

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 2

One week to go before opening week! Please email me with questions.

Guardian Caps

1. Guardian Caps are a hot item and topic. They are **LEGAL** by NFHS Rules for practice and games.
2. The NFHS and the OHSAA do not scientifically test or endorse football equipment. We can only tell you what is legal. Whenever you are adding to or altering equipment (such as the helmet) you should contact your equipment manufacturer to see if there are issues.

NFHS Items

1. Mouthguards
 - a. The Shock Doctor mouth guards with charms (cross or other) are legal under the current NFHS Rules. **Please note that next year's NFHS rule changes will probably make this illegal.** Here are 2 examples:

[3D Chain Jewel Max AirFlow Football Lipguard | Shock Doctor](#)
[3D Jewel King Max AirFlow Football Lipguard | Shock Doctor](#)

- b. The Battle mouthguards such as the "Binky" and "Spinner" (links below) are **NOT LEGAL under NFHS Rules because of safety concerns for the athlete.**

[Binky Football Mouthguard | Battle Sports](#)
[Binky Football Mouthguard | Battle Sports](#)

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>

OHSAA Items

1. **Ejections** - We have had more ejections in the first scrimmage than I can remember. Coaches, players and officials need to treat these contests as learning opportunities. There is no reason to get out of control at a scrimmage.
2. The full Football Regulations can be found here: [FootballRegs.pdf \(ohsaaweb.blob.core.windows.net\)](#)

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