

TO: «AthleticDirector1Name», Athletic Administrator for ID# «OhsaaSchoolId»
«SchoolName», Head Football Coaches

FROM: Beau Rugg, Director of Officiating and Sport Management
Charles Anderson, Manager of Officiating

RE: Pre-Season Weekly Word 1

This is good information for the season and pre-season. Please email me with questions.

2024 Football Regulations

1. Varsity Officials — OHSAA Class 1 football only. **Minimum crew of at least 6 with Center Judge.** Note: Five (5) officials may be used in areas (or specific games) where 6 are not available
2. Both Middle School and High School teams may have 2 scrimmages. Limit 2 hours for Middle Schools and 3 hours for High Schools.
3. The scrimmage dates are eliminated and you may scrimmage after 1 day of full contact practice for high schools and 3 full days of contact practice for middle schools. **You are still limited to 2 scrimmages per team.**
4. The full Football Regulations can be found here: [FootballRegs.pdf](https://ohsaaweb.blob.core.windows.net/ohsaaweb.blob.core.windows.net/FootballRegs.pdf)
[ohsaaweb.blob.core.windows.net](https://ohsaaweb.blob.core.windows.net/ohsaaweb.blob.core.windows.net/ohsaaweb.blob.core.windows.net)

Safety

1. Make sure you pay attention to the regulations on Heat.
2. Here is a link to a document from the NFHS on Heat Stroke prevention:
<https://ohsaaweb.blob.core.windows.net/files/Sports/Football/2024/Preventing-exertional-heat-stroke-in-football-Anderson.pdf>

Video

1. Your video clips are the best. Please send me any plays you wish!
2. I will give you my honest opinion on any play you send.

PLEASE EMAIL BEAU AT BRUGG@OHSAA.ORG WITH QUESTIONS