National Federation of State
High School Associations

2016 NFHS FOOTBALL RULES CHANGES

1-5-1d(5)a	Completely clear or completely white tooth and mouth protectors are no longer prohibited.
1-5 NOTE; 1-5-2b	Football gloves are now required to meet either the new SFIA specification or the existing NOCSAE test standard at the time of manufacture.
2-17; 9-3-6; 9-3 PENALTY	Clipping in the free-blocking zone is now illegal.

2016 EDITORIAL CHANGES

Diagram NOTE; 1-5-1b(1); 1-5-1b(2)a, (3)a; 1-5-3a(1)a; 2-38; 4-3-2; 5-1-1b; 7-5 PENALTY; 9-3-5; 9-4-3h; 9-5-1a; 9-8-1a; 10-2-5; 10-5-1a; PENALTY SUMMARY.

2016 POINTS OF EMPHASIS

1. Risk Minimization
2. Legal and Illegal Blocks
3. Legal Jerseys, Pants and Pads
4. Unfair Acts