

TO: Athletic Administrators and Head Football Coaches

FROM: Beau Rugg, Director of Officiating and Sport Management  
Angie Lawler, Manager of Officiating Technology

RE: 2022 Summer Weekly Word

### **Summer 10-Day Rule**

There is some confusion with the 10-Day rule as it relates to football. Let's try to clear it up.

1. **The 50% rule in 7.3.1 does not apply to football.**
2. **The 7-player skill instruction policy is year-round except for the no-contact period.**
3. **The 10-Day General Sports Regulation 7.5.5 is as follows:**

Members of a school team's coaching staff in the team sports of baseball, basketball, field hockey, football, ice hockey, lacrosse, soccer, softball and volleyball may coach students from their school teams for a maximum of 10 days from June 1 through July 31.

**Note: The entire acclimatization period may be completed in July from 7/18 through 7/31. This cannot be mandatory!**

### **2022 NFHS Rule Changes**

1. **The 2022 NFHS Rule Changes are in the following link:**

<https://www.nfhs.org/articles/revised-intentional-grounding-chop-block-rules-headline-2022-high-school-football-rules-changes/>

### **Off-Season Regulations**

1. The off-season is coming soon. Please make sure you are familiar with General Sports Regulation 7.4 in the General Sports Regulations (GSR). The GSR section of the 2022-2023 Handbook have been revised and restructured.

### **Helmet Testing Results**

FYI – The NFL, NFLPA released the 2022 helmet laboratory testing performance results:

<https://www.nfl.com/playerhealthandsafety/resources/press-releases/unprecedented-rate-of-improvement-stimulated-in-helmet-industry-new-standard-set>

PLEASE EMAIL BEAU AT [BRUGG@OHSAA.ORG](mailto:BRUGG@OHSAA.ORG) WITH QUESTIONS