

FOOTBALL

A. GENERAL REGULATIONS

1) Interscholastic Participation

1.1) Practice and Coaching

- 1.11) Mandatory practice may begin August 1 for all schools.
- 1.12) All schools must respect a five-day acclimatization period. The first two days of the acclimatization period (helmets only) may be completed in the month of July. All athletes joining the team for the first time at any point during the season after the first day of mandatory practice must participate in a five-day acclimatization period prior to any contact drills. There must be an adequate recovery period between practice sessions.
- 1.13) During practices within the acclimatization period, players may wear helmets only on the first two days (This may be completed in July). On days three and four, helmets and shoulder pads are allowed. From day five onward, full pads are allowed. Full contact is NOT permitted until the acclimatization period is completed. During the first five days of practice, athletes may engage in conditioning, speed, strength, agility drills and may use “dummies” for drills and walk-through practices.
- 1.14) Any practice or workout including two or more school teams or partial teams is a scrimmage.
- 1.15) Conduct of Practice Sessions. **Know both the temperature and humidity.**
 - 1.15.1) When temperatures are 84 degrees or higher, temperature and humidity readings shall be taken at the site 30 minutes prior to activity.
 - 1.15.2) **Test the air prior to practice or a game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement.** The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991):
 - Below 64 - Unlimited activity
 - 65-72 - Moderate risk
 - 74-82 - High Risk
 - 82 plus - Very high risk
 - 1.15.3) One other method of measuring the relative humidity is the use of a sling psychrometer, which measures wet bulb temperature. The wet bulb temperature should be measured prior to practice and the intensity and duration of practice adjusted accordingly. Recommendations are as follows:

Under 60 F	Safe but always observe athletes
61-65 F	Observe players carefully

66-70 F	Caution
71-75 F	Shorter practice sessions and more frequent water and rest breaks
75+ F	Danger level and extreme caution

1.15.4) See the Heat Regulations on page 91 of the General Sports Regulations.

- 1.16) Preseason Practices: When more than one practice takes place in a day, full contact is permitted only during one of the practice sessions. With the importance of recovery time to help minimize concussion risks, consideration should also be given to the timing of full contact during the next day (i.e. if full contact occurs during session 2 of two-a-days, there should not be full contact in session 1 of two-a-days the following day).

1.16.1) Contact Definitions

1. Unrestricted Activities

A. Air – (Coach pre-determined outcome) – Players run a drill unopposed without contact.

B. Bags – (Coach pre-determined outcome) – Drill is run against a bag or other soft contact surface.

C. Control – (Coach pre-determined outcome) – Drill is run at assigned speed until the moment of contact; one player is pre-determined the “winner” by the coach. Contact remains above the waist and players stay on their feet.

2. Restricted Contact

A. Thud – (Non coach pre-determined outcome) - Drill is run at assigned speed until the moment of contact; no pre-determined “winner”. Contact remains above the waist and players stay on their feet and a quick whistle ends the drill.

B. Live Action - (Non coach pre-determined outcome) – Games, scrimmages and drills run in game-like conditions. These are the only times that players are taken to the ground.

1.17) In Season Practice

1.18.1) Consider limiting full contact on consecutive days.

1.18.2) A student-athlete is limited to 30 minutes of full contact in practice per day.

1.18.3) A student-athlete is limited to 60 minutes of full contact in practice per week.

1.18.4) A student-athlete can be involved in full contact in a maximum of two practices in a seven-day span.

1.2) Scrimmages

- 1.21) Any practice or workout including two or more teams or partial teams is a scrimmage.
- 1.22) Grades 9-12 - Scrimmages may be held after one day of full contact practice and prior to the first game.
- 1.23) Grades 9-12 may participate in a maximum of two scrimmages not to exceed three hours in length. The three-hour time limit begins when the scrimmage begins. High school teams may use a game format in one or both of their scrimmages and they may charge admission.
- 1.24) Grades 7 & 8 may participate in one scrimmage after 3 days of full contact practice. Two scrimmages are permitted if a maximum of seven regular season games are scheduled. A scrimmage is limited to a maximum of two hours with the time being counted continuously once the scrimmage begins.
- 1.3) Quarters and Game Limitations
 - 1.31A) 9th-12th grade student is limited to playing:
 - a) A maximum of four quarters in one day
 - b) A maximum of 50 quarters per season (excluding OHSAA tournaments)
 - 1.31B) 7th-8th grade student is limited to playing:
 - a) A maximum of four quarters in one day
 - b) A maximum of 32 quarters per season (28 quarters if seven regular season games are scheduled).
 - 1.32) **Any player who participates in two or more consecutive downs in one quarter shall be charged with one quarter of play. A down in which the offensive team is in a scrimmage kick formation or a free kick occurs does not count in the quarter limitation. A down repeated due to penalty does not count. Note: This is not the formula for Competitive Balance rostering.**
- 1.4) Length of Periods
 - 1.41) Grades 7 & 8 — Maximum length of each quarter is eight minutes.
 - 1.42) Grades 9-12 – Maximum length for each quarter for 9th, JV and Reserve – 10 minutes, Varsity — Maximum length of each quarter is 12 minutes.
 - 1.43) Overtime Procedure: Regular season varsity high school games which are tied at the end of regulation time shall be continued until there is a winner (no ties) by using the 20-yard line overtime procedure. **Overtime is not permitted below the varsity level.**

Note: Use the OHSAA overtime procedure that is posted on the OHSAA website and published in the OHSAA Football Manual. Do **NOT** use the overtime procedure listed in the NFHS Rules Book.

- 1.44) Point Differential/Running Clock: After the first half of regular season 7th-8th grade, sub-varsity and varsity contests, any time the score differential reaches 30 points or more, a running clock shall be used. After the 30-point differential has been met but the score drops below 30 points, the clock reverts to regular timing.

Running clock procedures, which include when the clock will still be stopped, are published on the OHSAA website and in the OHSAA Football Manual.

Note: The use of this rule does not preclude the use of NFHS Rule 3-1-3, which reads: “A period or periods may be shortened in any emergency by agreement of the opposing coaches and referee. By mutual agreement of the opposing coaches and the referee, any remaining periods may be shortened at any time or the game terminated.”

- 1.45) Kickoff Modification below Varsity Level: There will be no Free Kicks (Kickoffs) for 7th and 8th grade or Freshman contests. JV contests may include Free Kicks IF both coaches agree (by informing the Referee) prior to the contest. There shall be no Free Kicks if one coach does not agree. Teams may begin the game with kickoffs and discontinue at any time during the contest by agreement of the coaches.

Note: All OHSAA Rule modifications may be found in the 2021 Football Manual at www.ohsaa.org

- 1.5) No Contest/Forfeit

Teams are expected to play all games not begun on the earliest potential makeup date. If a game is not played on the scheduled date and the schools are unable to agree to a mutually convenient make-up date, the OHSAA office will determine whether the date is treated as a “no-contest” or forfeiture, taking into consideration the reason for cancelling the scheduled contest and the rationale used by the schools in their efforts to re-schedule the contest.

1.6) EIGHT-PLAYER FOOTBALL

High school and 7th-8th grade teams may participate in a modified version of 11-player football by utilizing eight players.

1.6.1) High schools with enrollments of 160 males or less (obtained from October 2019 enrollments plus Competitive Balance factors) may choose to participate in eight-player football.

1.6.2) Schools that choose to play the eight-player format shall not have both an 11-player team and an eight-player team.

1.6.3) Schools (Varsity Teams) that choose to play the eight-player format are not eligible to qualify for and participate in the OHSAA 11-player football tournament.

1.6.4) Schools (Varsity teams) that choose to play the 11-player format may participate in “exhibition” 8-player format contests with permission from the OHSAA Commissioner’s office. The contests utilizing the 8-player format shall count as open dates for those schools desiring to qualify for the OHSAA’s 11-player tournament.

1.6.5) 7th and 8th grade schools and sub-varsity teams have the flexibility for their one team to participate in 11-player or 8-player formats.

1.6.6) Schools playing eight-player football must follow all other OHSAA bylaws, general sports regulations and football regulations unless noted elsewhere.

1.7) Grades 7 & 8 – Special Information

1.71) Game Ball – (Wilson Game Ball Recommended)

The football used in games involving players in the 7th or 8th grade shall be the youth football. Specifications are listed in the National Federation Football Rule Book.

1.72) Modification

In games involving only players ninth grade and below, teams will not free kick. In place of a free kick, the receiving team will put the ball in play by a snap. The snap shall be made from the yard line 25 yards beyond the kicking team’s free kick line. This modification does NOT apply to scrimmage kicks (punts or placement).

2) Out-of-State Travel

A football team may travel out of state to compete in contests (scrimmages, previews and games) in states that are contiguous to Ohio regardless of distance to travel. The states include Indiana, Kentucky, Michigan, Pennsylvania and West Virginia. The Canadian province includes Ontario. Additionally, a football team may travel to a non-contiguous state or province once per interscholastic season. (Bylaw 9-2-1). A football team may not travel out of state to practice (See Bylaw 9-2-2 for exceptions).

3) Ejection for Unsporting Conduct

Any student or coach ejected or disqualified for unsporting conduct or a flagrant foul shall be ineligible for all football contests for the remainder of that day. In

addition, he/she shall be ineligible for all football games at all levels until one regular season/tournament contest is played at the same level as the ejection or disqualification. (General Sports Regulation items 13 and 14).

Exception: A player disqualified for flagrant personal fouls **other than fouls in Rule 9, Section 4 Articles 1, 2 and 3-j**, shall be ineligible for all contests for the remainder of that day. The disqualification for these fouls may be extended through the next scheduled game at the same level of the disqualification by the OHSAA Football Administrator or his/her designee. Video of these fouls shall be emailed to the OHSAA Football Administrator or his/her designee within 48 hours of the contest.

4) **Transfer Bylaw**

Due to the many questions regarding this bylaw and its application to students desiring to play football, please go to the OHSAA website (www.ohsaa.org), click on the “Eligibility” link, then click on the “Transfer Bylaw Resource Center” to assist in the understanding of this bylaw. **Note that students who transfer and do not meet an exception to this bylaw are ineligible for all contests after game 5 of the regular season including post season contests.**

5) **Noise**

A. Bands shall not play music at football games while the ball is in play, or while signals are being called by the quarterback. This means that it is not permissible to use either:

1. Drum roll or beat
2. Cymbals clashing
3. Horn sounds, or
4. Any other kind of musical instrument while the play is underway in football.
5. Roving bands shall be allowed to participate at the discretion of the host Athletic Director. However, such bands shall not perform while the ball is in play or while signals are being called by the quarterback.

B. Amplified Noise Shall not be played while the ball is in play, or while signals are being called by the quarterback. This includes, but is not limited to:

1. Any noise over the public-address system.
2. Any “powered” noise such as a cannon or whistle.

Note: Game Administration shall be notified if these violations occur and they shall correct the situation. Game officials are not authorized to give a penalty for these violations.

6) **Non-Interscholastic Participation**

6.1) A member of an interscholastic football team (any student who has played in any scrimmage, preview or regular season/tournament contest) shall not participate in an athletic contest, a tryout or any type of team or group training or

practices (including open gyms/fields) with a non-school team in that same sport during the school team's season. **Note:** This regulation applies to students invited to participate in a tryout, group training or practice at a college or in contests, tryouts, group training, camps or practices with any non-school program or team.

Other Regulations pertaining to Non-Interscholastic Participation may be found in General sports Regulation 7.4.

NOTE: All activities must be non-contact and the only football equipment the player may wear are helmets and cleats.

- 6.2) All-Star Competition
In the sport of football, only a graduating senior or a student completing athletic eligibility at the end of the current semester may participating in "All-Star" competition.

See General Sports Regulation 7.4 for regulations permitting students to participate on non-school teams outside of the school team's season.

See General Sports Regulation 7.6 for regulations permitting coaches to coach their own student-athletes on non-school teams outside the school team's season ("All-Star" Games).

6.3) Individual Non-Interscholastic Competition Dates

6.31) A football athlete who has not participated for the school team in football that season must cease non-interscholastic football prior to the season start date of **August 16** in order to be eligible for OHSAA Tournament competition provided applicable Bylaws and Regulations have been followed.

6.32) Football players may be used for out-of-season demonstrations only if approved in advance by the Football Administrator.

6.4) Coaching and Coaches

6.41 All interscholastic football coaches, whether paid or volunteer, must be approved by the Board of Education.

6.42 See General Sports Regulation 8.2.1 for regulations permitting school coaches to provide individual skill instruction from August 1 through May 31.

6.43 See General Sports Regulation 7.5.1 for regulations permitting school coaches to coach their own student-athletes on non-school teams outside the school team's season (10-day rule).

7) Coaches - No Contact Period

See regulations for no-contact periods under Section 11 of the General Sports Regulations.

8) Penalties

- 8.1) The maximum penalty for violation of Sports Regulation 7.4 (participation with a non-interscholastic football squad) or any OHSAA regulations for any member of the school squad, EXCEPT a senior, is ineligibility for the remainder of the interscholastic football season and/or the ensuing football season. For a senior, the maximum penalty shall be ineligibility for the remainder of the school year.

9) Addendum to 2021 Football Regulations

- 9.1) The 2021 Football Manual is published as an addendum to these regulations. Items of interest include, but are not limited to regulations regarding contest management, bands, conduct of practice, 25 second clocks, protection of officials, additional penalties, etc.

B. SPECIFIC REGULATIONS — Grades 9-12

- 1) Coaching and tryouts may begin — August 1 for all schools.
- 2) First game — August 16, 2021.
- 3) Coaching and Season end — Conclusion of last regular season or tournament game.
- 4) Scrimmages— Two scrimmages are permitted. Schools may use a game format in scrimmages and charge admission.
- 5) Regular season games —10.
- 6) Rules — National Federation Football.
- 7) Officials:
 - 7.1) Varsity — OHSAA Class 1 football only. Minimum crew of at least 5. Recommend crew of 6 including a Center Judge.
 - 7.2) Reserve/Junior Varsity — Minimum of 4, recommended 5 OHSAA Class 1 or Class 2 football only. Freshman — Minimum of 4 OHSAA Class 1, 2 or 3 football officials required. All other officials shall be OHSAA Class 1, 2, or 3 or OHSAA football officials in training. In the event only 3 OHSAA registered football officials arrive to the game, the game may be played provided the participating coaches agree.

C. SPECIFIC REGULATIONS — Grades 7 & 8

- 1) Coaching and tryouts may begin — August 1 for all schools.
- 2) First game may be played — After 3 days of full contact practice, but no earlier than August 17, 2021.
- 3) Coaching and Season end — October 31, 2021 or at the conclusion of the last contest, whichever occurs earliest.
- 4) Scrimmage — One after 3 days of full contact practice and prior to the first game or two if only seven games are scheduled.
- 5) Regular Season games — Maximum of 8. If two scrimmages are played, seven games permitted.
- 6) Rules — National Federation Football (with kickoff modification).
- 7) Officials — Minimum of 4 OHSAA Class 1, 2 or 3 football officials required. All other officials shall be OHSAA Class 1, 2, or 3 or OHSAA football officials in

training. In the event only 3 OHSAA registered football officials arrive to the game, the game may be played provided the participating coaches agree.

FOOTBALL	2021	2022	2023			
Coaching Begins	8/1	8/1				
Interscholastic Scrimmage Dates	8/6-8/14	8/5-8/13				
Season Begins	8/16	8/15				
Non-Interscholastic Date	8/16	8/15				
Regional First Round	10/29-10/30	10/28-10/29				
Regional Quarterfinals	11/5-11/6	11/4-11/5				
Regional Semifinals	11/12-11/13	11/11-11/12				
Regional Finals	11/19-11/20	11/18-11/19				
State Semifinals	11/26-11/27	11/25-11/26				
State Finals	12/2-12/5	12/1-12/4				
Thanksgiving	11/25	11/24				
Season Ends	Conclusion of last regular season or OHSAA tournament game					
Coach - No Contact Period	Begins on first day after last game and ends after 28th day					

REGIONAL AND STATE TOURNAMENTS ORDER OF COMPETITION

7/21/21

C:\Users\ztrai\Downloads\2021 FOOT Regulations.final.docx

Regional Tournaments – State Semifinals

Year	I	II	III	IV	V	VI	VII
2021	F	F	F	F	S	S	S
2022	F	F	F	S	F	S	S
2023	F	F	F	S	S	F	S

SESSION SEQUENCE – STATE FINALS

Year	
2021	Dec. 2-Dec 5-TBA