.e., using electronic devices).

GAME PROCEDURES

1. On the HEAD LINESMAN'S signal, the crew shall move as quickly as possible to the next position.
2. When a runner or pass receiver is going out of bounds in the immediate vicinity, the involved crew member is to quickly and carefully drop the marker and move away from the sideline, keeping his/her eye on the spot of the marker. The crew members away from the play should hold their positions if possible.

3. The HEAD LINESMAN will set the spot of all first downs by going to the sidelines and marking, while facing the field, the exact spot where the rear stake will be set. The front crew member will then be sure the chain is fully extended before setting his/her stake.

4. The DOWN-MARKER INDICATOR OPERATOR, on every new series of downs, will set the down-marker indicator at the spot marked by the HEAD LINESMAN. When the line-to-gain equipment is moved, the rear rod is to be set behind the down-marker indicator and then the clip shall be placed at the back edge of the 5-yard line nearest the rear rod. The down-marker indicator must be held at all times in an upright position with the down correctly shown.

5. The DOWN-MARKER INDICATOR OPERATOR is to show the number of the down just completed and shall not indicate the new down until so notified by the HEAD LINESMAN. On instruction from the HEAD LINESMAN, the DOWN-MARKER INDICATOR OPERATOR will move the down-marker indicator to a new position with the marker indicator placed at the forward point of the ball and change the marker indicator to the correct down.

6. On all measurements for first down when the chain is moved onto the field, the DOWN-MARKER INDICATOR OPERATOR is to place his/ her marker indicator at the spot of the front rod until a new series of downs is declared or the chain is returned to its previous position.

7. The chain is not extended if it is a first-and-goal situation. The HEAD LINESMAN should provide the DOWN-MARKER INDICATOR OPERATOR a bean bag in this situation to mark location of the box in case it is moved during the down.

8. The DOWN-MARKER INDICATOR OPERATOR should place the marker indicator on the line of scrimmage on all try situations. This will aid players and game officials in determining the line of scrimmage on all plays toward the sideline. The chain will not be placed on a try.

9. If the sidelines become crowded and the crew does not have room to efficiently discharge its duties, the crew is to notify the HEAD LINESMAN immediately so that a time-out may be called, and sidelines cleared before the game will be allowed to proceed.

10. If the game is delayed for any reason, the crew will stay with the game officials.

11. The official line-to-gain and down-marker indicators shall be operated approximately 2 yards outside the sideline opposite the press box, except in stadiums where the total playing enclosure does not permit. Unofficial auxiliary line-to-gain and down-marker indicators may be used on the sideline opposite the official line-to-gain and down-marker indicators and shall be operated approximately 2 yards outside the sideline, except in stadiums where the total playing enclosure does not permit. All indicators shall be operated as far off the sideline (up to 2 yards) as facilities permit and as directed by the HEAD LINESMAN and LINE JUDGE.

12. With the 40 or 25 second play clock, it is possible the ball may be snapped prior to the down-marker indicator being set. Should this rare situation occur THE HEAD LINESMAN shall drop a bean bag at the spot where the DOWN-MARKER INDICATOR OPERATOR shall spot the down-marker indicator.

4. There is no signal/whistle from the referee during the 40 seconds except to restart the game clock following a first down inbounds. It is important to note that none of the situations listed above involve an administrative stop/interruption in play. All of those possibilities are addressed in the next section.
5. **Administrative Stoppages/Interruptions:** It is always possible for the situations that are listed below to occur during the game that are administrative issues/interruptions to the normal flow of play. This list does not necessarily include every possibility.
6. **Note to the Play Clock Operator:** Every situation listed below – with two exceptions – will result in a 25-second play clock that is not started immediately at any time, but you will wait until the situation has been addressed and the referee will then utilize Signal #1 which is the very common ready-for-play (with the whistle sounded) or Signal #2 (wind) which restarts both clocks (with the whistle sounded).
 Game Situations: (a) any foul occurs; (b) play is stopped for an injured player (40 seconds if a defensive player); (c) any down that involves a score; (d) either team is granted a time-out; (e) play is stopped to address an equipment issue (40 seconds if a defensive player); (f) any down that includes a legal kick followed by a new series; (g) a measurement for a first down; (h) team possession changes during or after a down; (i) the beginning of any period; (j) an inadvertent whistle; and (k) an untimed down. This list includes most 25-second play clock situations, but an extremely rare situation is also a possibility (a dog runs across the field; the lights go out; weather conditions).
7. **General Statements**
 - (a) Always set the play clock back to 40 during a down in progress. You will have plenty of time to change it back to 25 at the end of the down if necessary.
 - (b) The common ready-for-play whistle/signal is not used for a 40-second play clock.
 - (c) It is very important that the same individual in the press box is not responsible for both clocks. An official on the field will be responsible for the play clock if no visible play clocks are used.
 - (d) The game clock operator must always be ready for the referee to wind/start the game clock when it is stopped. The game clock will always start on a legal snap if it is not already started/running prior to the legal snap.
 - (e) Make certain that you always run the 25-second play clock prior to an extra point try, prior to a kickoff and prior to the kick following a safety.
8. Finally, the play clock operator must always be ready for the referee to reset the 40-second clock to 25 seconds if and when the 40 seconds has run down past and below 25 seconds and the football is still not yet on the ground ready for the next down. The referee's signal for this is a pumping motion with one hand up and down near his head. The same pumping motion with both hands is a reset to 40 seconds.

PLAY CLOCK/GAME CLOCK PROCEDURES				
Event	Play Clock Starts At	Game Clock Starts	Covering Official's Signal	Referee's Signal
Dead Ball Inbounds	40	Running	S #7	None
Dead Ball Out Of Bounds	40	Snap	S #3	None
Incomplete Pass	40	Snap	S #10	None
Team A Awarded 1st Down	40	Signal	S #3	Wind
Penalty Administration	25	Ready	S #3	Wind
Charged Team Timeout	25	Snap	S #3	Chop
Injury / Helmet Off *	40/25	Ready	S #3	Wind
Measurement	25	Ready	S #3	Wind
Double Change Of Possession – Team A Snaps	25	Ready	S #7	Wind
Change Of Possession - Team B Snaps	25	Snap	S #3	Chop
Touchdown	25	N/A	S #3	Chop
Try, Field Goal, Safety	25	Varies **	Varies **	Chop
Start Of Each Period	25	Varies	Varies	Chop
Legal Kick	25	Snap	S #3	Chop
Start Of Overtime Period	25	N/A	N/A	Chop
Other Administrative Stoppages ***	25	Ready	S #3	Wind
* See Rule 3-6-1a(1)e EXCEPTIONS For Defensive Injuries				
** The Game Clock Will Start on the Legal Touch of a Free Kick				
*** Includes Inadvertent Whistle and Period Extension				
See the Current NFHS Football Rules Book for the NFHS Official Football Signals				



**NATIONAL FEDERATION
OF STATE HIGH SCHOOL
ASSOCIATIONS**

2023 NFHS FOOTBALL RULES CHANGES

Clarified That Towels Do Not Have To Be The Same Solid Color For Each Player [1- 5-3a(5)a 4, 5 (NEW)] — Player towels may contain one manufacturer's logo and/or one school logo neither exceeding 2¼ square inches. Towels must be a solid color but now do not have to be the same solid color for each player. Towels may not be ball- or penalty-flag colored.

Clarified When a Player Is Inbounds After Being Out of Bounds [2-29-1] — This change clarifies when a player is inbounds after being out of bounds. There is no change to any foul or subsequent penalty provisions, or any rules related to illegal participation or the provisions regarding eligibility to catch a pass.

Added A List of Criteria to Help Identify Players Who Should Be Defined as Defenseless Receivers [2-32-16d (NEW), 9-4-3g] — This change adds to the list of criteria to help identify players who should be defined as defenseless receivers related to application of unnecessary or excessive contact. This clarification should help game officials and coaches by defining allowable contact against defenseless receivers.

Intentional Grounding Exception Changed [7-5-2d EXCEPTION 2a, c (NEW), TABLE 7-5-2 d EXCEPTION 2a, c (NEW), TABLE 7-5 (1)d EXCEPTION 2a, c (NEW)] — This change permits the exception for intentional grounding to the first and only player to possess the ball after the snap ends.

Removed "Intentional" From Pass Interference in TABLE 7-5 [TABLE 7-5 2c (DELETED), 7-5 PENALTY] — By removing "intentional" from pass interference, this change puts the rule in line with how it is already enforced which is a 15-yard penalty.

Changes In Basic Spot Penalty Enforcement [10-4, TABLE 10-4 (NEW), 10-6 (DELETED)] — This change restructures and clarifies the amendments to Rule 10 to eliminate the excessive penalty enforcements for offensive fouls that occur behind the line of scrimmage. This revision stipulates the basic spot for enforcement of fouls behind the line of scrimmage is the previous spot rather than the spot of the foul unless otherwise specified by rule. Current penalties for illegal kicking, batting and participation fouls, and provisions for offensive fouls occurring in the end zone that may result in a safety remain intact.

Clarification On The Ball Being Handed Forward On A Running Play [Six-Player – Rule 7g (NEW)] — The change allows the ball to be handed forward on a running play, including to the guards/ends, while prohibiting handing the ball to the snapper provided both players are behind the neutral zone.

2023 EDITORIAL CHANGES

1-1-7; 1-1-9; 1-3-2; 1-3-7 NOTE; TABLE 1-7; 1-8 (NEW); 3-6-1b(1); TABLE 7-5 (1) d EXCEPTION 2; 9-5-1; 9-8-1; FOOTBALL FUNDAMENTALS – II-5, X-3, X-5; RESOLVING TIED GAMES – 3-1; NINE-, EIGHT- AND SIX-PLAYER RULES DIFFERENCES – RULES 2 and 7; PENALTY SUMMARY; INDEX.

Football Rules Changes - 2023

By NFHS on May 24, 2023

football

Download PDF version here.

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Changes In Basic Spot Penalty Enforcement [10-4, TABLE 10-4 (NEW), 10-6 (DELETED)] — This change restructures and clarifies the amendments to Rule 10 to eliminate the excessive penalty enforcements for offensive fouls that occur behind the line of scrimmage. This revision stipulates the basic spot for enforcement of fouls behind the line of scrimmage is the previous spot rather than the spot of the foul unless otherwise specified by rule. Current penalties for illegal kicking, batting and participation fouls, and provisions for offensive fouls occurring in the end zone that may result in a safety remain intact.

Clarification On The Ball Being Handed Forward On A Running Play [Six-Player – Rule 7g (NEW)] — The change allows the ball to be handed forward on a running play, including to the guards/ends, while prohibiting handing the ball to the snapper provided both players are behind the neutral zone.

2023 EDITORIAL CHANGES

1-1-7; 1-1-9; 1-3-2; 1-3-7 NOTE; TABLE 1-7; 1-8 (NEW); 3-6-1b(1); TABLE 7-5 (1) d EXCEPTION 2; 9-5-1; 9-8-1;
FOOTBALL FUNDAMENTALS – II-5, X-3, X-5; RESOLVING TIED GAMES – 3-1; NINE-, EIGHT- AND SIX-PLAYER RULES
DIFFERENCES – RULES 2 and 7; PENALTY SUMMARY; INDEX.

2023 POINTS OF EMPHASIS

1. Helping the Runner
2. Communication Between Coaches and Game Officials
3. Game Management

Changes in Basic Spot for Penalty Enforcement Headline 2023 High School Football Rules Changes

By NFHS on February 02, 2023

nfhs news

A notable change to Rule 10 of the NFHS Football Rules Book will eliminate the excessive penalty enforcements for offensive fouls that occur behind the line of scrimmage in high school football.

This change in Rule 10-4 (Basic Spots) is one of seven revisions recommended by the National Federation of State High School Associations (NFHS) Football Rules Committee at its January 8-10 meeting in Indianapolis. All changes were subsequently approved by the NFHS Board of Directors for the 2023 high school football season.

In a move to achieve one of the committee's fundamental tasks of maintaining a balance between offense and defense, this revision stipulates the basic spot for enforcement of fouls behind the line of scrimmage is the previous spot rather than the spot of the foul. Current penalties for illegal kicking, batting and participation fouls, as well as provisions for offensive fouls occurring in the end zone that may result in a safety, remain intact.

As an example, with the change in Rule 10-4, a team on offense at its own 40-yard line that is called for holding 10 yards behind the line of scrimmage at its own 30-yard line, would be faced with first and 20 from its 30-yard line rather than the almost insurmountable task of first and 30 from its own 20-yard line.

"This is an excellent rule change that the majority of game officials and coaches requested and that our NFHS Football Rules Committee members approved unanimously," said Richard McWhirter, chair of the NFHS Football Rules Committee and assistant executive director of the Tennessee Secondary School Athletic Association (TSSAA). "I believe this change will make the rule clearer for coaches and easier for game officials to administer."

In a change that addresses another goal of every NFHS rules committee – risk minimization – additional criteria were approved to help identify players who should be defined as defenseless receivers related to application of unnecessary or excessive contact.

An addition (d) to Rule 2-32-16 states that another example of a defenseless player includes a receiver, as previously defined in the rule, including the person intercepting the pass, who is forcefully contacted by an opponent 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.

The committee also approved a clarification to the intentional grounding rule change implemented last year. The change in Rule 7-5-2EXCEPTION permits the exception for intentional grounding to the first and only player to possess the ball after the snap ends.

A revision in Rule 2-29-1 clarifies when a player is inbounds after being out of bounds. While the committee approved additional language for clarification, there is no change to any foul or subsequent penalty provisions, or any rules related to illegal participation or the provisions regarding eligibility to catch a pass.

One change was approved in Rule 1-5-3 regarding player equipment, specifically player towels, which now may contain one manufacturer's logo and/or one school logo, neither exceeding 2¼ square inches. Towels must be a solid color, but now do not have to be the same color for each player. Towels may not, however, be the color of the ball or penalty flag.

In Rule 7-5 (TABLE) regarding forward pass interference, the word "intentional" was removed, which puts the rule in line with how it is already enforced, which is a 15-yard penalty.

A final change was approved in the rules differences for six-player football, which along with eight-player and nine-player use the basic 11-player football rules with exceptions. An exception in Rule 7 was approved for six-player football stating that "a direct forward handoff may be made during a scrimmage down before a change of possession, provided both players are in or behind the neutral zone unless it is to the snapper."

This change allows the ball to be handed forward on a running play, including to the guards/ends, while prohibiting handing the ball to the snapper, provided both players are behind the neutral zone.

"The NFHS Football Rules Committee continually strives to clarify the playing rules for optimal game efficiency," McWhirter said. "These changes exemplify that goal."

The NFHS Football Rules Committee is composed of one representative from each of the NFHS member state associations that use NFHS football rules, along with a representative from the NFHS Coaches Association, NFHS Officials Association and NFHS Sports Medicine Advisory Committee.

A complete listing of the football rules changes will be available on the NFHS website at www.nfhs.org. Click on "Activities & Sports" at the top of the home page and select "Football."

According to the 2021-22 NFHS High School Athletics Participation Survey, 11-player football is the most popular high school sport for boys with 973,792 participants in 13,733 schools nationwide. In addition, there were 34,935 boys who participated in 6-, 8- and 9-player football, along with 3,633 girls in all four versions of the game for a grand total of 1,012,360.

N.C.H.S.F.C.A.

ORGANIZATION RESPONSIBILITIES PROPOSAL

Financial

All teams will contribute the following:

1. One full page ad or the equivalent (i.e. two half pages).
2. At least one person on the staff shall attend the N.C.H.S.F.C.A. Clinic.
3. Each team will provide at least one (1) staff member to sell 50-50 raffles at two separate playoff or championship games (there are 14 games to choose from) a sign-up sheet will be provided prior to the games.

Helping with your time

All teams will provide at least one staff member to help in one of the following:

1. Coaching the All-Star Game
2. Collect tickets at the All-Star Game (2 people)
3. Sell 50-50 raffles at the All-Star Game (4 people)
4. Assist at the Gridiron Dinner (taking tickets, set up, etc.)
5. Assist at the Clinic
6. Assist with fundraising effort.

Coaches not helping with requirements

7. Not eligible for Honors Committees (i.e., Thorpe, Martone, Piner, etc.)
8. Should not be considered for or continue to be a Football Committee member.
9. No conference scholarships.

All coaches' responsibilities will be recorded for the season and any penalties will be enforced in the following season. A list for the organization will be provided to the coaches at the seeding meeting for the following year. This will continue each year.

III.

CHECKLIST

&

GUIDELINES

FOR

DIRECTORS

&

COACHES

FOOTBALL CHECKLIST FOR ATHLETIC DIRECTORS AND COACHES

1. **Section VIII rosters** for varsity and JV must be on file with the Executive Director's Office **PRIOR** to the first league game (all games are league games).
2. Two (2) copies of the **numerical rosters** should be forwarded to every team in your conference as soon as possible or at least one week prior to your first game. (One copy to the athletic director and one copy to the coach.) Use official roster form on next page.
3. Note the Section VIII Policy (5/29/91) regarding school physicians at football contests (see page 32).
4. **Home teams** wear the colored jerseys - **visiting teams** wear white. Contact the opposing school well in advance in the event of a problem.
5. **Telephone access** is vitally important in the event of an emergency. This pertains to calling in as well as calling out on a Saturday or when school switchboards are normally closed. Please notify the opposing team coach and athletic director.
6. **Field Conditions** - The Nassau County football officials have reported an increasing number of football fields are being poorly maintained, improperly marked, and in some cases, they have noticed potential hazards exist both on the playing field and on the immediate sidelines.
 - a. Field should be checked and cleared of broken glass, protruding sprinkler heads, and other forms of debris.
 - b. All holes should be filled in and level.
 - c. All holes, drains, pole vault boxes and potential hazards along the sidelines should be covered or removed.
 - d. Each zone marker (red pylongs) should be checked. The officials have reported that some are being held up with wooden stakes and metal spikes.
 - e. Down markers and chains with points on the end are illegal.
 - f. Goal post pads are required.
7. **Public address announcements** and programs must include the Section VIII sportsmanship regulations. Also, note Section VIII guidelines for selection and proper conduct of public address announcers. There should be no announcements or play-by-play when the ball is in play.
8. **Any changes in your schedule** (including day of game, time of game, location of game, etc.) requires that the conference coordinator be notified in writing with copies sent to the athletic director and the football coach of all the schools in your conference. This is in addition to notifying BOCES and the football coordinator.
9. **Guidelines Regarding "Kickers"**
The word kicker refers to the position or player designated to perform the act of kicking the football (punt, kickoff, place kick). This player is the same as any other player on the field. He or she must meet all the practice requirements (3-2-6-4 total 15 days) and must be properly instructed, trained and drilled in all the fundamental skills and techniques necessary to safely perform as a football player. This includes blocking, tackling and being blocked or tackled.
10. **Emergency Action Plan** is recommended for all Football coaches.
11. AD's are encouraged to be prepared for any emergency that may arise.

OFFICIAL ROSTER FORM

CONFERENCE

YEAR

[illegible]

Home Team Responsibilities

1. Properly mark and prepare the playing field (see diagram).
2. Provide locker room and/or adequate toilet facilities, chalkboard, chalk and eraser for both teams. A supervisor must be assigned to escort the visiting team to a locker room with adequate toilet facilities, chalkboard and eraser. The home school must also assign a supervisor to officials and provide the following:
 - a. Adequate and secure parking facilities.
 - b. Private dressing and shower facilities away from coaches and other supervisory personnel with provision for a secure place for clothing and valuables. Upon request of the official, these facilities shall be opened at half time and immediately following the contest.
 - c. Reasonable and proper crowd control with provisions for carrying out home management's responsibilities as called for by contest rules. Also, to include an escort by supervisory personnel at half-time and conclusion of contest to locker room and off school grounds, if necessary.
3. Have a rulebook available on the home sideline.
4. Provide experienced people to work chains and down box for all home games. Designate down box individual in charge of crew and attempt to make crew consistent for all home games. Pay particular attention to having experienced individuals at all levels.
5. Provide a reasonable and safe location for videotaping the game. One visiting team assistant coach (to communicate with the sidelines) and at least one photographer from the visiting team be granted equal access to the same or equal facilities as those provided for the home team. Both functions are considered as vital to the visiting team as they are to the home team. Therefore, an equal facility must be provided for both teams. If the home team fails to provide an equal opportunity for the visiting team, the referee may under Rule 1, Article #3 of the National Federation Rules deny the home team the use of said facilities. (Sect. VIII Policy 6/89). Videotaping and/or filming from the end zone (10-yard line around the end zone to the 10-yard line) is permitted. This tape or film may not be exchanged with any other school (11/94).
6. Provide adequate supervision for both sidelines. Sidelines should be clear of spectators and all unauthorized personnel. See Section VIII guidelines for crowd control and supervision.
7. Have a supervisor escort visiting team bus to a parking area that will provide for the easiest departure at the conclusion of the contest. Home supervisors must escort visiting team to their bus to insure their departure of school grounds is without incidence.
8. See new Section VIII Policy/Doctors
9. Official Time on Scoreboard - A fifth official may be requested to run the scoreboard clock, therefore, providing for the official time to be kept on the scoreboard clock.
10. Benches should be provided for visiting team. Also, a small table and garbage can.
11. Home team **must** sit on the side with the **most seating**.

Football Point Differential Policy Revision

Updated 1/18/22

Once the score of the game reaches a point differential of 35 points or more, the game will be played with a running clock. The clock will run unless the score differential reaches 14 points or less and then official time is kept.

- ❖ Scores
- ❖ Injuries
- ❖ Official/Injuries Timeouts
- ❖ Timeouts

Anytime a school feels that there was unsportsmanlike conduct by an opponent with the intent to embarrass a school, they should fill out the Point Differential Paperwork on the Section VIII website.

Scouting Guidelines (N.C.P.H.S.F.C.A.)

Scouting of scrimmages is permissible only if agreed on by all schools involved. This would require 3rd and 4th party agreement if the schools involved are on each other's schedule.

The use of video equipment for the purpose of scouting is permitted.

End zone video scouting is not permitted.

Film/Video Exchange (N.C.P.H.S.F.C.A.) (Amended 1997)

Video scouting is now permitted at all varsity games and during the final pre-season scrimmage. However, due to the fact that all schools may not be able to video scout a film/video exchange of at least one game film (tape) of "reasonable quality" with a team's next opponent is still mandatory if a tape is requested. A school's refusal to exchange should be reported to the coordinator immediately. If a coach's refusal is substantiated, all teams in that conference will be informed and all teams will be prohibited from exchanging or supplying films to that coach for the remainder of the season. If it occurs in the last game this would apply to the entire next season.

- a. Each coach should get his choice of films from all previous games. It is recommended that the exchange take place on Saturday, if possible. If the teams agree to exchange the most recent game, the exchange should take place by no later than Tuesday evening.
- b. Coaches can agree to exchange more than one film.
- c. Coaches can agree not to exchange film.
- d. Due to TV games and the fact that the mere exchanging of films each week allows for the possibility of multiple opportunities to view an opponent, the N.C.H.S.F.C.A. has agreed to an open exchange with any other coach at any time for any opponent.
- e. "Reasonable quality" means suitable for analysis of offense, defense and kicking game for the purpose of preparation. The "Golden Rule" is, **If you wouldn't want it, don't give it to someone else.**
- f. "End zone" tapes may not be exchanged except between the two schools that appear on the tape (3/95).

***End zone scouting and/or videotaping is permitted by a team participating in the game.**

Section VIII Policy Concerning Doctors in Attendance at Football Games

In an effort to clarify the policy concerning Doctors, EMT's and AMT's in attendance at football games, the following is the policy modification dated 5/29/91 and the reasoning behind it.

The Chief School Officers (6/6/91) and the Athletic Council did not intend to eliminate the policy governing attendance of a physician at football games.

- a. Each member school should be responsible for providing at their home football games a professional medical coverage of their choice. This coverage must consist of a medical doctor, certified EMT or AMT or a NATA certified trainer. If a visiting school insists that a medical doctor be present at football games in which their school district participates in, then it would be the responsibility of the visiting school to assume the obligation to provide and pay for a medical doctor that is sent to the away game if the home school provided medical coverage with other professionals e.g. EMT, AMT or trainer.

- b. All schools should declare in writing prior to the start of the season and no later than two (2) weeks prior to the first scheduled Section VIII game date, what type of coverage their school district will provide for their home football games. This information would be made available to all member schools through the Executive Office of Section VIII. Each school district would then be able to make a decision as to whether or not they wish to send a medical doctor to away games if one is not being provided by the home school.
- c. If a school verifies to the opposing school that they cannot fulfill their obligation of having a physician present, after exhausting all resources and can substantiate their intent, the game may be rescheduled by mutual consent.
- d. If the rescheduling of the game becomes impossibility because undue hardship to either team and all consideration to reschedule were made in good faith and intent, then the scheduled contest will be declared a forfeit in favor of the team that met the requirement necessary to play the game.
- e. Any game on any level that is declared a forfeit may be appealed to the Section Appeals Committee by following the procedure as outlined in the Nassau County Handbook.

Section VIII Policy Re: Communication Equipment (6/89)

When a team uses headphones or walkie-talkies to communicate with the sidelines, it will be the responsibility of each team to see to it that their own system is in working order. As long as both teams have equal access to the same or equal facilities (including electrical supplies), the responsibility for maintaining a team's own communication equipment and/or providing a back-up lies with that team alone. Failure of one team's equipment or the choice of one team to use or not to use communication equipment would not and should not preclude the other team from continuing to use their own.

Postponements and Changes in Games and Contests

(Section VIII Policy Adopted 3/24/80)

- a. When a school cannot meet a scheduled event because of a teacher's strike, job action or austerity, that school will automatically forfeit said event, unless the offended school willingly sets another date. No third-party school should be moved involuntarily from the schedule.
- b. In a situation where the weather or field conditions are questionable, the decision as to whether to play or postpone should be made by the home school chief school officer or designee at least two (2) hours in advance of the scheduled starting time if possible, or if it can be arranged, prior to the visiting team leaving their school. The request of a visiting team for postponement because of hazardous driving conditions must be considered.
- c. If there is a cancellation or postponement, the contest shall be rescheduled on the next available school day or non-school days including Sunday providing both schools agree.
- d. Possible forfeits must be discussed with opposing schools, the county and conference coordinators before any decisions are made. (11/94)

In Case of Adverse Conditions, the Host School Shall:

At least two (2) hours before game time:

- 1) Notify the visiting school - set a new date. Game will be played on first school day after postponement. (Sundays and holidays may be used if agreed to by both schools involved.)
- 2) Notify the officials - reassign if possible.
- 3) Notify the Sports Chairman.

a. Sudden Adverse Weather Just Before the Game:

- 1) Set a new date before visitors depart.
- 2) Reassign officials and pay their travel expenses.

b. Contest Postponed After Play Has Started:

- 1) Set new date before visitors depart.
- 2) Reassign officials - full pay due.

c. Officials shall call host school if in doubt.

d. Should host team and visiting team be unable to agree upon the definition of adverse weather, at least two (2) hours prior to the start of the contest, the host team shall be responsible for notifying Executive Secretary. The host team shall also contact the Sports Chairman and the President of Section VIII who will designate a postponement committee with the authority to render a decision.

e. Should the visiting team or host team refuse to play after following the steps outlined in paragraph 'e', game will be declared a forfeit in favor of the school not at fault, as determined by the committee.

f. Rescheduling Varsity Football Games:

Once conference schedules are established, the position of a scheduled game relative to other scheduled games may not be changed. The day the game is scheduled may be changed by agreement of both schools but the relative position of the game on the overall schedule may not be changed.

g. Games interrupted because of events beyond the control of the responsible administrative authority shall be continued from the point of interruption unless the teams agree to terminate the game with the existing score. The time of the contest may be adjusted by the home school.

Out of Season Activities Prior to the Approved Starting Date

All member schools of Section VIII are encouraged to conduct and sponsor recreational and intramural activities for the physical, emotional and social well-being of all their students. Schools sponsored activities conducted out of any sport season such as general conditioning, weight training, weightlifting, intramural recreation, open gyms, club activities, clinics and camps are permitted.

- a. If such programs are not mandated by coaches or school personnel.
- b. If such programs are available to all students.

Non-school sponsored activities are also permitted if such programs are not mandated by coaches or school personnel and are available to all students.

However, in order to preserve and protect the intent and integrity of each interscholastic sport season, it shall be the duty and responsibility of all coaches and athletic directors to ensure that no athlete be coerced, exploited or otherwise pressured to participate in an activity related to his/her sport during any other sport season as outlined in the Handbook.

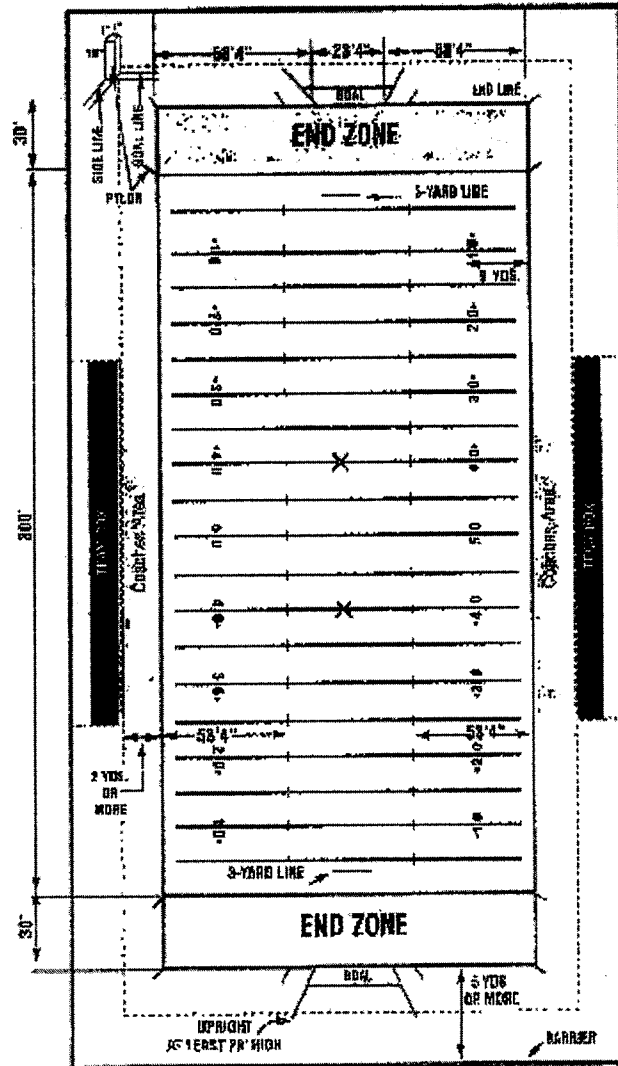
During the summer months there is obviously less concern with infringing on other sport seasons, however, it is still the responsibility of all coaches and athletic directors to insure that **no athlete is pressured to participate in any of the above mentioned activities and to be sure that activities held during the summer are not conducted in a way that could constitute a 'practice' or provide for an unfair advantage in a fall sport.**

*(See definition of "practice" as outlined in the State Handbook.)

All who are concerned with the proper conduct and with the intent and spirit of any extracurricular activity are obligated to report a violation or perceived violation to the Ethics Committee through the Executive Director's Office. All violations will be adjudicated by the Ethics Committee. Their decisions could possibly result in forfeiture of eligibility and/or sanctions of the students, teams, coaches, or schools involved.

It is also recommended that this philosophy and standard be made available to all students, parents, coaches, administrators, and other school personnel concerned with the conduct of our interscholastic sports programs.

18.



44.

CAMP SELECTION & GUIDELINES

CHECK WITH YOUR SCHOOL DISTRICT AND COMPLY WITH GUIDELINES

Selection

You might get some ideas and information on finding a good facility by calling or using a firm such as Camp Connection (379-4102). Camps pay the fee. Visiting the camp before signing a contract.

Inspect the following:

Fields (size and safety)

Cabins (size, screens, toilet facilities)

Dining hall

Indoor facilities

Weight room

Swimming facilities

Meeting/film room

Game room

Laundry facilities

Check references - other coaches or teams that have been there. Make sure to inquire about the following:

Medical Care

Local hospital (distance)

Availability of EMT's and emergency service (ambulance, fire department, etc.)

Availability of local medical doctor

Bring a certified athletic trainer if possible or check the availability of a certified trainer with the camp

Other Services and Equipment

VCR equipment

Ice

Chef turnover

Meals - times, quality, quantity

Canteen/snack bar

Field lining - cones, etc. and other equipment of theirs that you might use

Tarps to cover bags in the evening or better yet storage facilities

Other teams - how many, what they will use, how close to your cabins, what times are recommended for getting up and lights out.

Visit the Local Town to Locate

Hospital

Drug stores

Laundry facilities

Most camps will give you some help financially toward your bus expense, truck rental, shirt purchases, etc. Ask them what they can do to help reduce cost.

CAMP SELECTION & GUIDELINES (continued)

Transportation

Check district guidelines regarding approved bus companies and procedures. Try to obtain the best price about all terms and district specifications. Try to get assistance from the district transportation office.

Forms

Have parents fill out a standard parent permission form and sign a code of conduct form and leave copies at the school.

Have parents fill out an emergency medical form and take it to camp. You might want to make a second Xerox copy. Information to be included: authorization for you to authorize treatment through camp dates, name of player, parent's home and business phone numbers, emergency phone number of relative or neighbor, known allergies to medication, bee stings, etc., insurance carrier and policy number, name and phone number of family physician, medication presently taking, problems with asthma, date of last tetanus shot, other important medical information. Sample forms may be available from your local hospital.

School

Leave a roster of players, camp phone numbers and directions to camp with your athletic director, principal and with people working in the athletic office and main office of the school.

Parents

They should know about camp medical coverage/medical personnel on premises of camp, nearby physicians and proximity of local hospital. Be honest.

It is a good idea to send home a list of what should be packed and what is prohibited. They should be aware that you may not give them medicines.

They should have the following: Name of camp, directions to the camp, camp phone number, phone number of local pharmacy and complete itinerary (date and time of departure, return and sample daily schedule).

Suggestions & Ideas

Obtain approval for camp trip from school district/board of education. Have a plan for kids who can't afford camp.

Let parents know early about your plans to go to camp.

Think seriously before bringing the JV marginal kids or new prospects. They might get lost in the shuffle.

Have kids bring a water bottle (plastic) and a cloth ice bag.

Bring extra gear.

Have an extra coach/teacher/reliable person with you.

Have a vehicle (station wagon or jeep) with you at camp. (Possible district car or have one of the coaches bring his own car.)

Try to avoid too many kids in one cabin. See if a separate cabin or infirmary is available for kids who become ill. Know the hospital route.

Know the location of the nearest phone in case of an emergency. What number do you call? A cellular phone is recommended.

Bring a few pair of crutches, if possible.

Suggestions and Ideas (continued)

Buy extra tape, etc. First-aid supplies are very expensive. Bring enough.

Think about bringing college or NFL highlight tapes. Where will you video from?

Discourage kids from bringing flashlights.

Do you want the kids to have hot plates?

Lake swimming is a cause for anxiety. Try to swim in pools. Have the diving boards removed before your arrival. There should be a certified lifeguard on duty if possible. Check with your kids, coaches or the camp for availability of a certified lifeguard. Put the lake, boats, etc. off limits.

Do not allow any walking in bare feet.

Make sure kids show for all meals unless you excuse them.

Not every player has to bring a large boom box.

Show players the steepest hill during the first day and explain, that is where they will be if anything disturbs your night's sleep.

How much money do they need to bring for snack bar, pay phone, etc. Bring locks for cabin doors if you are worried about theft.

Discourage camp personnel from becoming friendly with your players and visa versa.

Try to use camp materials such as cones, boards, etc. so that you can travel as light as possible.

Try to keep dummies and bags dry in the evenings.

Practices

Two practices a day in full pads should be enough. These should be no more than two hours at length. Other practices and additional conditioning should be conducted without pads. Carefully follow Nassau County heat guidelines in handbook.

Condition hardest in cooler parts of the day

Allow water as needed and encourage the players to get plenty into their system.

Be flexible in your practice sessions. In extreme heat, have the light workout at the warmest time. Allow ample time for rest after meals and between practice.

Passing scrimmages or combined workouts are not allowed until you have met the New York State requirements for scrimmaging other teams. You may not legally practice for more than six (6) consecutive days. Conditioning twice a day should be sufficient.

Post practice schedules and itinerary so kids know what to expect.

Supervision

Supervise athletes at all times. Recommended ratio is one coach for every 10-12 athletes (check your own district guidelines or recommendations).

Make sure your behavior expectations are clearly stated and understood.

Code of Conduct forms signed by the players and the parents are highly recommended. A sample may be available from the district or Section VIII.

Consequences should be clearly stated and understood, including suspension, expulsion and the responsibility of the athlete and the parents in the case of disciplinary action.

Be sure everything is approved by your school district.

No athlete should be permitted to go anywhere or do anything without the knowledge and approval of the coaches.

SECTION VIII FOOTBALL
SPORTSMANSHIP AND PLAYER CONDUCT FOR ALL LEVELS
(VARSITY, JUNIOR VARSITY & JUNIOR HIGH)

Procedures Regarding Player Conduct: In an attempt to emphasize good sportsmanship, which should be part of all high school athletic contests, the Section VIII Football Committee has developed the following procedures (adopted by N.C.H.S.F.C.A. 10/90) (Amended 5/92):

All coaches at all levels shall post in the locker rooms and/or on player bulletin Rule 9 – “Conduct of Players and Others” Sections 4,5,6,7,8 & 9 from the High School Federation Rule Book.

These rules will be reviewed by coaches with the players with a special emphasis on the prevention of unsportsmanlike conduct and behavior.

The following procedures are to be followed in the event of any type of player altercation that may take place during a game. This is part of a cooperative effort between the Nassau County high school football coaches and officials:

- a. The head coach (**ONLY**) from each team may enter the field of play to assist the officials in bringing volatile situations under control. **The coach should direct his efforts exclusively to his own players.** (In the event of any unusual circumstances, the head coach may designate an assistant to take his place. However, the officials must be notified prior to the start of the contest.)
- b. The assistant coaches are responsible for the remaining player in the bench area. It is their responsibility to see to it that **NO PLAYER** in the bench area, at the time the altercation breaks out, enters the field of play.
- c. All players are to be informed that should any type of altercation break out on the field, **all players not in the game** are automatically confined to the bench area (**NO EXCEPTIONS**).
- d. All players are to be informed that should any type of altercation break out on the field, **all players on the field** should immediately return to their respective team huddles and refrain from **ANY TYPE OF INVOLVEMENT**.
- e. Players involved in fighting and/or other forms of flagrant unsportsmanlike conduct will be subject to disqualification in accordance with the rules. Any additional player becoming involved in the aforementioned acts will likewise be subject to disqualification. **Any player entering the field of play from the bench area during an altercation will automatically be disqualified from the contest.** In addition, all players involved may be subjected to further disciplinary action which could include, but not be limited to, a one (1) game suspension. This will be the decision of the Section VIII Sportsmanship Committee based on a review of written reports from both head coaches and game officials. All decisions are subject to the regular Section VIII appeals process.

Procedures Regarding Players Conduct (continued)

- f. All pre-planned or orchestrated celebration by players are prohibited after scoring and at the conclusion of the game. Celebrations that are spontaneous in nature are understandable but should be brought under control as soon as possible by the coaches. At the end of a game, teams should be brought together for the post-game handshake as quickly as possible. (5/92)
- g. All coaches are asked to carefully supervise the post-game handshake. Any unsportsmanlike acts (fighting, etc.) that occur during the post-game handshake carry the same penalty as those that occur during the game, officials will be on the field for the handshake. Please note the handshake is encouraged but not mandated; a school must inform the other team prior to the start of the game if they do not want to have the post-game handshake.
- h. LIAFO (Long Island Association of Football Officials) Sportsmanship Awards will be awarded at the Gridiron Dinner. This is an award for the highest rated team in each conference. These teams will be determined by the results of the ratings for all eight (8) games as per the LIAFO Report Form (see below) turned in by the officiating crew for each game. Each school's results, other than the winner in each conference, will be kept confidential. A school may find out their own rating by contacting Larry Forman, Chairman Sportsmanship Committee LIAFO.

LIAFO SPORTSMANSHIP REPORT

Game Date _____

_____ Vs _____

Score: _____

_____ Cooperation with Officials _____

_____ Sideline Control _____

(team box area, players, assistants)

_____ Coaches' Conduct _____

_____ Player Conduct _____

_____ Game Control _____

_____ Overall Rating _____

Summary Comments: _____

Rating System: 1.0 – 1.9 - Fair
2.0 – 3.4 - Good
3.5 – 4.4 - Very Good
4.5 – 5.0 – Excellent

LIAFO SPORTSMANSHIP AWARD

LIAFO will be presenting a Sportsmanship Award to one school from each conference. The award will go to the school that best displays the true meaning of sportsmanship, in all aspects, that pertain to the contest. The criteria for this award has been established by the LIAFO Executive Board.

The schools in each contest will be rated in five categories:

1. Cooperation with officials
2. Sideline control
3. Coaches' conduct
4. Player conduct
5. Game control

A rating system of one to five will be used for each category, ratings of 1.0-1.9 (poor),

2.0-3.4 (good), 3.5-4.4 (very good), 4.5-5.0 (excellent) are given. The officiating crew will rate each school after each contest in all five areas. The numbers are then totaled and divided by five and each school then has received a composite rating for that contest. At the end of the season, each school should have received eight composite ratings which will then again be totaled and divided by eight to receive a final rating.

LIAFO has encouraged all its members to participate in this procedure and will do its best to ensure a fair and equitable system. Since the 1993 football season, LIAFO members willfully participated one hundred percent in the program and every school received the maximum amount of ratings.

Matt Kohut, President

NYSPHSAA
SPORTSMANSHIP

The Association recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post scheduled play.

A. Coach:

Any coach excluded by a certified official from an interschool competition for unsportsmanlike conduct, including taunting is ineligible to coach any interschool competition in that sport until after the next previously scheduled contest at the same level (e.g. junior varsity, varsity, etc.) has been completed. In individual sports a multi-day contest is a contest. Disqualification from one season carries over to the next season of participation. The coach may not be present at the game site nor communicate in any manner during the contest with any person present at the site.

NOTE: "Not being physically present at the site" means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during or after the game/meet. (See Taunting, P. 46). Any coach that does not serve the penalty for violating the Sportsmanship Standard will be ineligible to participate in the next two regular scheduled contests. If the coach continues to not serve the penalty, the matter will be referred to the Section for further action. If the coach is involved in the NYSPHSAA playoffs, the matter will be referred to the Executive Director of the NYSPHSAA.

Any Coach:

- a. Who receives a disqualification penalty in a sport, shall not participate in the next regularly scheduled contest;
- b. Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
- c. Who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest of the season. If the disqualification penalty takes place in the last contest of the season (regular season or post scheduled play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.

A coach who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate another person (e.g. official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for a period of time to be determined by the Section not to exceed one year from the date of the offense.

B. Player:

Any member of a squad disqualified by a sport official for unsportsmanlike conduct, including taunting, or for a flagrant foul shall not participate in that sport in the next previously scheduled contest with a member school or in NYSPHSAA tournament play. In individual sports a multi-day contest is considered to be a contest. The contest in which the athlete was disqualified must count in the total maximum number of contests permitted. Disqualifications from one season carry over to the next season of participation. (See Taunting, p. 46).

Any Player:

- a. Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest;
- b. Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
- c. Who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest of the season. If the third ejection takes place in the last contest of the season (regular season or post schedule play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.

Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate an official shall be expelled from the game immediately and banned from further participation in all sports for a period of time to be determined by the Section not to exceed one year from the date of the offense. **NOTE:** Member of the squad includes player, manager, scorekeepers, timers and statisticians.

C. Official:

Unprofessional conduct on the part of the official such as, but not limited to, taunting, baiting, use of profanity, shall be reported by a school administrator from the aggrieved school to the Section Executive Director. A request will be made to the appropriate sport officials' chapter to investigate the incidence and to report their action to the section in a timely manner.

NASSAU COUNTY PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION

SECTION VIII of NYSPHSAA, Inc.

SECTION VIII SPORTSMANSHIP POLICY

The High School Association of Section VIII established a Sportsmanship Committee to function under the auspices of the Athletic Council, to monitor, to report to school districts and to take action related to incidents of unsportsmanlike conduct and/or flagrant misconduct.

The purpose of this action is to take a positive step in an effort to control disruptive behavior at all Section VIII events.

A. What is to be reported (from arrival to departure):

1. A Player - who is ejected from a contest for flagrant misconduct and/or a derogatory gesture.
2. A Spectator - who acts in a disruptive and/or abusive manner.
3. A Coach - who conducts himself/herself in an unsportsmanlike manner.
4. An Official - who demonstrates unsportsmanlike conduct.
5. A School - that permits spectators to conduct themselves in an abusive, disruptive or harassing manner. This also includes schools that do not provide adequate supervision at home or as a visitor to control their spectators.

B. Responsibility for Reporting:

1. Coaches - must report all incidents to their respective athletic directors, even if only one team/player was cited for misconduct.
2. Athletic Directors - must file reports with the Executive Director within 24 hours of any incident of unsportsmanlike behavior.
3. Officials - must file reports with the Executive Director within 24 hours of any incident of unsportsmanlike behavior.

C. Reporting Procedures:

1. All disruptive incidents are to be reported by the coaches to their respective athletic directors immediately following the contest.
2. The Athletic Directors of both teams involved (even if only one had received a penalty for the misconduct) are to file reports with the Office of the Executive Director as soon as possible, but no later than the morning following the contest/incident.
3. The Officials assigned to the contests are to file a report with the Office of the Executive Director as soon as possible, but no later than the morning following the contest/incident.
4. The Executive Director will forward copies of all reports to the Sportsmanship Committee Chairperson and Sports Coordinators.

D. Committee Actions:

1. All member schools, and all individuals representing these member schools who are involved in unsportsmanlike conduct is subject to actions deemed appropriate by the Sportsmanship Committee.
2. The Sportsmanship Committee may recommend action in instances of unsportsmanlike conduct and is authorized to recommend penalties which may include, but are not limited to: Censure, Reprimand, Suspension, Loss of Eligibility, or any other actions that are deemed appropriate by the Sportsmanship Committee.
3. All recommendations of the Sportsmanship Committee will be filed with the Office of the Executive Director and forwarded to the Athletic Director(s) of the school(s) involved.
4. All actions of the Sportsmanship Committee are subject to review by the respective Athletic Director(s) for the possible imposition of further disciplinary action. Copies of all reports of the Sportsmanship Committee shall be kept on file with the Sportsmanship Chairperson, the Executive Director, and the Sport's Coordinator.

E. Penalties:

1. Player Expulsion: Any player who commits a serious violation of game rules or takes part in flagrant misconduct during play shall be subject to ejection from the contest and disciplinary action. Ejection from a contest for violation of sportsmanship rules carries with it a mandatory additional one game suspension from the next regularly scheduled contest, including post-season play. Disqualifications from one season will carry over to the player's next season of participation where necessary. Any player suspended from participation may not be on site or involved in any capacity (spectator, timekeeper, score keeper, etc.) on the day of suspension. Failure to comply with this aspect of the suspension could result in additional sanctions being levied against the coach and/or team.
2. Second Occurrence of Misconduct: Any person (coach, player, spectator, school official, etc.) who is ejected from a second contests for an unsportsmanlike infraction shall prompt the Sportsmanship Committee to review the matter which may lead to severe disciplinary action including suspension of participation privileges for the remainder of the season. Such disciplinary action could carry over into subsequent sports seasons as part of the penalty. Additional terms and conditions may also be recommended by the Sportsmanship Committee before a review or a bid for reinstatement is reviewed by the committee.
3. Intentional Physical Contact by a Player: Any player who strikes, shoves, kicks, or makes other physical contact, with the intent to do so and/or results in intentionally inflicted physical harm to another person (an official, another player, a spectator, coach, school district employee or supervisor, etc.) shall be ejected from the contest immediately. The incident must be reported to the Sportsmanship Committee which is empowered to review any such case of unsportsmanlike behavior, and which can levy penalties which may include but are not limited to: Censure, Reprimand, Suspension, Loss of Eligibility, or another action that is deemed appropriate by the committee.
4. Team Member/Non-Participant - Pre- or Post-Game Misconduct: Any player, coach, or spectator who commits a serious violation of sportsmanship rules or takes part in flagrant misconduct as a non-participant prior to the start of the contest will be excluded from play in and/or subject to removal from the site of the contest. Any player, coach, or spectator who commits a serious violation of the sportsmanship rules or takes part in flagrant misconduct as a non-participant after the contest has been concluded (post-game) will be suspended from participation in or attendance at the next regularly scheduled contest including post-season.
5. Spectators: Any spectator who acts in a disruptive or abusive manner may cause the game to be suspended until the situation is resolved or the spectator removed. A letter from the Sportsmanship Committee may be sent to the appropriate Athletic Director(s), Building Principal(s), and Superintendents(s). Continued incidents of disruptive behavior may result in additional disciplinary action by the Sportsmanship Committee.

6. Coaches: A coach who conducts herself/himself in an unsportsmanlike manner will be reported to the Sportsmanship Committee and subject to local disciplinary action. A coach who is ejected from a contest will be suspended from the next regularly scheduled contest. Any coach ejected from a contest for unsportsmanlike conduct will be excluded from the next regularly scheduled contest (including post-season contests). Such disqualification and subsequent suspension penalty will carry over from one season to the next season in which the involved coach is serving as a coach, regardless of the sport or level. During any such suspension, the suspended coach may not be present in any capacity (supervisor, spectator, faculty member, etc.) on the day of the suspension. Failure to comply with this aspect of the suspension could result in additional sanctions being levied against the coach and/or team.
7. Intentional Physical Contact: Any coach who strikes, shoves, kicks, or makes other physical contact, with the intent to do so, to another person (e.g. an official, another coach, player, fan) shall be expelled from the game immediately and banned from further coaching in all sports for a period of time to be determined by the Athletic Council.
8. Officials: An official who demonstrates unsportsmanlike conduct will be reported to the Sportsmanship Committee. The Sportsmanship Committee may request disciplinary action to be taken against the official via communication with the official's governing body.
9. Taunting: Taunting includes, but is not limited to, any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule or demean other players, coaches, or game officials. Included in this is conduct that berates, needles, intimidates or threatens based on gender, ethnic origin or background and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal matters. Examples of taunting that would lead to ejection include, but are not limited to, physical and verbal intimidation outside the spirit of the game ("trash talking"), reference to sexual orientation, "in-the-face confrontation" by the one player to another, standing over, straddling a tackled or fallen player, etc. See NYSPHSAA Handbook 2012-2014 - Section on Sportsmanship.
10. Bench Clearing: If an altercation occurs during a contest and members of either team leave their bench or sideline area or playing positions and go onto the field/court/participation area, they will be immediately ejected from the contest for unsportsmanlike behavior.

F. Due Process:

1. Students, coaches, and schools have the right to be heard by the Sportsmanship Committee. This right must be claimed within 24 hours of the incident occurring and must be made to the Office of the Executive Director of Section VIII. All actions of the Sportsmanship Committee are subject to review and appeal. Any such appeal may eventually be made to the Section VIII Athletic Council.

Revised 2004

NASSAU COUNTY PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION
SECTION VIII OF NYSPHSAA, INC.

Members of the Sportsmanship Committee:

<u>Name</u>	<u>Phone #</u>	<u>Fax #</u>
James Amen, Jr., Chairperson	267-7550	267-7592
Jeff Risener	678-7530	678-8595
Tom Graham	878-0236	887-6575
John McCrink	965-5165	
Jennifer Keane	679-6423	679-6440
Don Lang	277-7040	277-7042
Christine Ceruti	622-6400 x6465	622-6512
John Mankowich	203-3600 x3248	203-3612
John Franchi	644-4070	644-4075
Scott Stueber	872-5695	561-4491
Matt McLees	488-9858	488-9899
Kevin Regan	228-5224	228-5339

Overview

The Sportsmanship Committee strongly recommends that all athletic directors review the Sportsmanship Policy with their coaches, players, and event supervisors. All coaches must understand that all incidents of unsportsmanlike behaviors/disqualifications must be reported. The completed reports must be submitted by the respective athletic directors and electronically mailed to the Office of the Executive Director.

Reporting Procedures

The Athletic Directors from both teams involved and the officials assigned to the contest are to file written reports of the incident to the Office of the Executive Director no later than the morning of the next working day following the contest/match.

- It is the responsibility of the coach to ascertain from the official that the incident leading to the suspension or ejection is considered misconduct and, if so, it is the coach's responsibility to suspend the player from the team's next contest.
- Failure of the official to report to the Section VIII Office or failure of the Section VIII Office to forward the report to the Athletic Director, or failure of the Athletic Director to notify the coach does not relieve a coach of the responsibility to suspend the player.
- If a suspended player or coach participates in a contest, he/she is deemed ineligible and that contest is considered forfeited.

Request for Appeal

A request for an appeal must be made to the Office of the Executive Director within 24 hours of the contest/incident. The appeal process is a three-step process. Any questions regarding these procedures should be directed to either the Office of the Executive or the Chairperson of the Sportsmanship Committee.

- Sportsmanship Committee
- Athletic Council
- State Appeals Committee

Sportsmanship Committee Procedures for Addressing an Appeal

- All incident reports are submitted to the Sportsmanship Chairperson whom upon reading reports will communicate to the Committee the nature and scope of the incident.
- Upon review of the charge(s) by at least a quorum of the Sportsmanship Committee of Section VIII, it will be determined by a majority of the quorum whether "probable cause" exists. If such a determination is made, a written statement specifying the charges in detail shall be immediately forwarded to the athletic director of the accused coach, official, player, school personnel or member school. Note: While an appeal is being processed, a student(s) may participate in practice sessions commencing from the date the appeal was filed. State Handbook page 91.
- A request for an appeal of a penalty imposed by the Sportsmanship Committee must be filed within three (3) working days following the decision of the Sportsmanship Committee to the Office of the Executive Director. The inexcusable failure to notify the Executive Director of Section VIII of such desire for a hearing within three days of the receipt of the charges will be deemed a waiver of the right to a hearing before the Athletic Council.
- Athletic Council Appeals Process - Upon receipt of a written Notice of Appeal to the Executive Director a check for \$250 made payable to the Section VIII Athletic Council must accompany Notice of Appeal. At least a quorum of the Athletic Council of Section VIII will determine by a majority of the quorum of the Athletic Council whether "probable cause" exists. If such determination is made, a written statement specifying the charges in detail shall be immediately forwarded to the accused coach, official, player, school personnel or member school.

Videotaping Policy

- A. The Sportsmanship Committee will not accept a video tape(s) for a judgment call, because there is no such thing as an "official tape" that can be provided by either team, parents, etc. The review process for an appeal on a judgment call should be based solely upon the documents presented to the committee.
- B. The Committee will accept a videotape pertaining to an incident. If such tape is to be presented the following must be adhered to:
 - 1) An appeal for an incident in which a videotape is to be submitted must follow the Reporting Procedures Guidelines as stated above.
 - 2) Said tape must contain the entire contest.
 - 3) A quorum (6 members of the Sportsmanship Committee and Executive Director) must be convened within 3 working days of the written request for an appeal to an incident. Upon review of the charge(s) by at least a quorum of the Sportsmanship Committee of Section VIII, it will be determined by a majority of the quorum whether "probable cause" exists. If such a determination is made a written statement specifying the charges in detail shall be immediately forwarded to the athletic director of the accused coach, official, player, school personnel or member school.

Note: While an appeal is being processed a student(s) may participate in practice sessions commencing from the date the appeal was filed.

NASSAU COUNTY PUBLIC HIGH SCHOOL
ATHLETIC ASSOCIATION

SECTION VIII UNSPORTSMANLIKE BEHAVIOR/INCIDENT/DISQUALIFICATION REPORT

This report is to be completed and submitted by game officials and athletic directors of both schools within 24 hours of the incident and/or violation.

Sport: _____ Level: _____ Date of the Event _____

Home School: _____ vs. Opponent: _____

Player(s) / Coach(es) / Official(s) / Spectator(s) involved:

Name: _____ School: _____ Number: _____

Name: _____ School: _____ Number: _____

Brief Description of the Incident (use additional sheets if necessary): _____

Action taken: _____

Supervisor(s):

Name: _____ School: _____ Phone: _____ - _____ - _____

Name: _____ School: _____ Phone: _____ - _____ - _____

Official(s) Assigned:

Name: _____ Number: _____ Phone: _____ - _____ - _____

Name: _____ Number: _____ Phone: _____ - _____ - _____

Person filing this report:

Name: _____ Position: _____ School: _____

Return to: Section VIII – Interscholastic Athletics Athletic Director's Signature _____

George Farber Administrative Center (or acting administrator)
71 Clinton Road - P.O. Box 9195
Garden City, N.Y. 11530
FAX: 516-997-2916 or 2018

OR
Game Official's Signature _____

SECTION VIII VIDEOTAPING POLICY

The Section recognizes the value of videotaping **opponents** as athletics teaching tool but it also recognizes that certain general conditions to regulate videotaping should be observed section wide in order to protect student athletes and athletic departments.

Videotaping at Section VIII approved and sanctioned athletic contests is permitted. **This does not include practices or scrimmages unless approved by the participating teams.**

All videotaping will be used for instructional purposes to **include scouting**. The individual's right to privacy requires that the anonymity of the student athlete's images displayed in the product of the videotaping be maintained and protected unless expressed in written consent to share his/her identify is provided.

Videotaping of any contest may not be used in a commercial enterprise. Specific limitations, regulations, and/or requirements with regard to videotaping should be referenced and included in all sport specific handbooks.

Approved June 9, 2004

Section VIII Athletic Council

SECTION VIII

OUT OF SPORTS SEASON ATHLETICS PARTICIPATION POLICY

To protect all eligible student-athletes from exploitation and coercion, the following principles should be adhered to:

- We, all member districts, do not limit individual students' opportunities to participate in other sports and athletic experiences.
- We do not exert pressure on student athletes to participate in an athletic activity outside of any sport season (as defined by the Section).
- We support and preserve the integrity of each interscholastic sports program by enforcing these principles.
- We insure that the spirit and intent of this policy be understood and adhered to by all members of the Section.

To that end, the following guidelines will be in force replacing the former "Camp & Recreation Rule":

- Section VIII members will conduct programs which are recreational in nature as defined by this regulation. Intramurals, strength and conditional programs, and recreation programs which **are open to all students** are permitted.
- During any approved activity **individual sport skills** may be taught to students.
- The same opportunity for instruction and personal improvement must be available to all students participating in the activity.
- **Team strategy and roster specific workouts limited to members of an athletic team are prohibited.**
- Recreational activities must be open and publicized to all eligible bona fide students.
- During the summer, Section VIII members may conduct leagues, camps, clinics and similar activities at their facilities.
- Members shall observe the starting and ending dates of each sports season as set by the Section annually.
- **It is strongly recommended that all players participating in summer activities have an updated physical prior to participation in summer activities.**

It is also the spirit of this rule that we encourage, enable and permit athletes to participate in more than one sport during the course of the year. Students should not be coerced to participate in other activities organized during a specified sports season to maintain good standing in an out of season sport. It is the responsibility of the local athletic administrator to regulate, monitor, and require compliance with the tenets of this rule for it to be effectively observed.

All who are concerned with the proper conduct and with the intent and spirit of any interscholastic sport are obligated to report any violation or perceived violation to the Ethics Committee through the Executive Director's Office. All violations will be adjudicated by the Ethics Committee which could result in forfeiture of eligibility and/or sanctions of the students, teams, coaches, or schools involved.

It is recommended that this policy and standard be made available to all students, parents, coaches and other school personnel concerned with the conduct of our interscholastic programs.

Approved and Effective June 9, 2004 - Athletic Council.

“Tommy Tough” Football Educational & Awareness Safety Standards

Section VIII in its never-ending mission to provide its student-athletes with positive and safe athletic experiences has embarked on a journey to make the great game of football even better. Through the vision of the stakeholders in Section (*input Section number*) football it is our goal to implement changes that will protect the integrity of the game, minimize risk for players and allow for positive growth. The Section VIII Football Committee, Safety Committee, Athletic Directors, Football Officials Association and the Section (*input Section Number*) Football Coaches Association embrace the following Tommy Tough Football Standards and will begin implementing them in the spring of 2017.

1. Implementation of a mandatory safety statement that will be read pre-game by the officials to all players in grades 7-12 at all contests commencing in the fall of 2017.

Statement- “In an effort to minimize risks to you and your opponent, helmets are not to be considered weapons and are not to be used as weapons. Helmets are not to be intentionally used to initiate illegal helmet contact against an opponent, such as spearing, targeting, butt blocking and face tackling.”

2. To enlighten and gain support from parents and spectators, make the following announcement (2 or more times) whenever a PA system is available at a football game:

Statement: “The (*insert name of both schools*) school districts salute the Section (*insert Section number*) Football coaches, officials and Athletic Administrators for implementing the Tommy Tough Football Standards, thereby reducing risks for all Section (*insert Section number*) football players. We ask all spectators to join the football coaches in supporting the officials when they make calls pertaining to targeting, illegal helmet contact and defenseless player hits. Thank you for your anticipated cooperation.”

3. Support the football official’s association in enforcing the NFHS rules and regulations related to the penalties for illegal helmet contact and illegal hits. As per NFHS rules, flagrant fouls will result in the appropriate yardage penalty as well as the ejection of the athlete from the contest. The illegal hits of targeting, illegal helmet contact (butt blocking, face tackling and spearing) and defenseless player hits (as defined by the NFHS rule book) will result in the appropriate yardage penalty **as well as the player being removed from the field for at least one play.**
4. As per the NYSPHSAA and Section (*insert Section number*) Misconduct Policy, players and/or coaches ejected from a contest will be suspended from the next regularly scheduled contest. Repeated infractions may lead to additional penalties.
5. The Section (*insert Section number*) Football Coaches Association pledge their support to the football officials when they call the following NFHS violations- targeting (NFHS Rule 2, Section 20, Article 2) illegal helmet contact (NFHS Rule 2, Section 20, Article 1), and defenseless player hits (NFHS Rule 2, Section 32, Article 16).

6. Support head coaches in the downloading of game film to the Football Officials Association for their review and use in the education and professional growth of all its members.
7. Work with Section *(insert Section number)* Football Officials Association and Coaches Association in its commitment to dramatically reduce illegal hits.
8. Work with our Football Officials Association in the exploration and development of the best possible evaluation programs.
9. Recommend having a “**Player Safety Coach**” on staff, as per USA Football (individual district decision).
10. Recommend supporting and working with USA Football (and/or similar organizations) in their efforts to promote and implement programs that are being created to minimize player risks and benefit all.

We are confident that through the implementation of these strategies and commitment by all who love this great game we can create an even better experience for our student-athletes.

So why name the standards after Thomas Cutinella? Thomas Cutinella was a smart, intelligent, athletic, altruistic young man from the Shoreham Wading River community in NYS, who wanted to serve those around him. He planned on attending West Point and serving this country but lost his life playing the game he loved. The Tommy Tough Standards ‘sing’ his service-oriented song...and the ‘lyrics’ speak to serving others by minimizing risks for all football players.

IV.

HEALTH,

SAFETY

&

LIABILITY



Concussions: The Invisible Injury

Student and Parent Information Sheet

CONCUSSION DEFINITION

A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

FACTS ABOUT CONCUSSIONS ACCORDING TO THE CENTER FOR DISEASE CONTROL (CDC)

- An estimated 4 million people under age 19 sustain a head injury annually. Of these approximately 52,000 die and 275,000 are hospitalized.
- An estimated 300,000 sports and recreation related concussions occur each year.
- Students who have had at least one concussion are at increased risk for another concussion.

In New York State in 2009, approximately 50,500 children under the age of 19 visited the emergency room for a traumatic brain injury and of those approximately 3,000 were hospitalized.

REQUIREMENTS OF SCHOOL DISTRICTS

Education:

- Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.
 - * School coaches and physical education teachers must complete the CDC course.
(www.cdc.gov/concussion/HeadsUp/online_training.html)
 - * School nurses and certified athletic trainers must complete the concussion course. (<http://preventingconcussions.org>)

Information:

- Provide concussion management information and sign off with any parental permission form.
- The concussion management and awareness information or the State Education Department's web site must be made available on the school web site, if one exists.

Removal from athletics:

- Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.
- No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director.
 - * Such authorization must be kept in the pupil's permanent health record.
 - * Schools shall follow directives issued by the pupil's treating physician.

SYMPTOMS

Symptoms of a concussion are the result of a temporary change in the brain's function. In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

It is imperative that any student who is suspected of having a concussion is removed from athletic activity (e.g. recess, PE class, sports) and remains out of such activities until evaluated and cleared to return to activity by a physician.

Symptoms include, but are not limited to:

- Decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information
- Confusion or appears dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulties, dizziness, or clumsy movements
- Double or blurry vision
- Sensitivity to light and/or sound
- Nausea, vomiting and/or loss of appetite
- Irritability, sadness or other changes in personality
- Feeling sluggish, foggy or light-headed
- Concentration or focusing problems
- Drowsiness
- Fatigue and/or sleep issues – sleeping more or less than usual

Students who develop any of the following signs, or if signs and symptoms worsen, should be seen and evaluated immediately at the nearest hospital emergency room.

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbing in arms or legs, facial drooping
- Unsteady gait
- Change in pupil size in one eye
- Significant irritability
- Any loss of consciousness
- Suspicion for skull fracture: blood draining from ear or clear fluid from the nose

STATE EDUCATION DEPARTMENT'S GUIDANCE FOR CONCUSSION MANAGEMENT

Schools are advised to develop a written concussion management policy. A sample policy is available on the NYSPHSAA web site at www.nysphsaa.org. The policy should include:

- A commitment to reduce the risk of head injuries.
- A procedure and treatment plan developed by the district medical director.
- A procedure to ensure proper education for school nurses, certified athletic trainers, physical education teachers, and coaches.
- A procedure for a coordinated communication plan among appropriate staff.
- A procedure for periodic review of the concussion management program.

RETURN TO LEARN and RETURN TO PLAY PROTOCOLS

Cognitive Rest: Activities students should avoid include, but are not limited to, the following:

- Computers and video games
- Television viewing
- Texting
- Reading or writing
- Studying or homework
- Taking a test or completing significant projects
- Loud music
- Bright lights

Students may only be able to attend school for short periods of time. Accommodations may have to be made for missed tests and assignments.

Physical Rest: Activities students should avoid include, but are not limited to, the following:

- Contact and collision
- High speed, intense exercise and/or sports
- High risk for re-injury or impacts
- Any activity that results in an increased heart rate or increased head pressure

Return to Play Protocol once symptom free for 24 hours and cleared by School Medical Director:

Day 1: Low impact, non strenuous, light aerobic activity.

Day 2: Higher impact, higher exertion, moderate aerobic activity. No resistance training.

Day 3: Sport specific non-contact activity. Low resistance weight training with a spotter.

Day 4: Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.

Day 5: Full contact training drills and intense aerobic activity.

Day 6: Return to full activities with clearance from School Medical Director.

Any return of symptoms during the return to play protocol, the student will return to previous day's activities until symptom free.

CONCUSSION MANAGEMENT TEAM

Schools may, at their discretion, form a concussion management team to implement and monitor the concussion management policy and program. The team could include, but is not limited to, the following:

- Students
- Parents/Guardians
- School Administrators
- Medical Director
- Private Medical Provider
- School Nurse
- Director of Physical Education and/or Athletic Director
- Certified Athletic Trainer
- Physical Education Teacher and/or Coaches
- Classroom Teachers

OTHER RESOURCES

- New York State Education Department
<http://www.p12.nysed.gov/sss/schoolhealth/schoolhealthservices>
- New York State Department of Health
http://www.health.ny.gov/prevention/injury_prevention/concussion/htm
- New York State Public High School Athletic Association
www.nysphsaa.org/safety/
- Center for Disease Control and Prevention
<http://cdc.gov/TraumaticBrainInjury>
- National Federation of High Schools
www.nfhslearn.com – The FREE Concussion Management course does not meet education requirement.
- Child Health Plus
http://www.health.ny.gov/health_care/managed_care/consumer_guide/about_child_health_plus.htm
- Local Department of Social Services – New York State Department of Health
http://www.health.ny.gov/health_care/medicaid/ldss/htm
- Brain Injury Association of New York State
<http://www.bianys.org>
- Nationwide Children's Hospital – Concussions in the Classroom
<http://www.nationwidechildrens.org/concussions-in-the-classroom>
- Upstate University Hospital – Concussions in the Classroom
<http://www.upstate.edu/pmr/healthcare/programs/concussion/classroom.php>
- ESPN Video – Life Changed by Concussion
<http://espn.go.com/video/clip?id=7525526&categoryId=5595394>
- SportsConcussions.org
<http://www.sportsconcussions.org/ibaseline/>
- American Association of Neurological Surgeons
<http://www.aans.org/Patient%20Information/Conditions%20and%20Treatment/Concussion.aspx>
- Consensus Statement on Concussion in Sport – Zurich
<http://sportconcussions.com/html/Zurich%20Statement.pdf>

Nassau County Football Coaches Association

Concussion Protocol

Adapted from the National Federation of State High School Association Guidelines
and the
American Medical Society for Sports Medicine
prepared by
Jeffrey Corben, DPT, ATC
and
George Ackerman, MD

Introduction

A concussion is a type of traumatic brain injury that interferes with normal function of the brain. It occurs when the brain is rocked back and forth or twisted inside the skull as a result of a blow to the head or body. What may appear to be only a mild jolt or blow to the head or body can result in a concussion.

It used to be believed that a player had to lose consciousness or be “knocked-out” to have a concussion. This is not true, as the vast majority of concussions do not involve a loss of consciousness. In fact, less than 5% of players actually lose consciousness with a concussion.

Parents and coaches are not expected to be able to “diagnose” a concussion. That is the role of an appropriate health-care professional. However, everyone involved in athletics must be aware of the signs, symptoms and behaviors associated with a concussion. If you suspect that an athlete may have a concussion, then he or she must be immediately removed from all physical activity. “When in doubt, sit them out!”

Athletes must know that they should never try to “tough it out.” If an athlete returns to activity before being fully healed from an initial concussion, the athlete is at greater risk for a repeat concussion. A repeat concussion that occurs before the brain has a chance to recover from the first can slow recovery or increase the chance for long-term problems. In rare cases, a repeat concussion can result in severe swelling and bleeding in the brain that can be fatal.

Concussion Signs and Symptoms

Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Athlete

- Headaches or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"

Sideline Evaluation and Management

There are many sideline assessment tools, such as the SCAT 3 and Maddocks Questions. They have been developed in an effort to provide an objective and standardized approach to the injured athlete. A copy of the SCAT 3 has been attached as an addendum to this protocol and may be provided to any Athletic Trainer or Health Care Professional to use as part of their clinical exam. You could also access the SCAT 3 online or at these websites.

<http://sma.org.au/wp-content/uploads/2013/08/2013SportsConcussionAssessmentTool3SCAT31.pdf>

<http://bjsm.bmj.com/content/bjsports/47/5/259.full.pdf>

http://fpr.pt/wp-content/uploads/2017/03/SCAT3_EN.pdf

Concussion Emergency Protocol

Although rare, there are some situations where you will need to call 911 and activate the Emergency Medical System (EMS). The following circumstances are medical emergencies:

1. Any time an athlete has a loss of consciousness of any duration. While loss of consciousness is not required for a concussion to occur, it may indicate more serious brain injury.
2. If an athlete exhibits any of the following:
 - Decreasing level of consciousness,
 - Looks very drowsy or cannot be awakened,
 - If there is difficulty getting his or her attention,
 - Irregularity in breathing,
 - Severe or worsening headaches,
 - Persistent vomiting, or any seizures.

Return to Learn

Students will require cognitive rest and may require academic accommodations such as reduced workload and extended time for tests while recovering from a concussion. Exposure to loud noises, bright lights, computers, video games, television and phones (including texting) all may worsen the symptoms of concussion. As the symptoms lessen, increased use of computers, phone, video games, etc., may be allowed, as well as a gradual progression back to full academic work.

Return to Play

After suffering a concussion, no athlete should return to play or practice on that same day. In the past, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time. As per the Concussion Management and Awareness Act, students removed from athletic activities at school for a suspected concussion must be evaluated by and receive written and signed authorization from a physician to return to athletic activities in school.

CDC Heads Up Return to Play Protocol

BASELINE: Athlete is back to their regular school activities, is no longer experiencing symptoms from the injury when doing normal activities and has a green light from their health care provider to begin the return to play process.

An athlete should only move to the next step if they do not have any new symptoms at the current step.

STEP 1: Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weightlifting at this point.

STEP 2: Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (less time and/or less weight than a typical routine).

STEP 3: Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).

STEP 4: An athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.

STEP 5: An athlete may return to competition. 67.

Prevention and Education:

Please visit the CDC Heads Up website for printable posters for the locker room to educate athletes regarding prevention and recognition of the symptoms of concussions.

(<https://www.cdc.gov/headsup/highschoolsports/coach.html>)

Neuropsychological testing

Neuropsychological (NP) tests are an objective measure of brain behavior relationships and are more sensitive for subtle cognitive impairment than clinical exam. Most concussions can be managed appropriately without the use of NP testing. NP testing should be used only as part of a comprehensive concussion management strategy and should not be used in isolation.

NP tests such as the Impact test may be available for use in some school districts and should be compared to a preseason baseline.

WHAT ARE CONCUSSION DANGER SIGNS?

In rare cases, a dangerous blood clot may form on the brain in an athlete with a concussion and crowd the brain against the skull. Call 9-1-1 or take the athlete to the emergency department right away if after a bump, blow, or jolt to the head or body the athlete exhibits one or more of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

FACTS

Sometimes people wrongly believe that it shows strength and courage to play injured. Some athletes may also try to hide their symptoms.

Don't let your athlete convince you that he or she is "just fine" or that he or she can "tough it out." Discourage others from pressuring injured athletes to play. Emphasize to athletes and parents that playing with a concussion is dangerous.

WHAT SHOULD I DO IF A CONCUSSION IS SUSPECTED?

No matter whether the athlete is a key member of the team or the game is about to end, an athlete with a suspected concussion should be immediately removed from play. To help you know how to respond, follow the Heads Up four-step action plan:

1. REMOVE THE ATHLETE FROM PLAY.

Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, sit them out!

2. ENSURE THAT THE ATHLETE IS EVALUATED BY AN APPROPRIATE HEALTH CARE PROFESSIONAL.

Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head or body
- Any loss of consciousness (passed out/knocked out) and if so, for how long
- Any memory loss immediately following the injury
- Any seizures immediately following the injury
- Number of previous concussions (if any)

3. INFORM THE ATHLETE'S PARENTS OR GUARDIANS.

Let them know about the possible concussion and give them the Heads Up fact sheet for parents. This fact sheet can help parents monitor the athlete for sign or symptoms that appear or get worse once the athlete is at home or returns to school.

4. KEEP THE ATHLETE OUT OF PLAY.

An athlete should be removed from play the day of the injury and until an appropriate health care professional says they are symptom-free and it's OK to return to play. After you remove an athlete with a suspected concussion from practice or play, the decision about return to practice or play is a medical decision.



CONCUSSION CHECKLIST

New York State Public High School Athletic Association

Name: _____ Age: _____ Grade: _____ Sport: _____

Date of Injury: _____ Time of Injury: _____

On Site Evaluation:

Description of Injury: _____

Was there a loss of consciousness?	Yes	No	Unclear
Does he/she remember the injury?	Yes	No	Unclear
Does he/she have confusion after the injury?	Yes	No	Unclear

Symptoms observed at time of injury, please circle yes or no for each symptom listed below:

Dizziness	Yes	No	Headache	Yes	No
Ring in Ears	Yes	No	Nausea/Vomiting	Yes	No
Drowsy/Sleepy	Yes	No	Fatigue/Low Energy	Yes	No
"Don't Feel Right"	Yes	No	Feeling "Dazed"	Yes	No
Seizure	Yes	No	Poor Balance/Coord.	Yes	No
Memory Problems	Yes	No	Loss of Orientation	Yes	No
Blurred Vision	Yes	No	Sensitivity to Light	Yes	No
Vacant Stare/	Yes	No			
Glassy Eyed	Yes	No			

Other Findings/Comments: _____

Final Action Taken: _____ Parents Notified _____ Sent to Hospital _____

Evaluator's Signature: _____ Title: _____

Address: _____ Date: _____ Phone# _____

Physician's Evaluation

Patient's Name: _____ Sport/Level: _____

Date of Initial Evaluation: _____ Time of Initial Evaluation: _____

Date of Final Evaluation: _____ Time of Final Evaluation: _____

***Please indicate by circling yes or no in the respective columns:**

<u>Symptoms Observed</u>	<u>Initial Evaluation</u>		<u>Final Evaluation</u>	
Dizziness	Yes	No	Yes	No
Headache	Yes	No	Yes	No
Tinnitus	Yes	No	Yes	No
Nausea	Yes	No	Yes	No
Fatigue	Yes	No	Yes	No
Drowsy/Sleepy	Yes	No	Yes	No
Sensitivity to Light	Yes	No	Yes	No
Sensitivity to Noise	Yes	No	Yes	No
Ante Grade Amnesia	Yes	No	Yes	No
Retro Grade Amnesia	Yes	No	Yes	No

Additional Findings/Comments: _____

Recommendations/Limitations: _____

Signature: _____ Date: _____

Physician's Final Determination and Return to Play Recommendation:

Is the athlete ready to return to play: Yes _____ No _____

Additional findings/comments: _____

Signature: _____ Date: _____

RETURN TO PLAY PROTOCOL

Karl Friedman, MD

This protocol is to return injured athletes to full participation given the requirement to put in the state mandated practice days before participation.

When an athlete is injured, he presents a note with the diagnosis and restrictions to the school physician. If the school physician in consult with the treating physician agrees that the athlete can do stretching and agility exercises ONLY, the trainer is notified. The athlete must be clearly identified at practice, i.e. red jersey, and can only practice one on one with the trainer according to the guidelines set by the treating and school physicians. When the athlete heals to the point where he can participate in non-contact drills, he is given a yellow jersey and can work with the team in NON-contact drills, coordinated by the coach and trainer.

In this way, when the athlete receives full clearance without restrictions, he has satisfied most, if not all, the required days and resumes competition at the discretion of the coach. This system works only if the school physician, in consultation with the treating physician agrees the athlete is suitable for this protocol, and there is a trainer present at all practices to monitor the athlete's participation.

NYSPHSAA

THUNDER AND LIGHTNING POLICY

If Thunder is heard or lightning is observed, all outdoor activities will be suspended immediately. Shelter should be sought in appropriate locations. Resumption or results of contests should be governed by the rules of the sport. Before resuming contest, officials should wait a minimum of thirty (30) minutes after the last observable lightening strike or thunder heard.

HEAT ALERT POLICY FOR SECTION VIII

Each school district, as in the past, is responsible for monitoring the T.H.I. (Temperature Humidity Index) and establishing their own guidelines for practices. The attached sheets include the guidelines developed by the Medical Aspects of Sports Committee - Medical Society of New York. These guidelines should be used to help individual schools establish their own guidelines.

ALSO NOTE * THE AMENDED ELIGIBILITY STANDARD #7

Practice session relating to vigorous activity. "All required practice sessions.... shall include vigorous activity related to the purpose of improving the physical condition of the players. Each required number of practices for an individual (10) must include vigorous activity."

NYSPHSAA HEAT INDEX PROCEDURES

Administration of Heat Index Procedures:

- Feels Like Temperature (Heat Index) or THI using a Wet Bulb indicator on the field will be checked one 1 hour before the contest/practice by a certified athletic trainer, athletic director or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- Download WeatherBug app to your phone or log onto www.weatherbug.com. Schools may also use a Wet Bulb indicator on the field that will be used.
- Enter zip code or city and state in the location section of the app or on-line.
- If the Feels Like Temperature (Heat Index) or the Wet Bulb indicator is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the Feels Like Temperature (Heat Index) at halftime or midway point of the contest. If the Feels Like temperature (Heat Index) or Wet Bulb indicator is 96 degrees (Fahrenheit) or more, the contest will be suspended

Please refer to the following chart to take the appropriate actions:

	Feels Like Temperature (Heat Index) or Wet Bulb indicator under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: Feels Like Temperature (Heat Index) or Wet Bulb indicator 80 to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: Feels Like Temperature (Heat Index) or Wet Bulb indicator 86 to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when Real Feel temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: Feels Like Temperature (Heat Index) or Wet Bulb indicator 91 to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when Real Feel temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose-fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
	Heat Index Alert: Feels Like Temperature (Heat Index) or Wet Bulb indicator 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

NYSPHSAA WIND CHILL PROCEDURES

Administration of Wind Chill Procedures:

- Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- Download WeatherBug app to your phone or log into www.weatherbug.com.
- Enter zip code or city and state in the location section of the app or on-line.
- If the Feels Like temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (wind chill) at halftime or midway point of the contest. If the Feels Like temperature (wind chill) is – 11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Feels Like Temperature (wind chill) above 40 degrees	Full activity. No restrictions
R E C O M M E N D E D	Wind Chill Caution: Feels Like Temperature (wind chill) 39 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing.
	Wind Chill Watch: Hourly Feels Like Temperature (wind chill) 19 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	Wind Chill Warning: Feels Like Temperature (wind chill) 9 degrees to -10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when hourly Real Feel temp is much higher. Consider reducing the amount of time for an outdoor practice session.
	Wind Chill Alert: Feels Like Temperature (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held.
REQUIRED		

THE PREVENTION OF HEAT ILLNESS

Guidelines Developed by the Medical Aspects of Sports Committee
Medical Society of New York

Hundreds of students anticipating participation in their favorite fall sport usually work to improve their physical condition prior to the first practice session of the school team.

OBSERVE THE FOLLOWING GUIDELINES TO PREVENT HEAT ILLNESS – HEAT ILLNESS IS CAUSED BY:

Temperature and Humidity

- High environmental conditions
- Temperature of 80-90 and humidity over 70 percent
- Decreased efficiency of heat dissipation
- Strenuous exercise
- Poor conditioning
- Drugs
- Lack of acclimatization
- Insufficient water intake

The Preventative Procedures

- Always know the temperature and humidity presently in the area of your planned workout. When the temperature has risen to 80 and humidity is approaching the 70 percent mark, decrease the planned workout.
- Increase the rest periods during the workout and whenever possible seek shade during the rest break.
- When the temperature and humidity climb beyond this point, postpone your workout. Plan your workouts with a modest beginning with gradual increase in the total effort.

The Clothing

Never use rubberized sweat suits

- Stockings should not be worn in hot weather
- Wear shorts and T-shirt
- Weight Chart
- Check and record your weight prior to and immediately following the workout
- A loss more than three (3) percent of your body weight indicates a need for a reduction in your exercise program.
- A failure to regain weight overnight, which was lost the previous day, usually indicates dehydration - discontinue your exercise program and consult your physician.

Fluids

- Drink water freely - the replacement of weight usually results from drinking sufficient amounts of water.

Salt Replacement

- Use of an extra **SALTING OF FOODS AT MEALTIMES**

Unusual Reactions

Should you experience:

- Continuing loss of weight
 - Weakness
 - Headaches
 - Discontinue your exercise program and consult a physician.
-
- The old idea that water should be withheld from athletes during workouts has **NO SCIENTIFIC FOUNDATION**. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athlete at all times. It is recommended that a minimum 10-minute water break be scheduled for every half hour of heavy exercise in the heat. Athletics should rest in a shady area during the break. **WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES**. Check and be sure athletes are drinking the water. Cold water is preferable. Taking ample water before practice of games has also been found to aid performance in the heat.
 - Salt should be replaced daily. Modest salting of foods after practice or games will accomplish this purpose. Salt tablets and glucose-electrolyte solution are not recommended. **ATTENTION MUST BE DIRECTED TO REPLACING WATER FLUID - REPLACEMENT IS ESSENTIAL**.
 - Know both the **TEMPERATURE AND HUMIDITY**. The greater the humidity the more difficult it is for the body to cool itself. Use of a sling psychrometer is recommended to measure the relative humidity. The following precautions are recommended when using wet-bulb temperature:

 66F: Safe but be sure to observe athletes most susceptible to heat
 66 -78F: Caution - unlimited water on field and cold water is preferable
 78 & Above: Danger level - alter practice routine, mandatory water breaks and withhold susceptible athletes.
 - Cooling by evaporation is proportional to the area of skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. **NEVER USE RUBBERIZED CLOTHING**.
 - Athletes should weigh each day before and after practice and **WEIGHT CHARTS CHECKED**. Generally, a three (3) percent loss through sweating is safe and over a three (3) percent weight loss is in the danger zone. Over a three (3) percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe them closely under all conditions.
 - Watch athletes carefully for signs of trouble, particularly athletes who lose much weight, overweight athletes and the eager athlete who constantly competes at his capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
 - Teams that encounter hot weather during the season, through travel or following an unseasonably cool period should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.

- Know what to do in case of such an emergency. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care including ambulance service.
- Today there is a vast amount of research that shows if proper precautions are taken, heatstroke deaths in football players can be eliminated. Progress has been made and in fact, there have been no heatstroke deaths in 1975, 1985, 1986, 1991, 1993 and 1994.

In 1995, a heat wave struck most parts of the country during the month of August. Preliminary fatality data for 1995 show five heatstroke deaths to high school football players. This is the greatest number since 1972.

Heat Stroke

THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL. Immediate cool body while waiting transfer to a hospital. Remove clothing and use cool water. An increasing number of medical personnel are now using a treatment for heat illness that involves applying either alcohol or cool water to the victim's skin and vigorously fanning the body. The fanning causes evaporation and cooling. (Source : The First Aider - September 1987).

Heat Exhaustion

OBTAIN MEDICAL CARE AT ONCE. Cool body as you would for heat stroke while waiting for transfer to a hospital. Give fluids if athlete can swallow and is conscious.

Summary

The main problem associated with exercising in hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete to drink as much water as he likes, whenever he wishes. The small amount of salt lost in sweat is adequately replaced by salting food to individual taste at mealtime. Talk to your medical personnel concerning emergency treatment plans.

FOR YOUR INFORMATION

Your local distributor should carry psychrometers and fluid replacement guide and weight charts. If not, they are available from the following:

Purchase of Psychrometers

- | | |
|---------------------------------|--|
| 1. Bacharach Sling Psychrometer | Mason Supply Company
985 Joyce Avenue
P.O. Box 14764 |
| 2. Bacharach Sling Psychrometer | Weschler Electric Corp.
4250 W. 130 th Street
Cleveland, Ohio 44135 |
| 3. Improve Sling Psychrometer | Fisher Scientific Company
5481 Creek Road
Cincinnati, Ohio 45242 |
| 4. Cenco Sling Psychrometer | Central Scientific Company
1700 W. Irving Park Road
Chicago, Illinois 60613 |
| | Cramer Products, Inc.
Gardner, Kansas 66030 |
| | Reeder & McGaughey, Inc.
50 Broad Street, N.W.
Atlanta, Georgia 30303 |

Fluid Replacement Guide and Weight Charts

- | | |
|---|---|
| 1. Ten (10) Pint Fluid Replacement Guide (free) | Stokely Van Camp, Inc.
P.O. Box 1113
Indianapolis, Ind. 46206 |
| 2. Weight Chart (free) | Stokely Van Camp, Inc.
P.O. Box 1113
Indianapolis, Ind. 46206 |
| 3. Weight Chart (free) | Weight Charts
Editor, The First Aider
Cramer Products, Inc.
P.O. Box 1001
Gardner, Kansas 66030 |

FOOTBALL COACHES GUIDE FOR INJURY PREVENTION

HEALTH

Thorough physical examination prior to first practice.
School district policy must be exercised regarding re-examination following an extended absence, illness or injury.

DUTY TO WARN

All coaches are reminded of their duty to warn the athletes of all the inherent dangers (including serious injury and even death) in their participation in the sport of football.

SKILLS

Thorough evaluation of degree of skill of each participant prior to live contact.

MATURITY

Thorough evaluation of everyone's maturity.

CLASSIFICATION

It is not at what age a boy participates rather with whom and at what level of play and game rules.

FITNESS

Continuously work to check and improve the degree of fitness of everyone.

CONDITIONING

There is no substitute for **READINESS** (fitness, skills, knowledge).

REHABILITATION

Must be complete – Prior history of injury should be noted.

EQUIPMENT

The best - properly fitted (frequently checked) equipment.

WHISTLE

Fast – especially during early contact drills.

FACILITIES

Check field daily – remove obstacles (broken bottles, etc.)

WEATHER CONDITIONS

Keep daily weight chart – before and after practice. Know temperature, humidity (if thermometer climbs over 80 and especially if humidity is in the same range, be particularly alert).
Schedule practice during cooler hours of day. Lighten workload – lighter equipment, investigate use of breather jerseys for game and practice. Provide liquid for drinking during practice. During game, substitute freely.

COMMUNICABLE DISEASE PROCEDURES

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped, the open wound covered and if there is an **excessive** amount of blood on the uniform it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouthguards and other articles containing body fluids.

Additional information is available from your state high school association and from the National Federation TARGET program.

REDUCING HEAD AND NECK INJURIES IN FOOTBALL

Frederick O. Mueller

Head and neck injuries in football have been dramatically reduced since the late 1960's. Several suggestions for continued reduction are as follows:

1. Pre-Season physical exams for all participants. Identify during the physical exam those athletes with a history of previous head or neck injuries. If the physician has any questions about the athlete's readiness to participate the athlete should not be allowed to play.
2. A physician should be present at all games. If it is not possible for a physician to be at all games and practice sessions, emergency measures must be provided. The total staff should be organized in that each person will know what to do in case of a head or neck injury in game or practice. Have a plan ready and have your staff prepared to implement that plan. Prevention of further injury is the main objective.
3. Athletes must be given proper conditioning exercises which will strengthen their necks so that participants will be able to hold their heads firmly erect when making contact. Strong neck muscles may help prevent neck injuries.
4. Coaches should drill the athletes in the proper execution of the fundamentals of football skills, particularly blocking and tackling. **KEEP THE HEAD OUT OF FOOTBALL.**
5. Coaches and officials should discourage the players from using their heads as battering rams. The rules prohibiting spearing should be enforced in practice and in games. The players should be taught to respect the helmet as a protective device and that the helmet should not be used as a weapon.
6. All coaches, physicians, and trainers should take special care to see that the players' equipment is properly fitted, particularly the helmet.
7. Strict enforcement of the rules of the game by both coaches and officials will help reduce serious injuries.
8. When a player has experienced or shown signs of head trauma (loss of consciousness, visual disturbances, headache, inability to walk correctly, obvious disorientation, memory loss) he should receive immediate medical attention and should not be allowed to return to practice or game without permission from the proper medical authorization.

FOOTBALL HELMET INSPECTION LIST

1. Check helmet fit for agreement with manufacturer's instruction and procedures.
2. Examine shell for cracks and replace any that have cracked. **DO NOT USE A HELMET WITH A CRACKED SHELL.**
3. Examine all mounting rivets, screws, velcro and snaps for breakage, distortion and/or looseness. **Repair as necessary.**
4. Replace face guards that have become misshapen, causing shell distortion and resulting in a poor fit.
5. Examine for helmet completeness and replace any parts which have become damaged such as sweatbands, nose snubbers and chinstraps.
6. Replace jaw pads when damaged. Check for proper installation and fit.
7. Examine chinstrap for proper adjustment and inspect to see if it is broken or stretched out of shape; also inspect the hardware to see if it needs replacement.
8. Read instructions provided by manufacturer regarding care and maintenance procedures. Also follow these instructions:

Caution: Only paints, waxes, decals or cleaning agents approved by the manufacturer is to be used on any helmet. It is possible to get a severe or delayed reaction by using unauthorized materials, which could permanently damage the helmet shell and affect its safety performance

PLAYERS:

Inspect your style of helmet prior to each usage. **NEVER WEAR A DAMAGED HELMET.**

SUSPENSION STYLE

- Check hardware i.e. screws or rivets that may be loose/missing.
- Check webbing for tears in threads, stretching or pulling away at rivet location.
- If crown webbing is adjustable, check that crown rope is properly adjusted and is tied tightly using a square knot.
- Check interior padding for proper placement and good conditions.
- Check foam padding for proper placement and no obvious deterioration.
- Check for cracks in vinyl/rubber covering of air, foam, liquid padded helmets.
- Check that protective system or foam padding has not been altered or removed.
- Check all rivets, screws, velcro and snaps to assure they are properly fastened and holding protective parts.

PADDED STYLE

- Foam/Air/Liquid

If any of the above inspections indicate a need for repair and/or replacement, notify the proper authority. **This is your responsibility.**

NOCSAE QUESTIONS AND ANSWERS

Prepared by the National Federation of State High School Associations.

How does NOCSAE's football helmet standard address youth and adult players?

NOCSAE's football helmet standard applies to helmets of all sizes, worn by players of all sizes from youth to adult. The NOCSAE standards utilize variable-mass biofidelic head forms to account for the different size players. Helmet sizes likely to be worn by players at the youth level are tested on the smallest head form which represents a 10-year-old male in the 50th percentile of head mass and shape. As helmet sizes get larger, head forms with more mass are used in the testing protocol. The largest head form represents the 95th percentile adult male for head mass and shape.

NOCSAE has been researching the potential benefits of creating a separate standard for helmets designed for youth. At this time, there is insufficient data to suggest a distinct helmet mass limit for youth or other similar performance changes would provide more injury protection or would protect against injury risks not already addressed. There are many factors to consider ensuring changes to the standard do not present an increased risk of injury.

NOCSAE will continue to support research and development of a youth helmet standard. However, NOCSAE will not develop a standard without solid science from which we can conclude that taking an action such as limiting helmet mass will not present an increased risk of injury or otherwise prohibit the helmet from effectively addressing rotational acceleration-induced injuries.

Does certification to the NOCSAE standard mean that a helmet prevents concussions?

A helmet certified to a NOCSAE standard provides a substantial level of protection for serious head injuries, including concussions, but the NOCSAE helmet standard is not a concussion standard, and no helmet can prevent all concussions, even those certified to the NOCSAE standard. Currently there are no helmet standards in existence that are concussion specific. NOCSAE has been and is currently dedicating millions of dollars in concussion specific scientific research to try and identify criteria that could be used in a concussion specific helmet standard.

Can the NOCSAE helmet test results be used to determine which helmet is the best helmet for protecting against concussions?

No. As with all helmet standards, the NOCSAE helmet standard uses a pass/fail threshold to determine whether or not a helmet meets the standard performance criteria. The NOCSAE pass/fail threshold is 1200 Severity Index units, or SI. A helmet must test below 1200 SI in all 16 designated and random impact locations, including two impacts at a helmet temperature of 115 degrees. Because of the very strict and demanding quality control and quality assurance requirements specified in the NOCSAE standard, helmets certified to the NOCSAE standard will test substantially below 1200 SI, typically in the 400 to 600 SI range. Because the SI units are not concussion specific, it is impossible to compare the SI scores of one helmet with another and determine which helmet provides better protection. Variables such as helmet fit, the condition and integrity of the padding and energy attenuation system inside the helmet, the current health and concussion history of the player wearing the helmet, and the athlete's style of play about the use of the head are far more related to the likelihood of concussion than are differences in SI values from one helmet to the next.

Does the NOCSAE logo have to be “embossed” on equipment such as helmets and facemasks?

The NOCSAE standards require that the logos and warnings be “permanent” as that word is defined in document ND001-11m11a:

“Permanent (Label/Marking) – A label, or similar marking, that cannot be readily (1), removed without leaving a trace of its previous existence (2), erased or (3), smudged to the point that it is illegible. If it *requires* chemical or mechanical means such as the use of solvents, abrasives, grinding, etc., to remove a label or marking, then that label or marking is acceptable.”

Many helmets will have the logos embossed or stamped into the shell, but others may use a permanent label or printing to accomplish the same goal. As long as the label is permanent as defined above, the equipment labeling requirement is satisfied.

What is NOCSAE?

NOCSAE (pronounced “noxei”) is the acronym for the National Operating Committee on Standards for Athletic Equipment, a nonprofit corporation formed in 1969 in response to a need for a performance test standard for football helmets. In 1973, the NOCSAE Football Helmet Standard was developed. The 1974 new helmet models were the first tested to this standard. The baseball batting helmet standard was published in 1981, and the 1983 helmet models were the first tested to this standard. The baseball standard has since been designated as the baseball/softball batting helmet standard. In 1986 a performance test standard was published for lacrosse helmets and face masks, and in 1987, a standard for football face masks was released. In addition to publishing standards for testing baseball, lacrosse and football helmets, NOCSAE continues to investigate other athletic equipment to determine the feasibility or necessity of establishing standards.

How often does NOCSAE require that helmets be recertified?

There is nothing in the NOCSAE standard that requires any helmet to be recertified on any regular basis. NOCSAE does recommend that organizations adopt and follow a program of helmet inspection and reconditioning that meets their needs, based on age and size of players, severity of helmet usage, ages of helmets, among other factors. Some schools recondition and recertify their football helmets every year, every two years.

A manufacturer may premise warranty coverage upon regular reconditioning and recertification, but that requirement is not mandated by the NOCSAE standards. A manufacturer is also free to limit the number of times its helmet may be reconditioned, or it may establish a useful life beyond which it will not allow reconditioning.

Who belongs to NOCSAE?

NOCSAE consists of a board of directors which is comprised of representatives from the American College Health Association, American Orthopedic Society for Sports Medicine, American College of Sports Medicine, American Medical Society for Sports Medicine, American Academy of Pediatrics, Athletic Equipment Managers Association, American Football Coaches Association, National Athletic Equipment Reconditioner’s Association, National Athletic Trainers Association, Sports & Fitness Industry Association, NCAA and the National Federation of State High School Associations (NFHS).

What are the NOCSAE helmet standards?

They are voluntary test standards that have been developed to reduce head injuries by establishing requirement of impact attenuation for football helmets/face masks, baseball/softball batting helmets, baseballs and softballs, and lacrosse helmets/face masks. These standards are adopted by various regulatory bodies for sports, including the NCAA and the National Federation of State High School Associations.

How can I get a copy of a standard?

The current standards and any proposed revisions or modifications are available at our website.

How are football helmets tested?

The NOCSAE test standard involves mounting a football helmet on a synthetic head model and dropping it a total of 16 times onto a firm rubber pad, including two each from a height of 60 inches onto six locations at ambient temperatures. Two 60-inch drops onto the side are also conducted immediately after exposure of the helmet to 120 degrees F for four hours. Shock measurements are taken to determine if the helmet meets an established Severity Index for concussion tolerance and thereby meets the NOCSAE Football Helmet standard test. An equivalent to the 60-inch drop test would occur if a player running at 17.9 feet per second (12.2 mph) ran into a flat surface which stopped his head in less than one inch. Most players run faster than this, i.e., the average speed of a player running 40 yards in 4.8 seconds is 25 feet per second, but very rarely would the head be stopped in such a short distance on the football field.

Who tests Football Helmets for compliance with the NOCSAE Test Standard?

Manufacturers test their own helmets as they are produced. Licensed reconditioner's test used helmets themselves to the original standard applicable when the helmet was new.

Are all football helmet sizes tested?

No. It would not be feasible to test all helmet sizes. The most critical sizes are tested in the three or four most common shell sizes used by most equipment manufacturers. These sizes have the least amount of standoff distance between head and shell, and if these shell sizes meet the NOCSAE standard, it is reasonable to assume the other helmet sizes in that shell would also pass.

Would making the NOCSAE test more severe produce helmets which perform better in the field?

The SI value is a pass/fail threshold which is based on several scientific studies, but the data do not support using the SI numbers as a 'sliding scale', such that lower numbers reduce or prevent more injuries than higher numbers. For example, there is no way to determine whether a reduction of 200 SI units would result in measurable protective improvement in a helmet for all types of potential injuries. For example, it is not accurate to say that a helmet with an overall SI average of 600 is measurably better than a helmet with an overall SI average of 500. Once the helmet performs below the 1200 SI threshold, it meets the standard.

Most new and recently reconditioned helmets test far below the threshold, generally averaging in the 600-800 SI range. The ideal SI value for reducing the occurrence of one type of injury at low level hits may not be the same value for a higher impact force.

How long will helmets stay in certified condition? What happens when a helmet no longer meets the standard?

Factors such as the type of helmet and the amount and intensity of usage will determine the condition of each helmet over a period of time. It should be noted the NOCSAE helmet standard is not a warranty, but simply a statement that a helmet model met the requirements of performance tests when it was manufactured or reconditioned. In recent years, the proportion of helmets recertified annually by NAERA members has ranged between 84-96 percent. Tests in these plants indicate that helmets which regularly undergo the reconditioning and recertification process can meet standard performance requirements for many seasons, depending on the model and usage. For football helmets, NOCSAE does recommend that the consumer adhere to a program of periodically having used helmets recertified. Because of the difference in the amount and intensity of usage on each helmet, the consumer should use discretion regarding the frequency with which certain helmets are to be recertified.

How can I determine if a helmet meets the NOCSAE helmet test standard?

Those helmets which meet the NOCSAE standard must bear the seal, "Meets NOCSAE standards" and the logo for that type of helmet. The seal and logo are permanently branded or stamped on the outside rear portion of the helmet.

Can a helmet which bears the NOCSAE seal be altered or repaired without legal ramifications?

A helmet should not be altered. Any change or modification in the configuration of the shell or liner materials from manufacturing specifications could substantially alter the performance of the helmet as a unit, causing a change in helmet performance, and possibly exposing the individual responsible to liability. Individual helmet models are certified in the condition and configuration in which they were manufactured, and any alteration, modification, or change from the manufacturing specifications could affect the model's performance on the NOCSAE certification test. By following proper installation procedures and using replacement parts which meet or exceed original manufacturer specifications, skilled repair of a football helmet should not affect the integrity of the energy attenuation system. It is suggested that the manufacturer be consulted before any materials are applied to the helmet such as, but not limited to, paint, wax, thinners, solvents, vinyl tape designs, cleaning agents, etc.

Does the NOCSAE standard require the use of specific brand name replacement parts when helmets are reconditioned?

No. The NOCSAE standard is not brand specific. Neither the test nor the performance standard call for any specific brands, materials, or designs. The standard speaks only to the performance of the helmet when new, or after reconditioning and recertification. The standard does not require the use of original equipment parts but does require that "all components must function as originally certified" which requires OEM equivalence.

Who enforces the NOCSAE standards?

NOCSAE does not possess a surveillance force to ensure compliance with the standards. The standards are voluntary and are available for adoption by any equipment manufacturer, user group or athletic regulatory body. However, if a firm affixes the NOCSAE seal to its helmets, it accepts the responsibility that all those helmets meet the appropriate NOCSAE standards. Likewise, it is the responsibility of a reconditioner to recertify that all helmets to which the firm affixes its seal of recertification meet the NOCSAE standard applicable at the time the helmet was originally manufactured. If a helmet with a NOCSAE seal attached is found deficient, notice should be given to the NOCSAE Board of Directors or to the Executive Director.

What penalty will be imposed if an athlete is not wearing certified protected equipment mandated by the rules?

For specific rules and requirements regarding helmets used in football, baseball/softball and lacrosse, the respective rules-making groups of the sponsoring organization would be contacted, i.e., the NCAA, the National Federation of State High School Associations, etc. There may be some circumstances where the use of non-certified equipment constitutes the use of illegal equipment and could result in player disqualification.

Which reconditioners can recertify previously certified football helmets?

Only those helmets which met the NOCSAE test standards when manufactured may be recertified. Any NOCSAE licensed reconditioning firm which complies with the recertification standards may recertify helmets. Such recertified helmets are identified by an appropriate NOCSAE seal affixed by the reconditioner inside the helmet: "This helmet has been RECERTIFIED according to the procedures established to meet the NOCSAE STANDARD".

PLAYER EQUIPMENT RULES

EXAMPLES OF PLAYER EQUIPMENT WHICH ARE ALWAYS ILLEGAL:

1. Projecting metal or other hard substance on clothes or person.
2. Guards or braces made of material which is "hard" in its final form.
3. Hard knee brace, unless the hinges or any metal, etc. is properly padded.
4. Forearm and hand pads or gloves unless soft, non-abrasive and non-hardening.
5. Tape or bandage on a hand or forearm unless sanctioned by umpire.
6. Hard shin or thigh guards, unless edges and outside are padded properly.
7. Shoes with cleats, studs or projections more than ½" in length.
8. Ball colored helmet, jersey patches or pads without contrasting stripes.
9. Slippery or sticky substances on equipment or exposed part of body.
10. Plastic covering on pads unless edges are properly rounded.
11. Tear-away jerseys.
12. Any equipment which is dangerous or confusing.

Prior to the game, the head coach must verify to the referee in the presence of the umpire, that all his players are equipped in compliance with the rules.

EXPLANATION:

Prior to his verification, the coach may ask the umpire to examine any player equipment about which there is a question of legality. If a player is thereafter found to be playing with illegal equipment or without mandatory equipment, an unsportsmanlike foul will be charged to the head coach.

If an incoming substitute is missing required equipment or if he is wearing illegal equipment, correction must be made before he can participate. An official's time-out is called to permit prompt repair of equipment which becomes illegal or defection through use.

If equipment becomes illegal or defective through play, it may be corrected without attendant assistance during an official's time-out. If this cannot be done, the player must leave the game or call a time-out.

<p>PARTICIPATION IN ALL SPORTS REQUIRES AN ACCEPTANCE OF RISK OF POSSIBLE INJURY. YOU AS A PLAYER CAN HELP MAKE THE GAME SAFER BY NOT INTENTIONALLY USING TECHNIQUES WHICH ARE ILLEGAL, AND WHICH CAN CAUSE SERIOUS INJURY.</p>
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THE DUTY TO WARN
Seattle Public Schools - Athletic Department
Chris Thompson vs. Seattle School District Case

I. CHARGES OF THE PLAINTIFF

A. Failure to Warn:

1. Chris Thompson was not adequately warned about dangers of lowering his head when running with the football or making primary contact with the top of his helmet.
2. Chris Thompson was never warned that he could sustain a neck injury by hitting another player with the top of his helmet which could result in him becoming a quadriplegic.
3. Chris Thompson's parent (mother) was never warned or informed of the specific injuries which her son could sustain in football and specifically, she was never told he would become a quadriplegic.
4. Chris Thompson was never informed of the specific anatomical damage which could occur to his neck if he used his head as a primary point of contact.
5. Coaches did not provide enough warning or emphasize specific dangers of lowering the head during practices and games.

B. Failure to Adequately Instruct

1. Failure to utilize written warnings, illustrative charts and safety films in instructing players about the dangers of lowering their heads.
2. Coaches did not use effective drills, or a sufficient variety of instructional methods, to teach players how to run safely with the ball and to ensure that they would not lower their heads.
3. Players were not adequately informed regarding the reason for the "spearing" rule in football.
4. Players were not sufficiently warned, chastised, or penalized if they lowered their head when making contact with another player.
5. Coaches did not inform the players about the Points of Emphasis contained in the **National Federal Football Rule Book** related to the use of the helmet in making primary contact with another player.

TO: Superintendents,
Principals,
District Athletic Directors,
Building Athletic Directors,
Football Coaches (all levels)

FROM: Executive Director

RE: Duty to Warn

DATE: August 28, 2000

It has been brought to our attention that some school districts may not be following the recommendation of our Association and the Football Committee to inform the athletes and their parents of the dangers inherent in the use of the football helmet.

It is strongly recommended by the Association's Superintendents' Board and Executive Committee that school district personnel become familiar with the **Duty to Warn** as stated on page 85 of the Nassau County Public High School Football Handbook.

It is further recommended that all school districts initiate a form indicating that the student has been fully instructed in the proper use of the football helmet and has a full understanding of the dangers involved in its use.

A sample form is enclosed for your consideration.

SAMPLE

WARNING VERIFICATION FORM

Athletes Name: _____

(Please print)

This is to certify that I have carefully read and that I fully understand the warning label(s) attached inside and/or outside of the football helmet.

THE LABEL READS:

WARNING

NO HELMET CAN PREVENT ALL HEAD OR NECK INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN FOOTBALL.

Do not use this helmet to butt, ram or spear an opposing player. This is in violation of the football rules and such use can result in severe head or neck injuries, paralysis or death to you and possible injury to your opponent.

ON SOME HELMETS THE LABEL WILL READ:

WARNING

Do not use this helmet to butt, ram or spear an opposing player. This is in violation of the football rules and can result in severe head, brain or neck injury, paralysis or death to you and possible injury to your opponent.

There is a risk these injuries may also occur as a result of accidental contact without intent to butt, ram or spear. **NO HELMET CAN PREVENT SUCH INJURIES.**

I have read and fully understand the proper use of this equipment. My coach has instructed me on the proper techniques used when tackling and blocking.

Player's Signature: _____

Parent or Guardian's Signature: _____

Date: _____

V.

POINT SYSTEM

Power Point Information
Nassau County Football Coaches Association
Website: www.section8football.com

This website contains the latest information regarding Power Points, Standings, Schedules and weekly results of Nassau County Football

Bonus Points – Adding Bonus points, in increments of 1, to each team based on their preseason seed (which reflects their strength of schedule)

- Starting with Zero for bottom seeds and adding 1 bonus point per seed in ascending order.

14 team Conference =

- 14 = zero
- 13 = +1
- 12 = +2
- 11 = +3
- 10 = +4
- 9 = +5
- 8 = +6
- 7 = +7
- 6 = +8
- 5 = +9
- 4 = +10
- 3 = +11
- 2 = +12
- 1 = +13

13 total preseason point differential between #1 seed and #14 seed

VI.

AWARDS

NOMINATIONS

FORMS

&

GUIDELINES

ALL CONFERENCE/ALL COUNTY SELECTION MEETING

Nassau County Football Coaches' Checklist for every Head Football Coach:

1. Submit All Conference selections as per chart below.
2. Fill out and turn in All County thumbnail sketches for those players you intend to nominate.
3. Fill out and turn in Unsung Hero nomination forms.
4. Vote for Conference Coach of the Year.
5. Vote for Nassau County Coach of the Year.
6. **Email Thorp applications and official transcripts to:**
nassaucountyfootballawards@gmail.com. Submit films for this award as a tape exchange to **HUDL at Nassau County Awards**.
7. **Email Martone applications and official transcripts to:** nassaucountyfootballawards@gmail.com.
Submit films for this award as a tape exchange to **HUDL at Nassau County Awards**.
8. **Email Piner/Pizzarelli applications and official transcripts to:**
nassaucountyfootballawards@gmail.com. Submit films for this award as a tape exchange to **HUDL at Nassau County Awards**.
9. **Email Snyder applications and official transcripts to:** nassaucountyfootballawards@gmail.com.
Submit films for this award as a tape exchange to **HUDL at Nassau County Awards**.
10. **For all other awards, hard copy-paper applications must be submitted to your conference coordinator at the start of your conference meeting. Conference coordinators will be checking the applications and verifying that copies of transcripts have been taken out of envelopes and are stapled to each application. They are:**
 - a. Academic All-Conference**
 - b. National Foundation Football Hall of Fame**
 - c. The Kessenich Award**
 - d. Jack Boyle – Asst. Coach of the Year Award**
11. **Due to the time required to prepare these films for the committee meetings, we ask that you submit the films to our HUDL account as soon as possible. The expected time for submission is below:**
 - If your last game is 11/ – *Film is due on.... TBA*
 - If your last game is 11/ – *Film is due on...TBA*
 - If your last game is 11/ – *Film is due on...TBA*
 - If your last game is 11/ – *Film is due on...TBA*

12. Bring all official rating cards that have not been turned in (varsity and junior varsity).
13. Know which of your players will play in the Exceptional Senior Game if selected (everyone gets at least one).
14. Call your All County players and tell them to report to: **East Meadow High School on Monday, November 7, 2022 - 7:00 00PM** Players should wear their dark jerseys, shoulder pads, game pants, socks and sneakers.
15. Voting for Rutgers Cup is done by the head coach at the Gridiron Dinner, unless you are directed otherwise.

NC FOOTBALL COACHES' ASSOCIATION

ALL CONFERENCE SELECTIONS

First Place Team	7
Second Place Team	6
Third Place	5
Fourth Place Team	5
Fifth Place Team	4
Sixth Place Team	4
Seventh Place Team	3
Eighth Place Team	3
Ninth Place Team	2
Tenth Place Team	2
Eleventh Place Team	2
Twelfth Place Team	2
Thirteenth Place Team	1
Fourteenth Place Team	1

ALL COUNTY SELECTION PROCESS

14 TEAM CONFERENCE

2 Running Backs
 2 Quarterbacks
 1 Wide Receiver
 2 Offensive Linemen
 1 Center
 2 Additional Linemen
 2 Defensive Linemen
 4 Defensive Backs or Linebackers
 4 Additional Skills Players
 4 At-Large Players (Skills or Linemen)

24 Total Players

12 TEAM CONFERENCE

2 Running Backs
 2 Quarterbacks
 1 Wide Receiver
 3 Offensive Linemen
 1 Additional Lineman
 2 Defensive Linemen
 3 Defensive Backs or Linebackers
 3 Additional Skills Players
 3 At Large Players

20 Total Players

All-County Honorable Mention – 8 per Conference 1 - 4

- In the event of a tie between 2 players, the tie will be broken by awarding All-County to the player from the higher pre-season seeded team.
- If a conference does not have, for example, only 1 QB that deserves All-County the extra spot would go to additional skills players.

MUST TYPE ALL INFORMATION!

ALL LEAGUE SELECTION

YEAR _____ **CONFERENCE** _____

School Name _____

School Phone Number _____

Coach's Name _____

Coach's Cell Number _____

No.	Player's Name	Position	Ht.	Wt.	Grade	Phone
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						

MUST TYPE ALL INFORMATION!

ALL CONFERENCE SELECTION

YEAR _____ **CONFERENCE** _____

School Name _____

School Phone Number _____

Coach's Name _____

Coach's Cell Number _____

No.	Player's Name	Position	Ht.	Wt.	Grade	Phone
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						

MUST TYPE ALL INFORMATION!

ALL-COUNTY THUMBNAIL SKETCH

Due immediately after All County selections are made at the All-League/County selection meeting at BOCES.

1. Name_____

2. School_____

3. Height_____Weight_____

4. Position_____

5. Class_____

6. Captain or Co-Captain_____

7. Pertinent Information:

(Please write a short appraisal of your player including information such as any personal comments and statistical information such as carries, passes, touchdowns, etc.)

SEEDING REVIEW SHEET

Year _____

Finish _____

Conference _____

Record _____

Team _____

JV Record _____

Last Year's Seeding _____

JV Rec. Year Before _____

Initial Projected Seed for Upcoming Season _____

Numerical Roster of Returning Varsity Players (Circle number if starter)

No.	Last Name, First	Grade Next Yr.	Ht.	Wt.	O/D Position	Honors	Ck. Potential All County

Complete base offense and defensive formations. Indicate returning starters by placing his number at the position he played this past season. A returning starter is any player who started four or more games or finished the season as a starter.

Offense

Defense

--	--

SEEDING REVIEW SHEET (continued)

Varsity Scores Last Year

JV Scores Last Year

JV Scores Year Before

1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.

If scores are not available, put team and W or L.

Revised: 1/17/95: deb

SECTION VIII FOOTBALL

Please note when applying for relief or placement in the next lower enrollment conference:

In addition to completing the attached application, your school must be prepared to:

1. Supply two (2) game tapes.
2. Be available for an interview involving the athletic director, head football coach and principal.
3. Provide an opportunity for an on-site visit.
4. Be able to prove your school cannot compete in the regular four (4) conference structure based on placement according to enrollment.

Deadline: Must be received by **DECEMBER 9th**

Send to:

Pat Pizzarelli, Executive Director - Section VIII
George Farber Administrative Center
P.O. Box 9195 - 71 Clinton Road
Garden City, NY 11530

Copy to:

Matt McLees, Section VIII Football Coordinator
77 Landau Avenue
Floral Park, NY 11001

APPLICATION FOR RELIEF
OR
PLACEMENT IN THE NEXT LOWER ENROLLMENT CONFERENCE

School _____ Principal _____

Athletic Director _____ Phone# _____

Superintendent _____ Date _____

COACHING STAFF

Position	Name	Building Staff	District Staff	Non-Staff	Experience (at school)	Experience (total)
Head Coach						
Asst. Coach						
Asst. Coach						
JV Coach						
Asst. Coach						
Level A or 7th - 8th	Name	Building Staff	District Staff	Non-Staff	Experience (at school)	Experience (total)
Head Coach						
Asst. Coach						
Asst. Coach						

Athletic Trainer: Yes ☐ No ☐

Weight training facility available: Yes ☐ No ☐

Is there a youth football program in the community? Yes ☐ No ☐

Approximate number of players who attend football camp:

Does team go to camp in August? Yes ☐ No ☐

Present Conference Seeding

Applications must be received by Section VIII Football Coordinator, Matt McLees by December 31st.

FOOTBALL RECORDS - VARSITY

Year _____

Year _____

Year _____

Opponent	Score	Opponent	Score	Opponent	Score

FOOTBALL RECORDS - JUNIOR VARSITY

Year _____

Year _____

Year _____

Opponent	Score	Opponent	Score	Opponent	Score

ENROLLMENT

Present Enrollment 20_____

<u>Grade</u>	<u>Total</u>	<u>Male</u>
7	<input type="text"/>	<input type="text"/>
8	<input type="text"/>	<input type="text"/>
9	<input type="text"/>	<input type="text"/>
10	<input type="text"/>	<input type="text"/>
11	<input type="text"/>	<input type="text"/>
12	<input type="text"/>	<input type="text"/>

Projected Enrollment 20_____

<u>Grade</u>	<u>Total</u>	<u>Male</u>
7	<input type="text"/>	<input type="text"/>
8	<input type="text"/>	<input type="text"/>
9	<input type="text"/>	<input type="text"/>
10	<input type="text"/>	<input type="text"/>
11	<input type="text"/>	<input type="text"/>
12	<input type="text"/>	<input type="text"/>

Varsity

[illegible]

Please submit the following supplemental material with this application:

1. Two game films of competitive contests.
2. Copies of all accident reports for football occurring during the past season.

***Key for Rating:**

1. Potential player at Division III or higher seed
2. Solid high school starter
3. Could start on a poor team
4. Limited football potential

****Indicate awards for honors**

TEAM ROSTER
JUNIOR VARSITY

[illegible]

Additional number of players in the football program at lower levels:

9th 8th 7th

We the undersigned understand the purpose of this application and affirm to the best of our knowledge that all information is accurate.

Athletic Director _____ Principal _____

Superintendent _____ Date _____