



PLAY.  
PERFORM.  
COMPETE.  
TOGETHER.

# 2025 NFHS FOOTBALL RULES POWERPOINT

Copyright© 2025 National Federation of State High School Associations. All Rights Reserved.

This copyrighted power point is presented by the NFHS. This material shall only be reproduced or distributed by member state associations for teaching and training purposes. Distribution to the public is prohibited without the express written consent from the NFHS. Please contact Davis Whitfield, COO at [dwhitfield@nfhs.org](mailto:dwhitfield@nfhs.org) with requests.



# NFHS INFORMATION



# NFHS Publications



- The NFHS writes playing rules for 18 sports for boys and girls at the high school level.
  - Publishes 2 million pieces of materials annually.



# NFHS Digital



- **NFHS Digital Mobile app** includes:
  - Rules Publications
  - NFHS Case Books
  - NFHS Officials manuals
  - Other NFHS Digital Publications
- Website organized for associations and individuals to assign books and manage purchases
- Visit <https://support.nfhsdigital.org/support/solutions>





# 2025 NFHS FOOTBALL RULES CHANGES



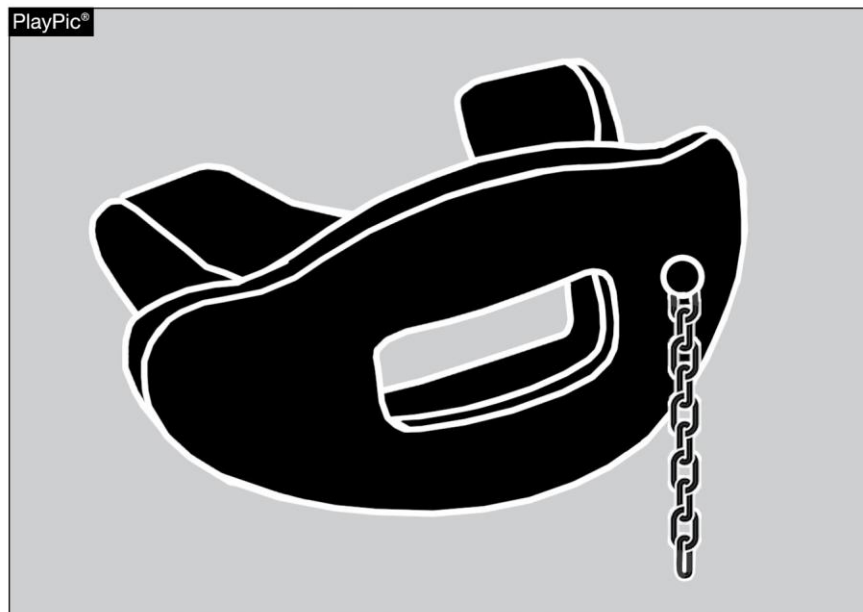
# NFHS FOOTBALL RULES

Each state high school association adopting these NFHS football rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS football rules should contact the football rules interpreter designated by the respective state high school association.

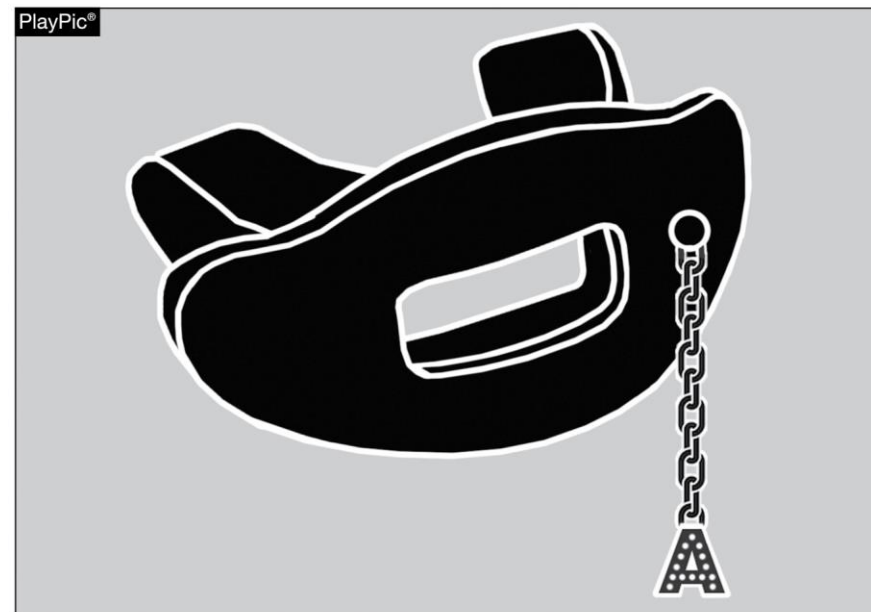
The NFHS is the sole and exclusive source of model interpretations of NFHS football rules. State rules interpreters may contact the NFHS for model football rules interpretations. No other model football rules interpretations should be considered.

# TOOTH & MOUTH PROTECTOR

## RULE 1-5-1d(5)a – 4 (NEW)



ILLEGAL

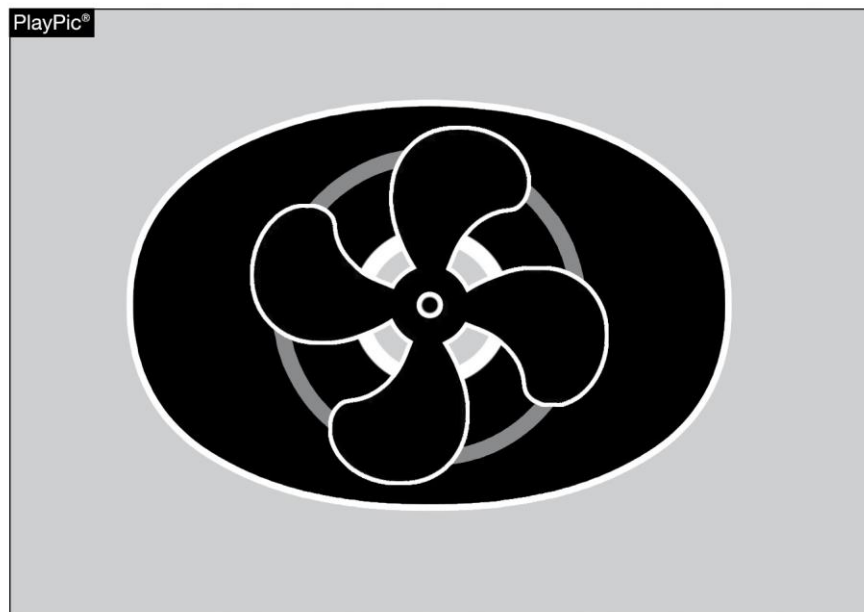


ILLEGAL

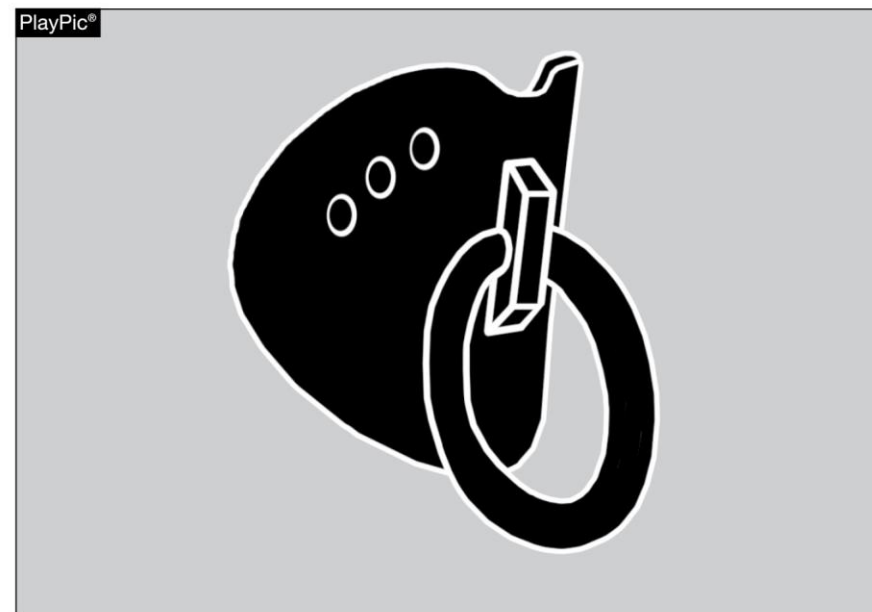
Effective 2026: Tooth and mouth protectors may not include any attachment(s) that do not serve a purpose and function in protecting the teeth or mouth.

# TOOTH & MOUTH PROTECTOR

## RULE 1-5-1d(5)a – 5 (NEW)



ILLEGAL



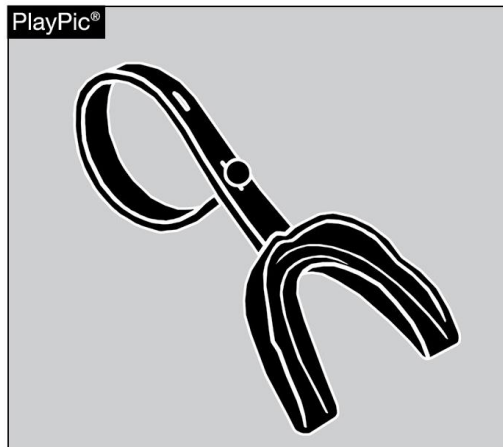
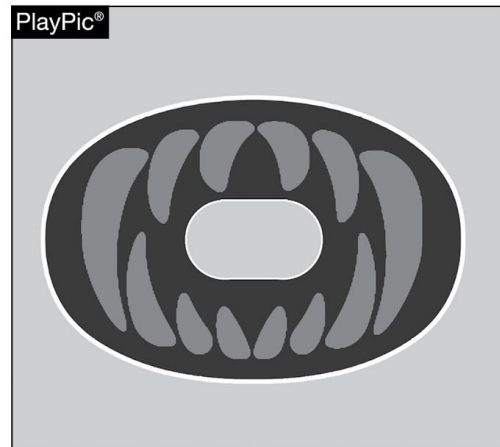
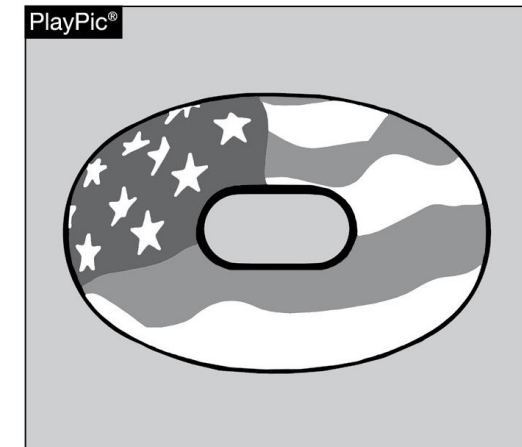
ILLEGAL

Effective 2026: Tooth and mouth protectors may not include anything on them that is a health or risk issue and can pose a danger to themselves or other players.



# TOOTH & MOUTH PROTECTOR

## RULES 1-5-1d(5)a – 4, 5 (NEW)

**LEGAL****LEGAL****LEGAL****LEGAL**

These tooth and mouth protectors neither include any attachment(s) that does not serve a purpose and function in protecting the teeth or mouth, nor anything that is a health or risk issue posing a danger and are not impacted by this rule change.

# ARM SLEEVES

## RULES 1-5-2d (NEW), 1-5-3c(6)



Effective 2027: Arm sleeves, whether attached to a shirt or unattached, manufactured to enhance contact with the football or opponent must meet the SFIA Specification at the time of manufacture.

# ARM SLEEVES

## RULES 1-5-2d (NEW), 1-5-3c(6)

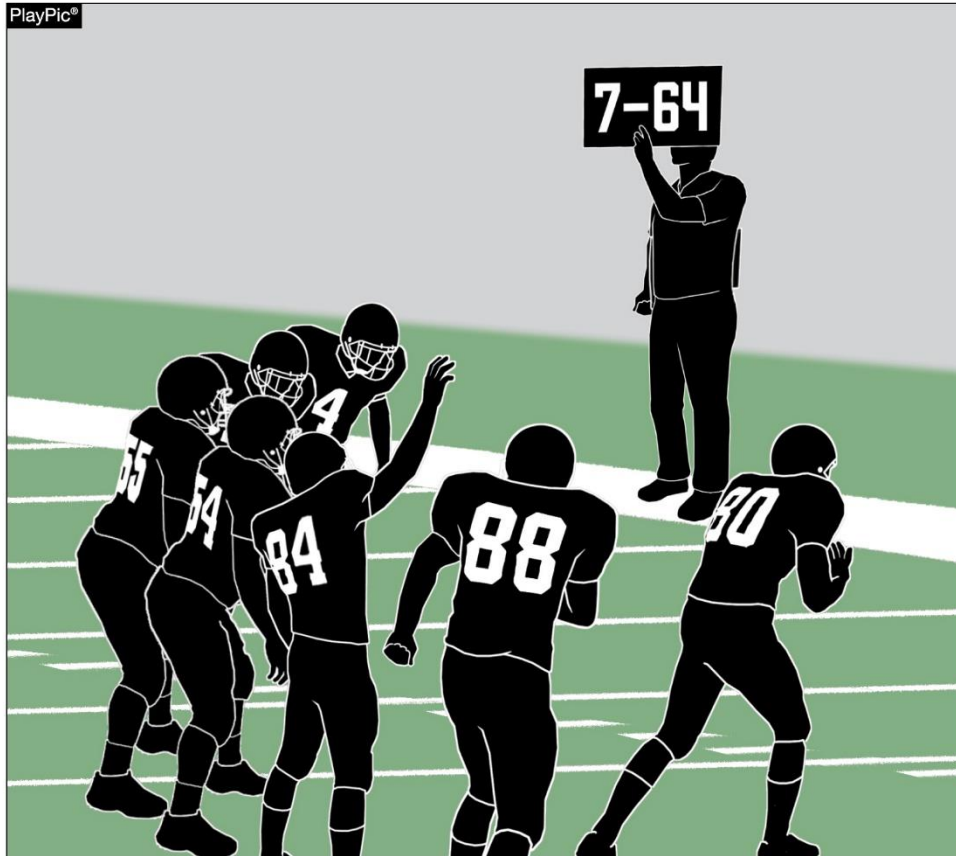


Effective 2027: Arm sleeves must have a permanent, exact replica of the SFIA arm sleeve seal (meets SFIA Specification), that must be visible and appear legibly on the exterior of the arm sleeve.



# ELECTRONIC SIGNS

## RULE 1-5-3c(2)



LEGAL

Fixed electronic signs (non-audio) with play signals are allowed to communicate from the sideline.

# ELECTRONIC SIGNS

## RULE 1-5-3c(2)

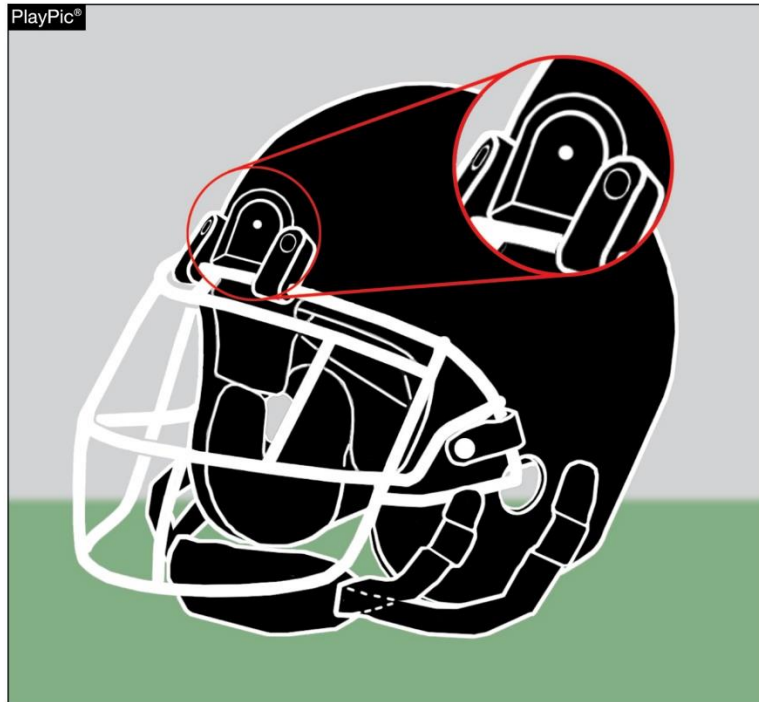


ILLEGAL DURING A BETWEEN THE NINE-YARD MARK CONFERENCE

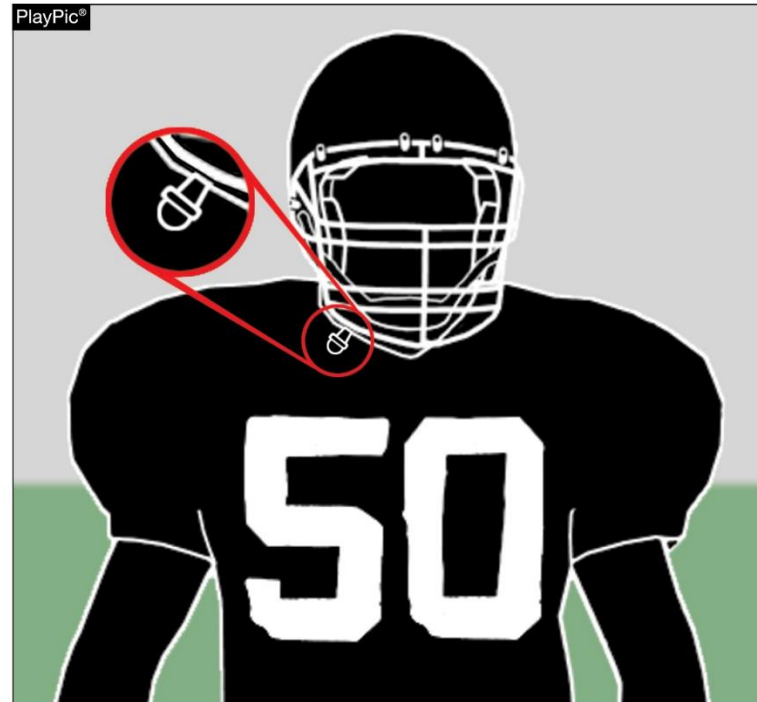
Scrolling graphics, video footage, connected audio communication are all examples of the use of illegal equipment if this were a between the nine-yard mark conference.

# ILLEGAL EQUIPMENT

## RULE 1-5-3c(3) (NEW)



ILLEGAL



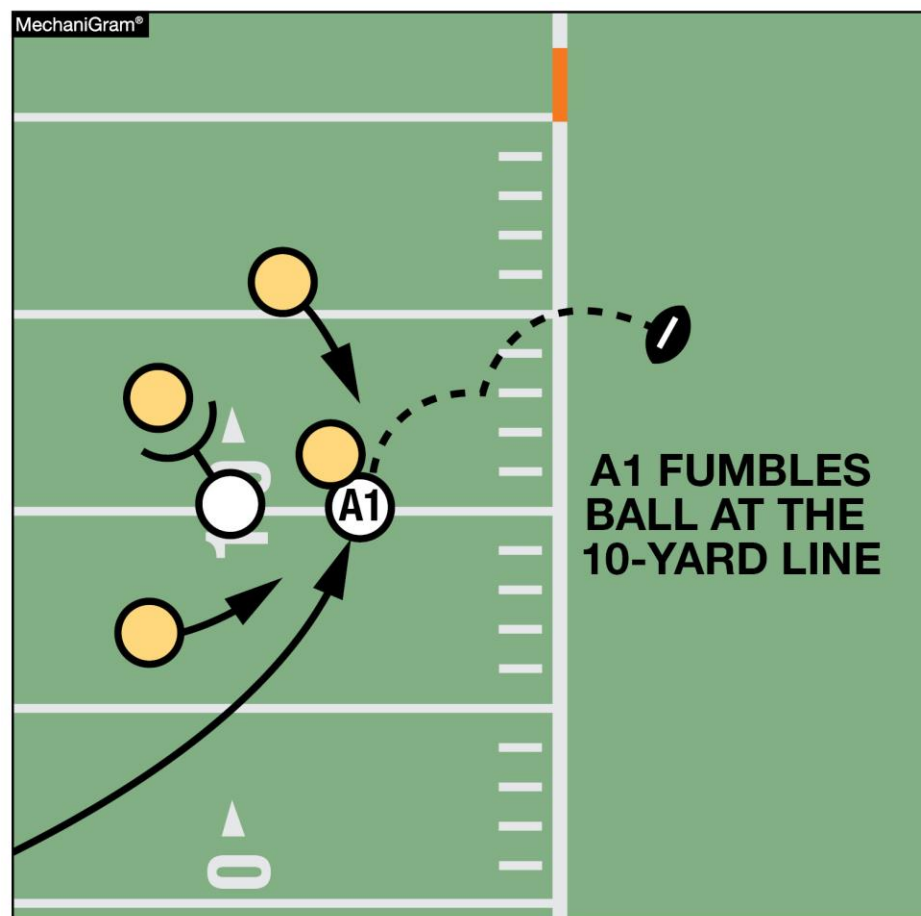
ILLEGAL

Any video (camera) device or audio (microphone) worn by a player during the game is illegal.



# FORWARD FUMBLE

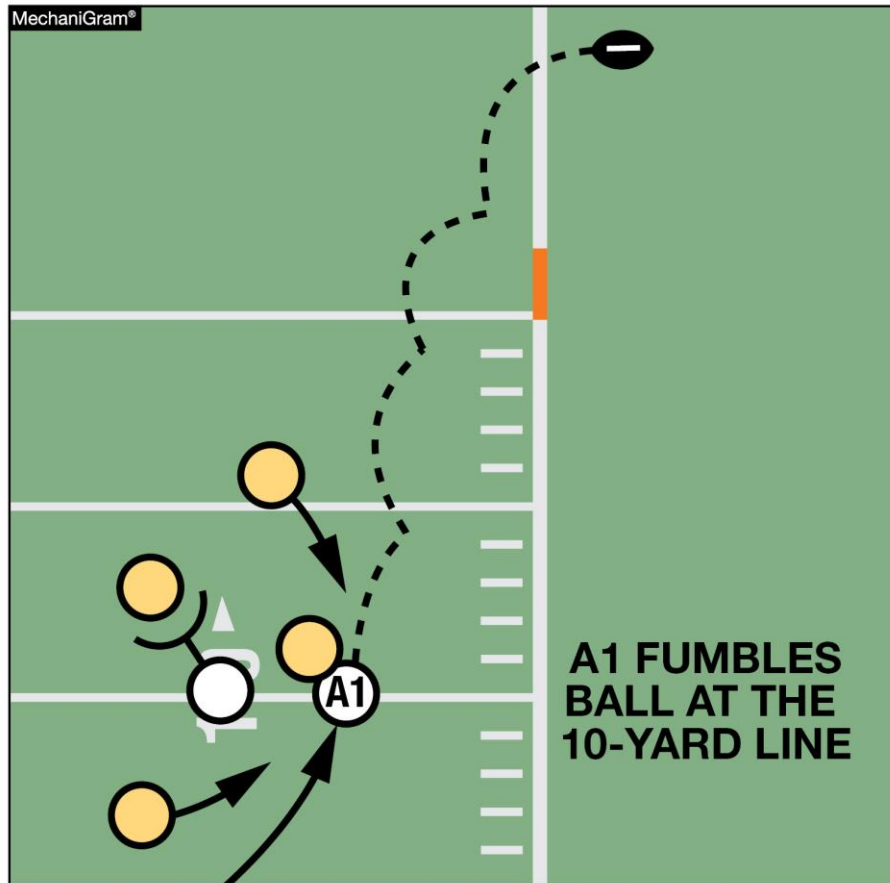
## RULES 3-4-2d, 3-4-3a, 4-3-1 EXCEPTION (NEW)



When a forward fumble in the field of play goes out of bounds between the goal lines, the ball shall be returned to the spot of the fumble and the game clock is started on the ready-for-play.

# FORWARD FUMBLE

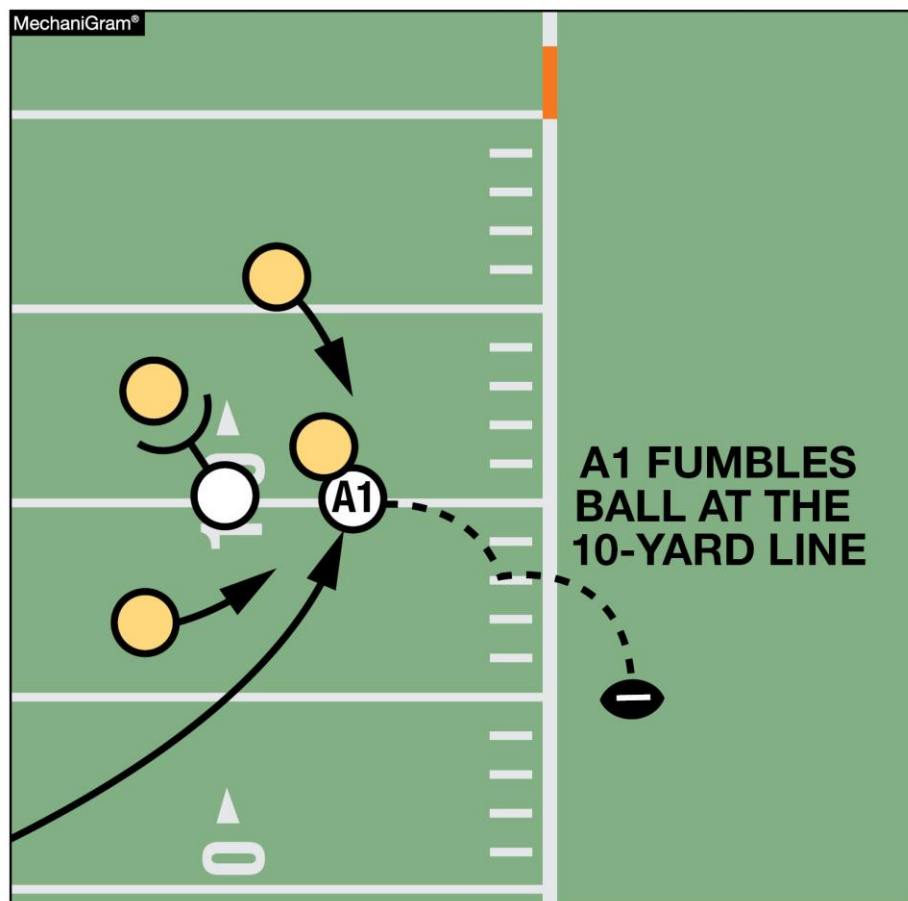
## RULE 4-3-1 EXCEPTION (NEW)



When a forward fumble in the field of play goes into team B's end zone and is ruled out of bounds, the ball is not returned to the spot of the fumble because it did not go out of bounds between the goal lines. This play continues to result in a touchback.

# FORWARD FUMBLE

## RULES 3-4-3a, 4-3-1 EXCEPTION (NEW)

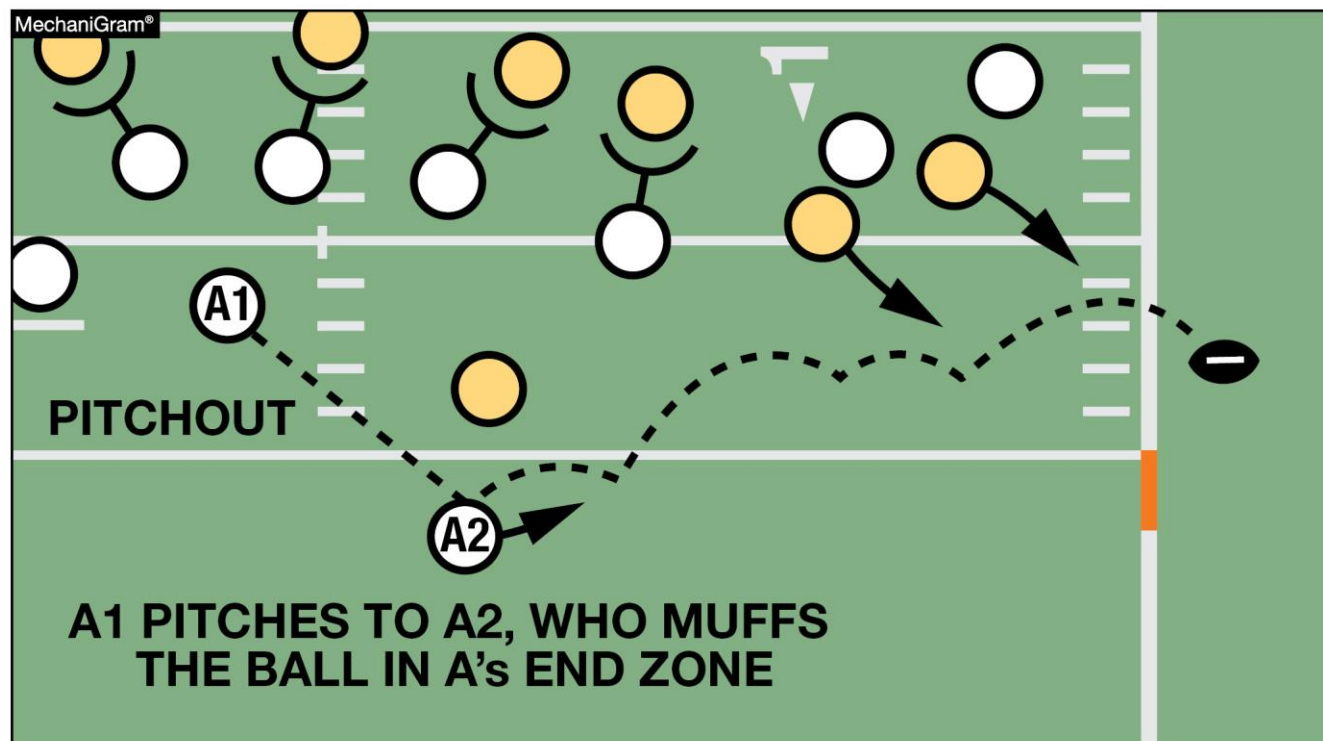


When a backward fumble in the field of play goes out of bounds between the goal lines, the ball shall be spotted where it is ruled out of bounds and the game clock is started on the snap.



# FORWARD FUMBLE

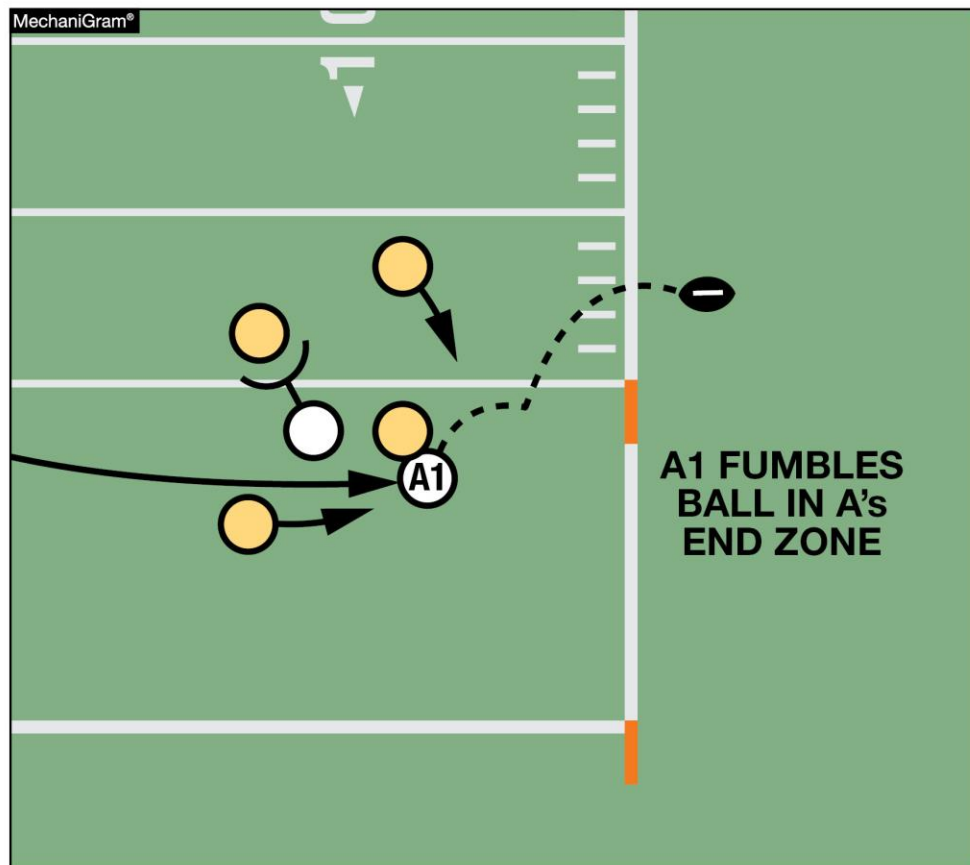
## RULES 3-4-3a, 4-3-1 EXCEPTION (NEW)



A muff going forward does NOT qualify for the EXCEPTION and would be placed at the out of bounds spot and the clock started on the snap.

# FORWARD FUMBLE

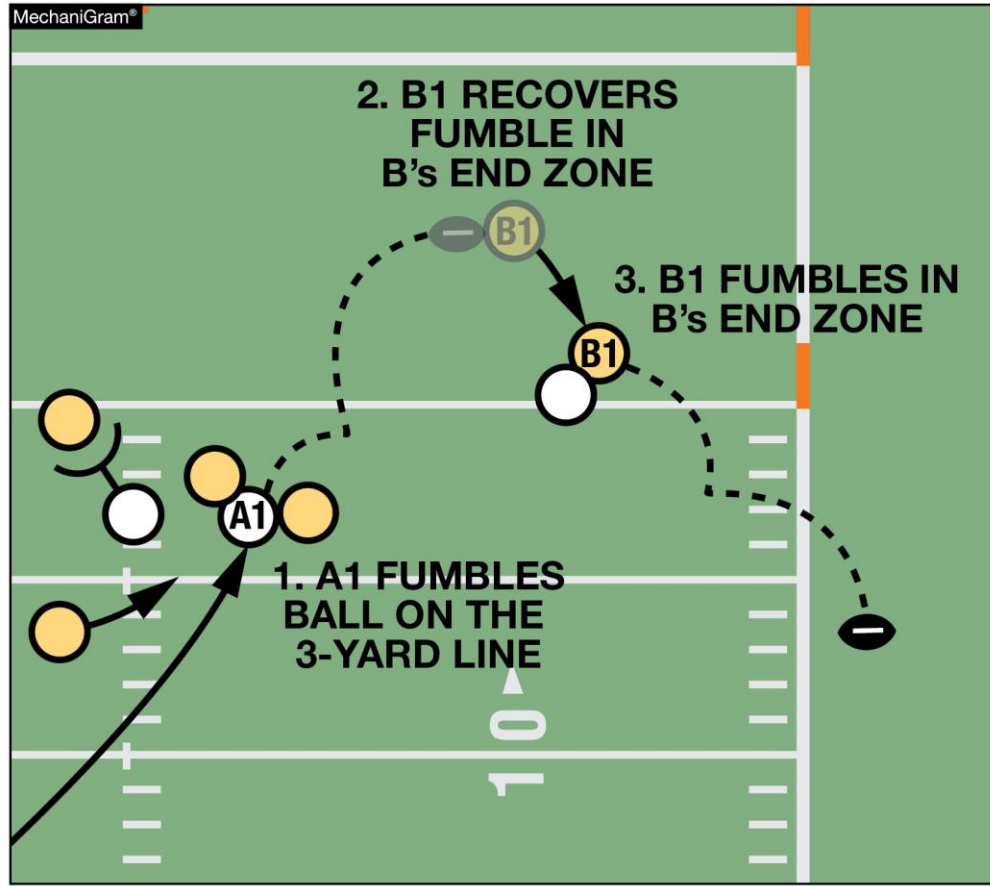
## RULES 4-3-1 EXCEPTION (NEW), 8-5-2a EXCEPTION



When a forward fumble by team A from team A's end zone goes out of bounds between the goal lines, the end of the run is in the end zone and the result of the play depends on who caused the ball to be in the end zone. If the momentum exception applies, the forward fumble exception would not apply and a safety would not be awarded.

# FORWARD FUMBLE

## RULES 4-3-1 EXCEPTION (NEW), 8-5-2a EXCEPTION



When a forward fumble by team B from team B's end zone goes out of bounds between the goal lines following a change of possession, the end of the related run is where possession was lost by B and the result of the play depends on who caused the ball to be in the end zone. If the momentum exception applies, the forward fumble exception would not apply and a safety would not be awarded.



# ILLEGAL PARTICIPATION PENALTY ENFORCEMENT REVISED

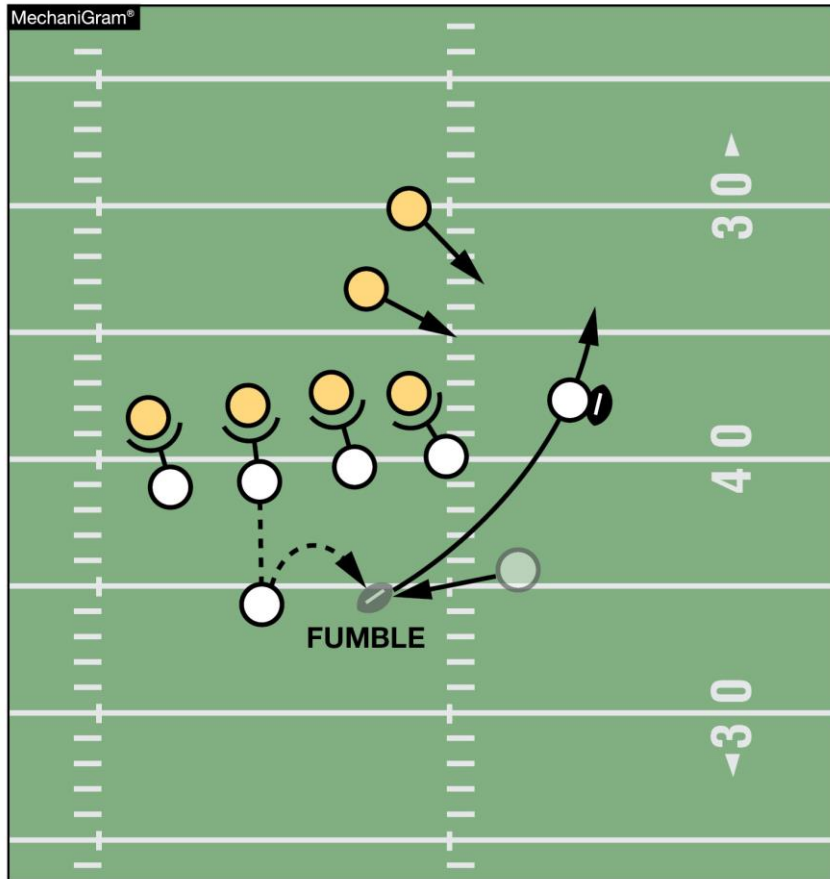
## RULES 9-6 PENALTY, 10-4-4b (DELETED)

- Revisions to 9-6 PENALTY and the elimination of 10-4-4b have clarified and standardized penalty enforcement, specifically with regards to illegal participation fouls.
- The penalty for all illegal participation fouls has been standardized as “15 yards, live ball, basic spot” enforcement.
- This rule change does not allow a team to gain an advantage by entering and participating during a play.



# SIX-PLAYER

## Rule 2 & 7



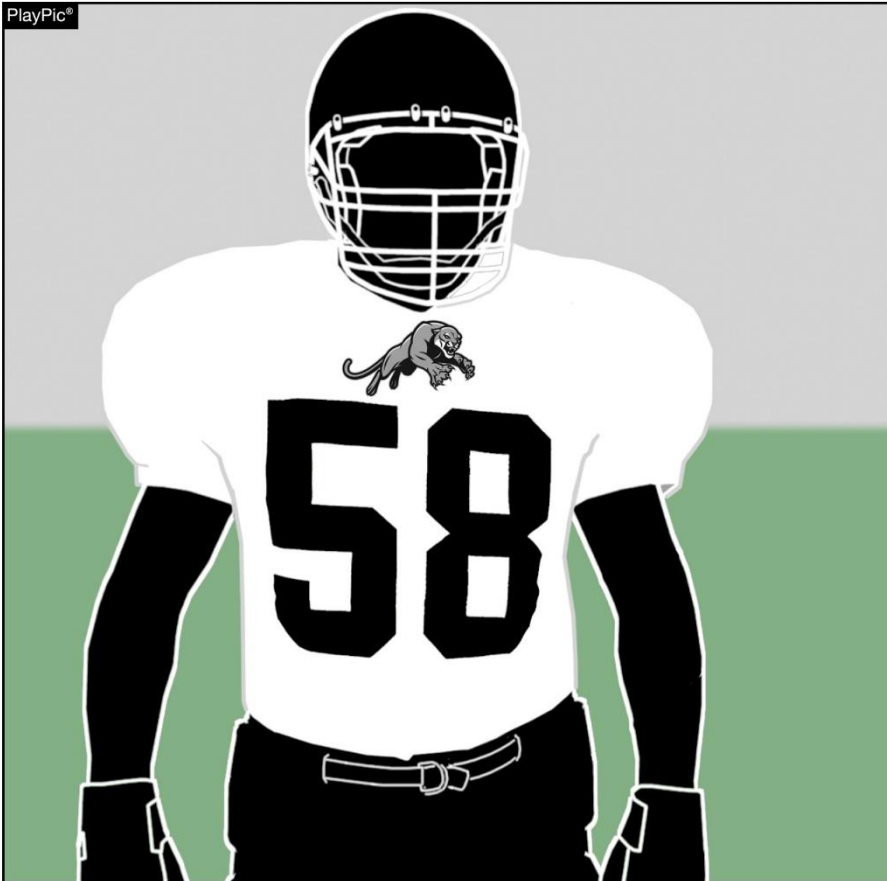
As long as there is a change of possession from the snap receiver to another player of team A, the ball can be advanced beyond the line of scrimmage.



# 2025 NFHS FOOTBALL EDITORIAL CHANGES

# JERSEY MARKINGS

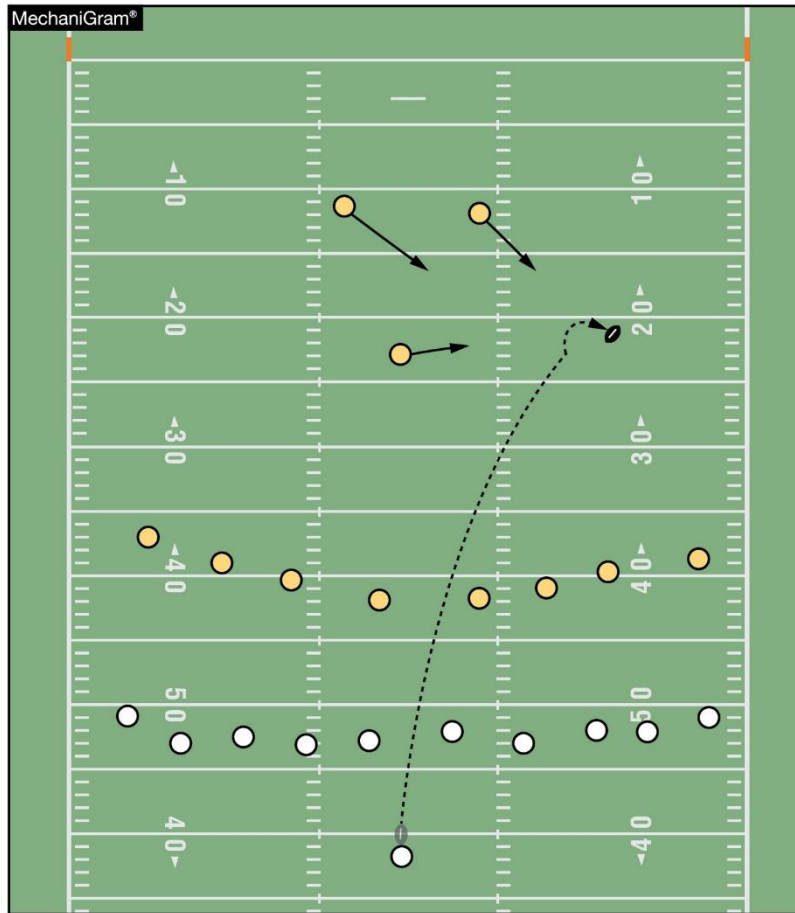
## RULES 1-5-1b(2)b(1), 1-5-1b(3)b(1)



A school mascot is considered an allowable adornment to a jersey, in addition to the number, school's nickname, school logo, school name and player name.

# PENALTY ENFORCEMENT

## RULE 2-33-1a

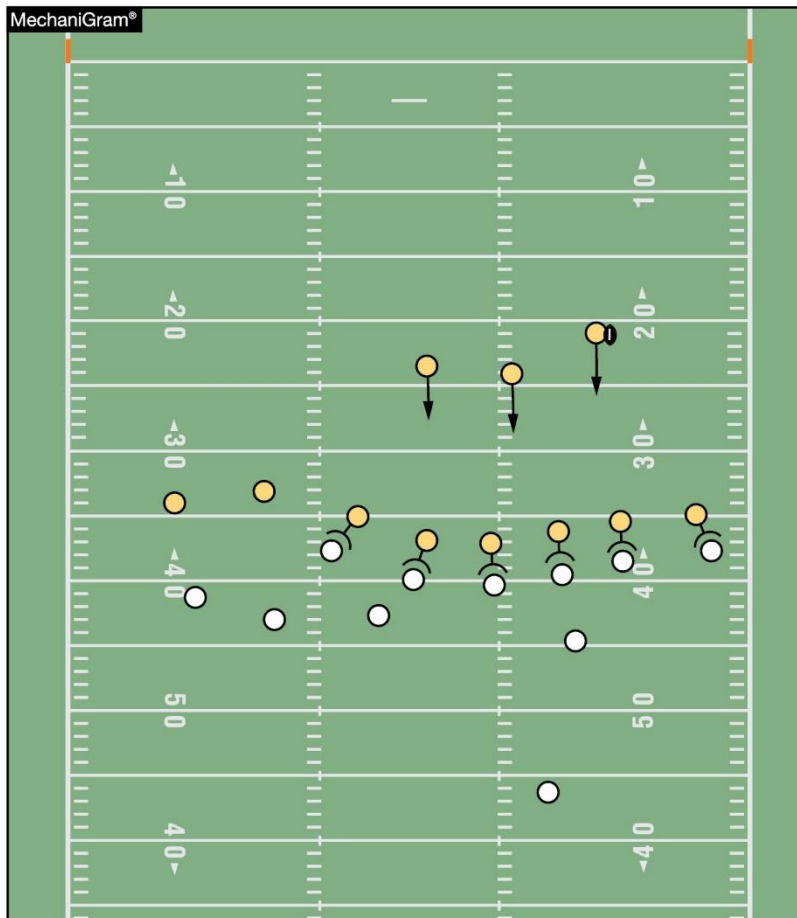


A loose-ball play is action during a free kick or scrimmage kick other than post-scrimmage kick fouls as defined in 2-16-2h.



# TYPES OF PLAYS

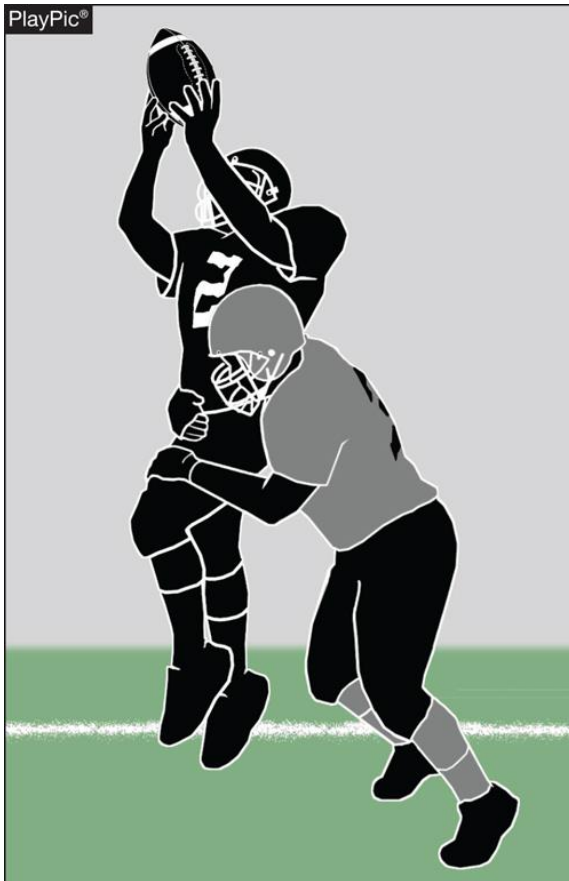
## RULES 10-3-1, 2



A loose-ball play is action defined in 2-33-1a, b, c, and d. A running play is any action as defined in 2-33-2.

# DEFENSELESS RECEIVER

## RULE 9-4-3p (NEW)



**ART. 3 . . .** No player or nonplayer shall: ...

p. Initiate forceful contact against a defenseless receiver as in 2-32-16b and 2-32-16c that is not:

1. Incidental contact as a result of making a play on the ball;
2. Initiated with open hands; or
3. An attempt to tackle by wrapping arm(s) around the receiver.

**PENALTY: 15 Yards (Personal Foul)**

# 2025 NFHS FOOTBALL EDITORIAL CHANGES



<b>2-32-16d</b>	Removed 2-32-16d and placed it under a new 9-4-3p.
<b>2-41-9b</b>	Removed the term “related running play.”
<b>2-41-9c, 10-3-3c</b>	Added in reference to “8-5-2a EXCEPTION” to the rule.
<b>6-1-9</b>	Simplified the existing rules language dealing with a free kick.
<b>7-2-5b EXCEPTION 2</b>	Clarified the existing rule dealing with the snapper.
<b>9-4 PENALTY</b>	Added a new PENALTY for the new 9-4-3p dealing with a defenseless receiver.
<b>9-5-1g, 9-8-1j</b>	Changed “contest” to “game.”
<b>9-8-1g</b>	Clarified the existing rule dealing with the team.

# 2025 NFHS FOOTBALL EDITORIAL CHANGES



<b>10-4-2b</b>	Changed the penalty reference for special enforcement on roughing the passer to 9-4-4 PENALTY.
<b>10-4-2d</b>	Grammar changes within the rules language.
<b>10-4-4a</b>	Correct an omission when the rule was reorganized.
<b>10-5-3</b>	Further clarified enforcement with regards to a safety.
<b>9-, 8-, 6-Player Rules Differences</b>	Updated rules references.
<b>PENALTY SUMMARY</b>	Added 9-4-3p to the list under loss of 15 yards.
<b>INDEX</b>	Updated the index with revised rules references.

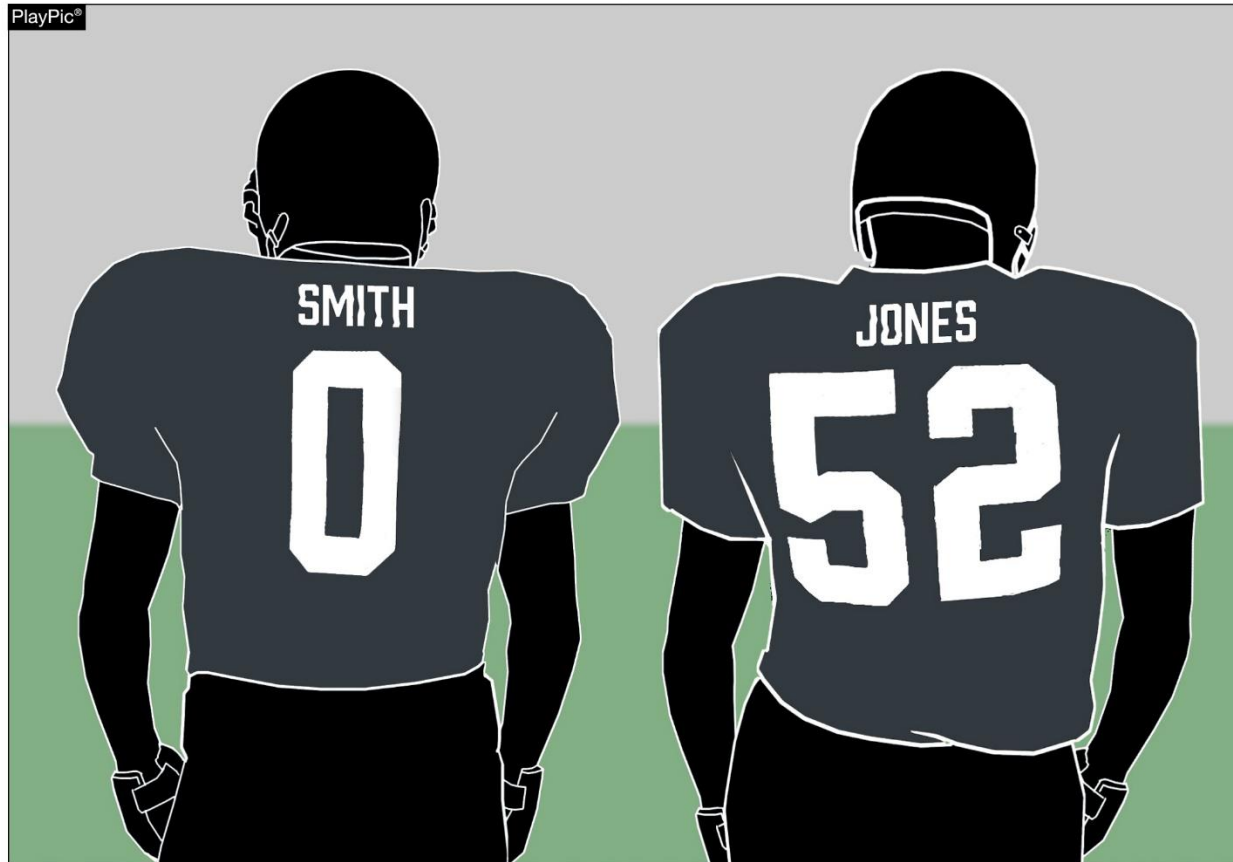




# 2025 NFHS FOOTBALL RULES REMINDER

# HOME JERSEYS

## RULE 1-5-1b(3)

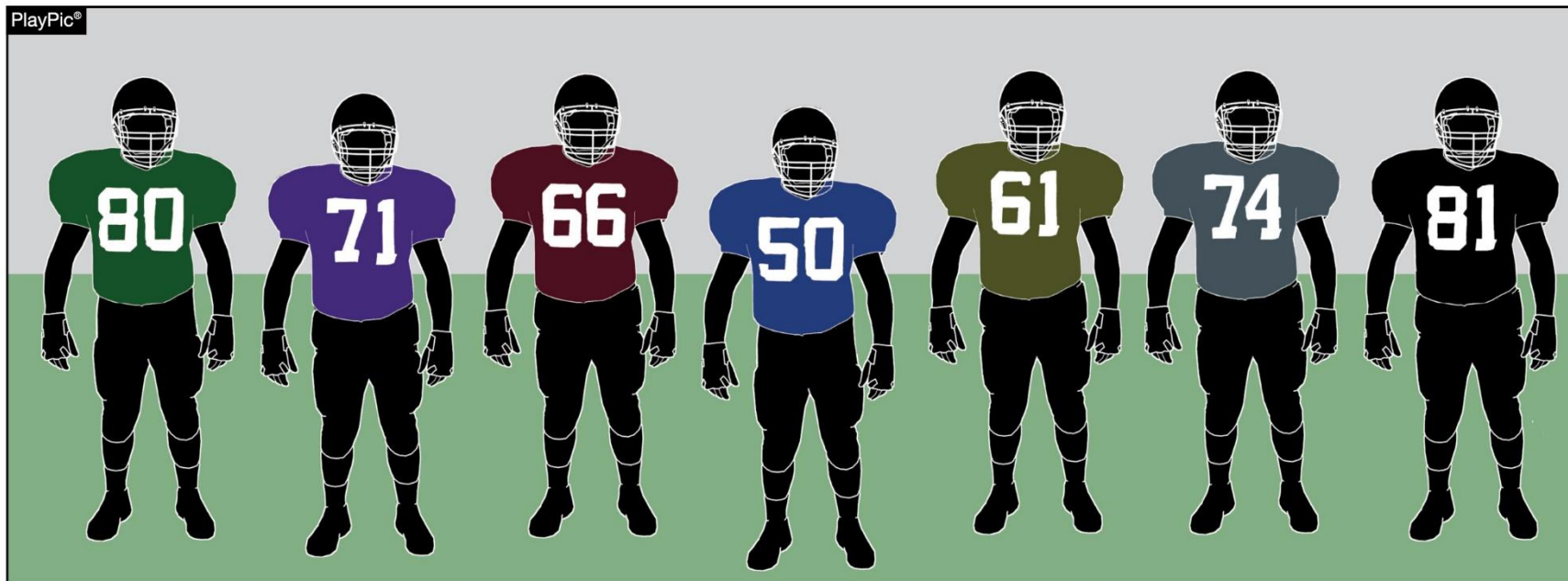


LEGAL

Jerseys of the home team shall all be the same dark color(s) that clearly contrasts to white.

# HOME JERSEYS

## RULE 1-5-1b(3)



These jerseys of the home team are illegal because all members of the home team must wear the same dark color(s) that clearly contrasts to white.





# 2025 NFHS FOOTBALL POINTS OF EMPHASIS

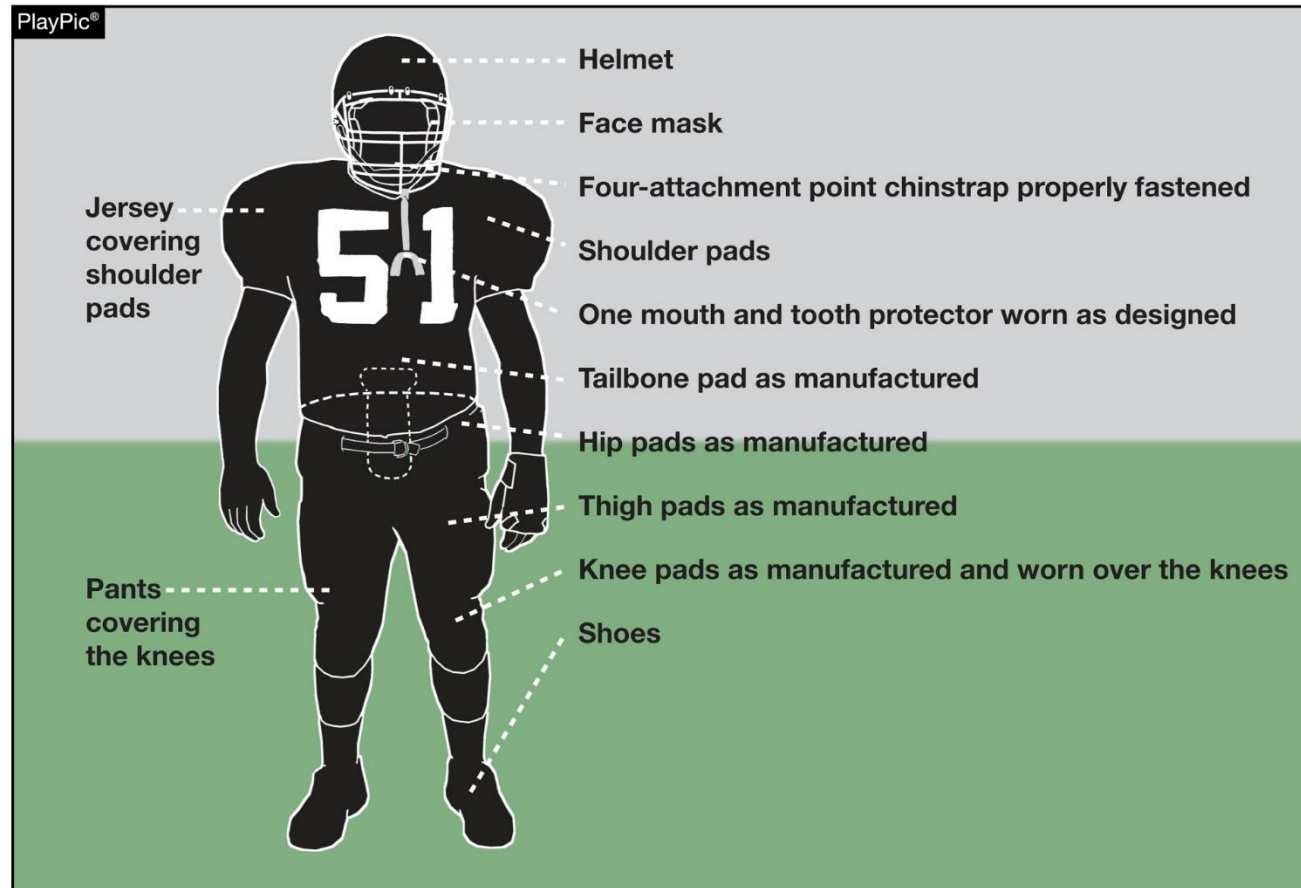


# 2025 NFHS FOOTBALL POINTS OF EMPHASIS



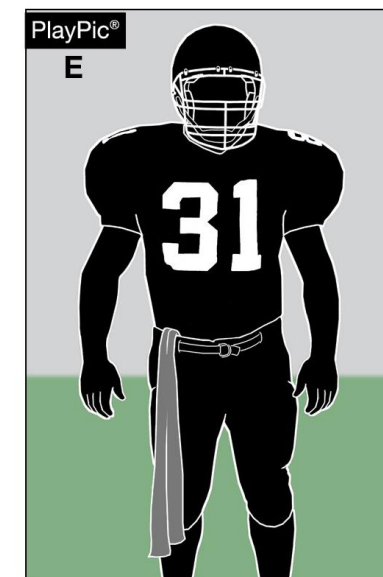
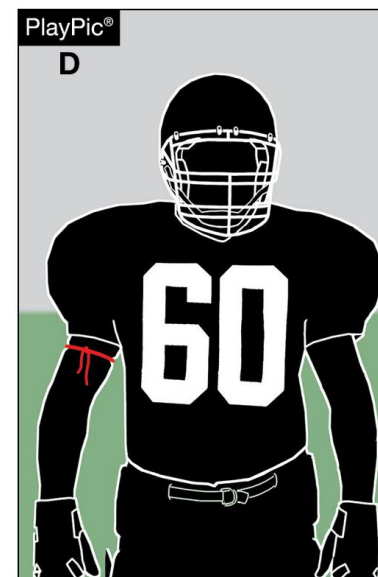
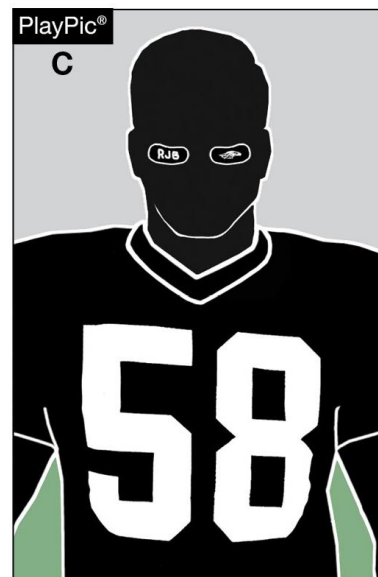
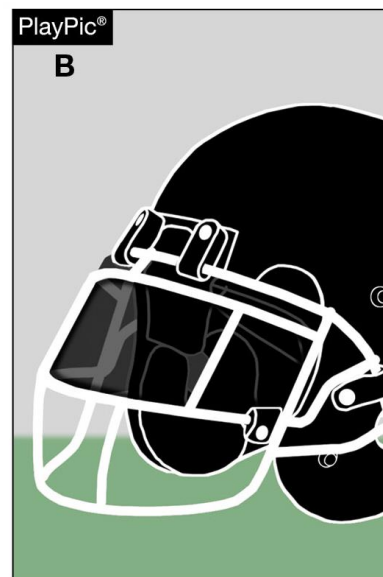
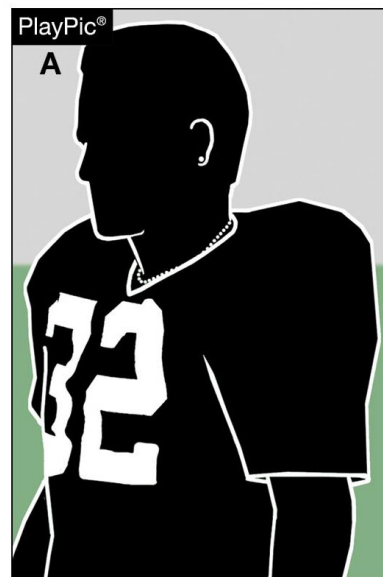
- 1. Illegal and Improperly Worn Player Equipment**
- 2. Sportsmanship**
- 3. Defenseless Player / Targeting**

# ILLEGAL AND IMPROPERLY WORN PLAYER EQUIPMENT



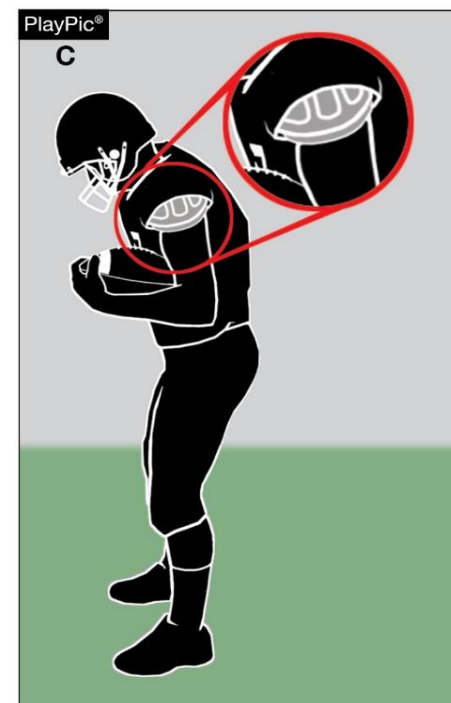
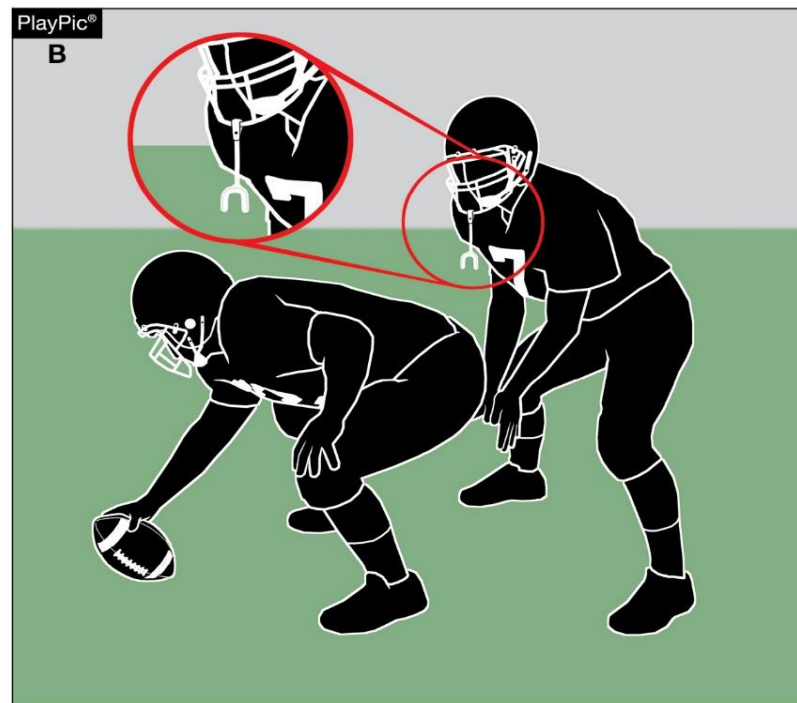
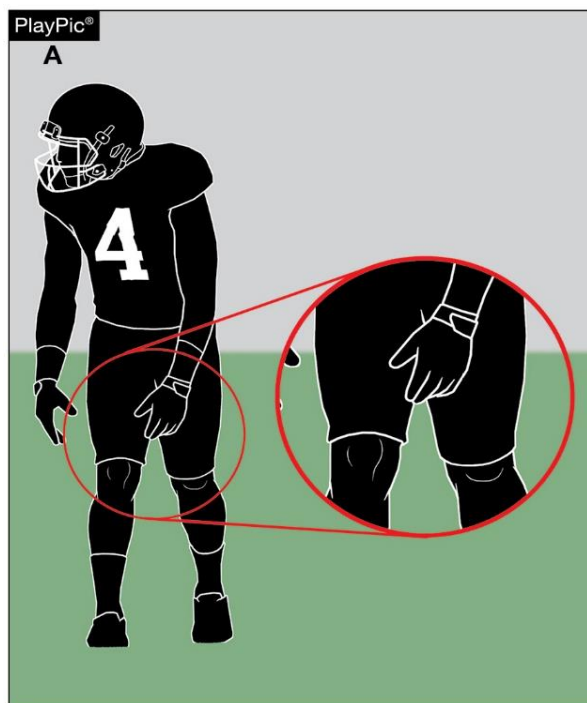
To support the safety of all participants, players must wear equipment and uniforms that are properly fitted and worn as intended by the manufacturer. Before starting each game, the head coach must verify that all players are properly and legally equipped. Allowing players to use illegal equipment or to wear required equipment improperly could subject the coach to a penalty.

# ILLEGAL AND IMPROPERLY WORN PLAYER EQUIPMENT



Illegal (prohibited) equipment includes jewelry (A), tinted visors (B), non-compliant eye shade (C), bands worn around the upper arm, neck or legs (D), and uniform adornments like towels that do not conform to rules (E).

# ILLEGAL AND IMPROPERLY WORN PLAYER EQUIPMENT



Improperly worn equipment pertains to all equipment that is otherwise legal but not worn as intended. Examples include pants not covering the knees, tooth and mouth protectors not being worn as play starts and shoulder pads not properly covered by the jersey.

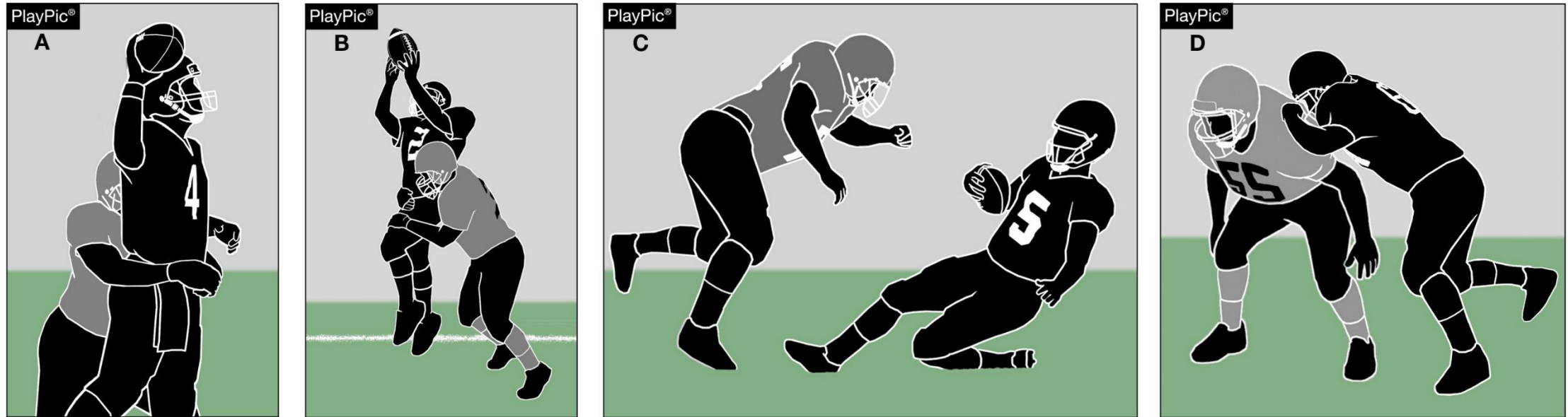


# SPORTSMANSHIP



In determining whether an action rises to the level of an unsportsmanlike conduct foul, game officials should allow for brief, spontaneous, emotional reactions at the end of a play. However, game officials should penalize acts that are prolonged, choreographed or directed at an opponent.

# DEFENSELESS PLAYER/TARGETING



A defenseless player is a player who, because of his physical position and focus of concentration, is especially vulnerable to injury. The player remains defenseless until the player's physical position and focus of concentration allows the player to have a chance to protect himself. Defenseless players include (A) passers, (B) receivers, (C) sliding runners, and (D) those illegally blocked from the blindside.



# 2025-26 NFHS FOOTBALL INFORMATION

# 2026 NFHS FOOTBALL RULE CHANGE PROPOSAL ONLINE FORM



**Due:**

**November 1, 2025**

**Must be submitted to your state  
association office for approval.**



# 2025-26 NFHS FOOTBALL INFORMATION



- **2025 In-Person NFHS Football Rules State Interpreters Meeting**
  - June 29, 2025 (NFHS Summer Meeting – Chicago, IL)
  - 3:45 p.m. (Central Time)
- **2025 Online Mid-Season NFHS Football Rules Webinar**
  - September 22, 2025
  - 2:00 p.m. (Eastern Time)
- **2026 NFHS Football Rule Change Proposal Form Due**
  - November 1, 2025
- **2026 NFHS Football Rules Committee Meeting**
  - January 12-14, 2026
  - Indianapolis, Indiana

# NFHS SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS



Page 99      2025 NFHS Football Rules      Appendix B

**NFHS**  
PLAY.  
PERFORM.  
COMPETE.  
TOGETHER.

## SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS

**COMMON SIGNS AND SYMPTOMS OF CONCUSSION INCLUDE:**

- Headache or "pressure" in head;
- Neck pain
- Dizziness
- Dazed or stunned or vacant appearance;
- Confusion about assignment or position;
- Forgetfulness;
- Uncertainty of game, score, or opponent;
- Clumsy movements;
- Slow response to questions;
- Mood, behavior or personality changes;
- Can't recall events prior to or after hit or fall;
- Nausea;
- Balance problems or dizziness;
- Double or blurry vision;
- Sensitivity to light or noise;
- Feeling sluggish, hazy, foggy or groggy;
- Concentration or memory problems;
- Emotions of "not feeling right" or "feeling down."

Activate the Emergency Medical System or Call 9-1-1 if, after a blow, or jolt to the head or body, an athlete has one or more of these danger signs:

- One pupil larger than the other;
- Drowsiness or inability to wake up;
- A headache that gets worse and does not go away;
- Slurred speech, weakness, numbness, or decreased coordination;
- Repeated vomiting or nausea;
- Convulsions or seizures (shaking or twitching);
- Unusual behavior, increased confusion, restlessness, or agitation;
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously. Consider activating EMS for prolonged loss of consciousness.

**SUGGESTED CONCUSSION MANAGEMENT:**

1. No athlete should return-to-sport (RTS) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional as soon as possible.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTS should follow a step-wise protocol with provisions for delayed RTS based upon return of any signs or symptoms at rest, while doing school work or with physical activity.

For further details, please see the "NFHS Suggested Guidelines for Management of Concussion in Sports" at [www.nfhs.org](http://www.nfhs.org).

Revised and Approved October 2023

In the Appendix  
in all of the  
2025-26 NFHS  
Rules Book

# NFHS GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING OR THUNDER DISTURBANCES



Appendix E

2025 NFHS Football Rules

Page 102



PLAY.  
PERFORM.  
COMPETE.  
TOGETHER.

## GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING OR THUNDER DISTURBANCES

It is important that state associations continue to educate their member schools on the importance of having an established Lightning Policy/Plan in place for all outdoor high school sports and activities and for indoor swimming pools and that this Policy/Plan is current, practiced and executed. These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state association and the nearest office of the National Weather Service.

### PROACTIVE PLANNING

1. Assign a specific staff member to monitor local weather conditions before and during practices and contests. This staff member is charged with suspending outdoor activities and determining when to resume activities. Any individual following these guidelines shall not be challenged.
2. Develop an emergency action plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
  - a. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
3. Develop criteria for suspension and resumption of play:
  - a. When thunder is heard or lightning is seen\*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
  - b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed\* prior to going outdoors and resuming play.
  - c. Any subsequent thunder or lightning\* after the beginning of the 30-minute count will reset the clock and another 30-minute count will begin.
  - d. If available, data from a nationally connected network for lightning detection network should be monitored closely when storms are possible or during lightning delays. Play shall be suspended when lightning is within a 10-mile radius of the event and will not be resumed until at least 30 minutes have passed since the last lightning within the 10-mile radius. However, never depend on the reliability of any detection device if the sky looks threatening, you hear thunder, or see lightning\*. Visual and audio indications of a storm should always take precedence over information from a mobile app or lightning-detection device.
4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
5. Inform student-athletes and their parents of the lightning policy at start of the season.

Revised and Approved October 2024

In Appendix E  
in the  
2025 NFHS  
Football Rules Book

# NFHS HEAT ACCLIMATIZATION AND HEAT ILLNESS PREVENTION POSITION STATEMENT



## Heat Acclimatization and Heat Illness Prevention Position Statement

National Federation of State High School Associations (NFHS)  
Sports Medicine Advisory Committee (SMAC)

**Exertional Heatstroke (EHS) is the leading cause of preventable death in high school athletics.** Students participating in high-intensity, long-duration or repeated same-day sports practices and training activities during the summer months or other hot-weather days are at greatest risk.

This NFHS Sports Medicine Advisory Committee (SMAC) position statement is the companion piece to the NFHSLearn.com online course “Heat Illness Prevention.” **This position statement provides an outline of “Fundamentals” and should be used as a guiding document by member state associations.** Further and more detailed information can be found within the NFHSLearn.com online course, the NFHS Sports Medicine Handbook, the NFHS SMAC “Position Statement and Recommendations for Maintaining Hydration to Optimize Performance and Minimize the Risk for Exertional Heat Illness” and the resources listed below.

**Following the recommended guidelines in this position statement and “Heat Illness Prevention” can reduce the risk and incidence of EHS and the resulting deaths and injuries in high school athletics.** The NFHS recognizes that various states and regions of the country have unique climates and variable resources, and that there is no “one-size-fits-all” optimal acclimatization plan. However, the NFHS and the NFHS SMAC strongly encourage member state associations to incorporate all of the “Fundamentals” into any heat acclimatization plan to improve athlete safety. In addition, the online course “Heat Illness Prevention” should be required viewing for all coaches.

### Heat Acclimatization and Safety Priorities:

- Recognize that EHS is the leading preventable cause of death among high school athletes.
- Know the importance of a formal pre-season heat acclimatization plan.
- Know the importance of having and implementing a specific hydration plan, keeping your athletes well-hydrated, and encouraging and providing ample opportunities for regular fluid replacement.
- Know the importance of appropriately modifying activities in relation to the environmental heat stress and contributing individual risk factors (e.g., illness, obesity) to keep your athletes safe and performing well.
- Know the importance for all members of the coaching staff to closely monitor all athletes during practice and training in the heat and recognize the signs and symptoms of developing heat illnesses.
- Know the importance of, and resources for, establishing an emergency action plan and promptly implementing it in case of suspected EHS or other medical emergency.

1

- Energy drinks are NOT appropriate hydration fluids. Refer to NFHS SMAC “Position Statement and Recommendations for the Use of Energy Drinks by Young Athletes”.

### Fundamentals of a Heat Acclimatization Program:

1. *Physical exertion and training activities should begin slowly and continue progressively. An athlete cannot be “conditioned” in a period of only two to three weeks.*

- A. Begin with shorter, less intense practices and training activities, with longer recovery intervals between bouts of activity.
- B. Minimize protective gear (such as helmets and pads) during first several practices, and introduce additional uniform and protective gear progressively over successive days.
- C. Emphasize instruction over conditioning during the first several practices.

**Rationale:** The majority of heat-related deaths happen during the first few days of practice, usually prompted by doing too much, too soon, and in some cases with too much protective gear on too early in the season (wearing helmet, shoulder pads, pants and other protective gear). Players must be allowed the time to adapt safely to the environment, intensity, duration, and uniform/equipment.

2. *Keep each athlete’s individual level of conditioning and medical status in mind and adjust activity accordingly. These factors directly affect exertional heat illness risk.*

**Rationale:** Athletes begin each season’s practices and training activities at varying levels of physical fitness and varying levels of risk for exertional heat illness. For example, there is an increased risk if the athlete is obese, unfit, has been recently ill, has a previous history of exertional heat illness, or has Sickle Cell Trait.

3. *Adjust intensity (lower) and rest breaks (increase frequency/duration), and consider reducing uniform and protective equipment, while being sure to monitor all players more closely as conditions are increasingly warm/humid, especially if there is a change in weather from the previous few days.*

**Rationale:** Coaches must be prepared to immediately adjust for changing weather conditions, while recognizing that tolerance to physical activity decreases and exertional heat illness risk increases, as the heat and/or humidity rise. Accordingly, it is imperative to adjust practices and/or competitions to maintain safety and performance. Coaches can monitor the athletes’ weights pre and post practice to ensure adequate fluid replacement, and can follow guidelines for hot and humid weather including using Wet Bulb Globe Temperature (WBGT) readings.

4. *Athletes must begin practices and training activities adequately hydrated.*

**Rationale:** While proper hydration alone will not necessarily prevent exertional heat illness, it will decrease risk. Athletes can observe the color of their urine, which should be straw yellow or the color of lemonade, when adequately hydrated. A Urine Color Chart can be accessed at: <http://www.urinecolors.com/themes/uctheme/assets/dehydration-chart.pdf>

5. *Recognize early signs of distress and developing exertional heat illness, and promptly adjust activity and treat appropriately. First aid should not be delayed!*

2

**Rationale:** An athlete will often show early signs and/or symptoms of developing exertional heat illness. If these signs and symptoms are promptly recognized and the athlete is appropriately treated, serious injury can be averted and the athlete can often be treated, rested and returned to activity when the signs and symptoms have resolved.

6. *Recognize more serious signs of exertional heat illness (clumsiness, stumbling, collapse, obvious behavioral changes and/or other central nervous system problems), immediately stop activity and promptly seek medical attention by activating the Emergency Medical System (or Call 9-1-1). On-site rapid cooling should begin immediately.*

**Rationale:** Immediate medical treatment and prompt rapid cooling can prevent death or minimize further injury in the athlete with EHS. Ideally, pools or tubs of ice water to be used for rapid cooling of athletes should be available on-site and personnel should be trained and practiced in using these facilities for rapid cooling. Ice water baths are the preferred method for rapid cooling, however, if ice water pools or tubs are not available, then applying ice packs to the neck, axillae, and groin and rotating ice-water soaked towels to all other areas of the body can be effective in cooling an affected athlete. **Remember, cool first, transport later.**

7. *An Emergency Action Plan (EAP) with clearly defined written and practiced protocols should be developed and in place ahead of time.*

**Rationale:** An EAP should be in place in case of any emergency, as a prompt and appropriate response in any emergency situation can save a life. The EAP should be designed and practiced to address all teams (freshman, junior varsity, and varsity) and all practice and game sites. For heat illness emergencies, emphasis must be placed on **full body cooling prior to transport**.

### References:

American Academy of Pediatrics. Policy Statement—Climatic Heat Stress and Exercising Children and Adolescents. *Pediatrics*. 2011;128(3):e741-7.

Casa, D. J., et al. (2015). National Athletic Trainers’ Association Position Statement: Exertional Heat Illnesses. *Journal of Athletic Training*, 50(9), 986–1000

Casa, D. J., Csilan, D. (2009). Preseason Heat-Acclimatization Guidelines for Secondary School Athletics. *Journal of Athletic Training*, 44(3), 332–333

April 2022

April 2018

April 2015

April 2012

DISCLAIMER – NFHS Position Statements and Guidelines

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time.

3





# NFHS LEARNING CENTER



# LEARNING CENTER

NFHSLearn.com

**100+**  
COURSES

**70+**  
FREE COURSES

**25 MILLION**  
COURSES DELIVERED

## COURSES FOR EVERYONE



**Coaches**



**Students**



**Administrators**



**Parents**



**Officials**



**Performing Arts**



## SCHOOL HONOR ROLL

### LEVEL 1 COURSES



*Fundamentals of  
Coaching*



*Concussion in  
Sports*



*Sudden Cardiac  
Arrest*



*Protecting Students  
from Abuse*





PLAY.  
PERFORM.  
COMPETE.  
TOGETHER.

# Thank You

**National Federation of State High School Associations**

NFHS.org

Phone # 317-972-6900

Email



@NFHS1920



@NFHS\_org