



Coaches Football Meeting

2025-2026



TSSAA Heat Policy

Postponement of Contest/Practices

- For all outdoor sports, competitions must be postponed in the absence of an appropriate health care professional with access to a cold water immersion tub or other rapid on-site cooling method when the WBGT > 92. If using heat index, all competitions must be postponed in the absence of an appropriate health care professional with access to a cold water immersion tub or other rapid on-site cooling method with a heat index > 104.
- Practices can not take place when the WBGT > 92. If using heat index, practices can not take place with a heat index > 104.

Rapid Cooling

- A cold water immersion tub or other form of rapid on-site cooling should be available for all warm weather practices and competitions. If exertional heat stroke is suspected, use immersion for on-site cooling before transporting to the hospital.



TSSAA Concussion Policy



Concussion Policy for Officials

1. Determine prior to the start of the contest whether or not a school has access to a designated health care provider during the contest.
2. Continue to monitor players for possible signs of injury as usual.
3. Remove any player that shows signs, symptoms, or behaviors consistent with a concussion per NFHS rules.
4. Inform the head coach that the player is being removed for showing signs, symptoms, or behaviors consistent with a concussion.



Concussion Policy for Officials

6. The head coach is in charge of getting clearance from the school's designated healthcare provider.

7. If the school does not have access to a designated health care provider, or if the school's designated health care provider suspects that the athlete may have sustained a concussion, the only means for an athlete to return to practice or play is for the student to be evaluated and cleared by a licensed medical doctor (M.D.), Osteopathic Physician (D.O.) or a Clinical Neuropsychologist with Concussion Training.



Concussion Policy for Officials

8. If signs, symptoms and behaviors consistent with a concussion are observed by an official , and a designated health care provider is not available to evaluate the student athlete, the “TSSAA Concussion Return to Play” form MUST be completed and signed by a licensed medical doctor (M.D.), Osteopathic Physician (D.O.) or a Clinical Neuropsychologist with concussion training, and shown to the official(s) by the head coach prior to a student-athlete returning to participate in a contest the same day.

9. If a player that has been removed by an official for showing signs, symptoms, and behaviors consistent with a concussion is allowed to return to play during the contest, an “Unusual Occurrence Form” shall be filed with the state office by the official within 24 hours of the incident.



Concussion Policy for Officials

10. Officials have no role in the diagnosis of a concussion. NFHS Rules do require that the officials remove players from the contest when signs, symptoms, or behaviors consistent with a concussion are observed and the above written protocol must be followed.



TSSAA Lightning Guidelines

Lightning Guidelines

- Protocol and chain of command for suspension of play should be discussed in the pre-game meeting with the game officials. **If a host school has a policy which bases suspension of play on proximity of lightning while using a lightning detector, this must be communicated to the game officials at the pre-game meeting.** It should be clearly stated who will be in charge of monitoring the lightning detector and notifying the game officials when lightning is in the area. **If cloud to ground lightning is seen or thunder is heard by the game officials before a lightning detector displays an alert, the game shall be suspended and the 30 minute count shall begin.**



TSSAA Emergency Action Plan Meeting

TSSAA football Pre-game Emergency Action Plan Meeting:



Purpose:

- **To allow officials and representatives from both teams to review and discuss the Home facilities Emergency Action Plan and available emergency resources**

TSSAA football Pre-game Emergency Action Plan Meeting:



- **Representatives:**
 - **Back Judge**
 - **Home Game Administrator**
 - **Athletic Trainers from both teams (if a team does not have an athletic trainer, then an assistant coach who is designated as the medical representative for that team)**
 - **Any other medical personnel who will be present on the sidelines in an official capacity during the game (team physician, EMT, additional trainers, etc)**
 - **SRO or another representative from security**

TSSAA football Pre-game Emergency Action Plan Meeting:



- **When/Where/Who:**
 - **Immediately following the game administrator meeting at midfield**
 - **Home Game Administrator and home team athletic trainer (if available) will conduct the meeting**



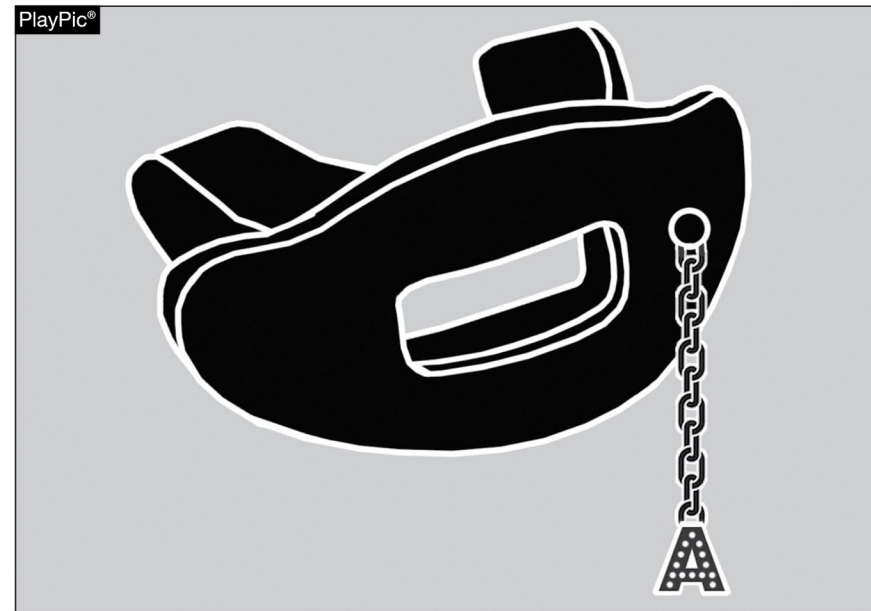
2025 NFHS FOOTBALL RULES CHANGES

TOOTH & MOUTH PROTECTOR

RULE 1-5-1d(5)a – 4 (NEW)



ILLEGAL

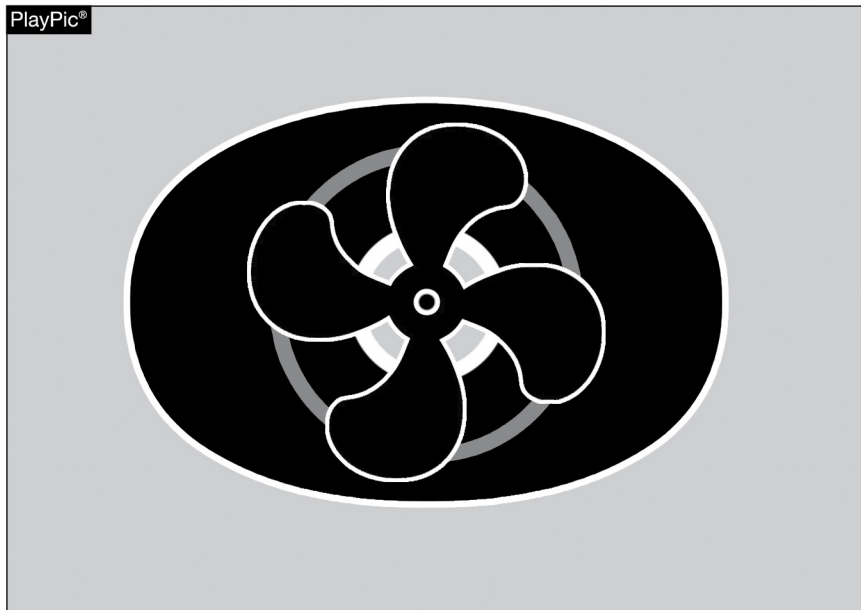


ILLEGAL

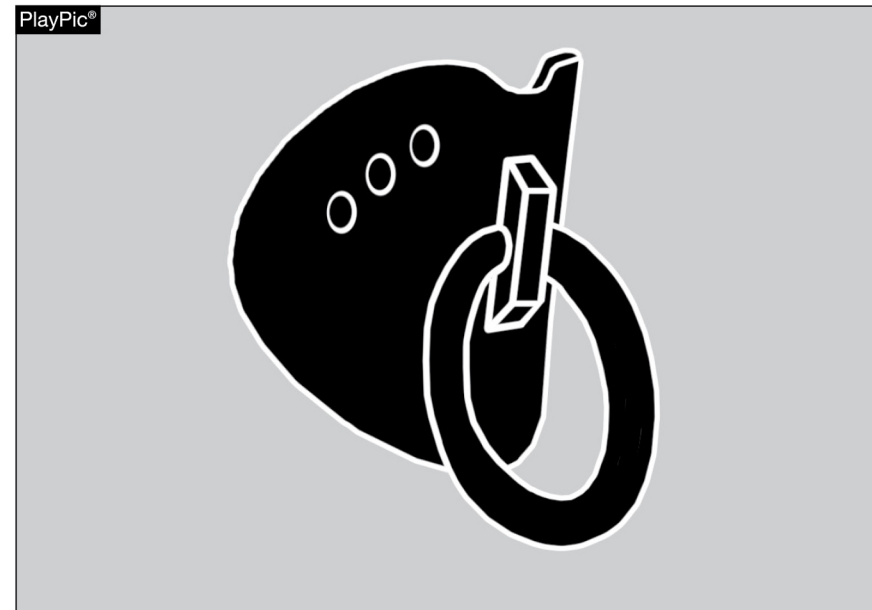
Tooth and mouth protectors may not include any attachment(s) that do not serve a purpose and function in protecting the teeth or mouth.

TOOTH & MOUTH PROTECTOR

RULE 1-5-1d(5)a – 5 (NEW)



ILLEGAL



ILLEGAL

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.

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)

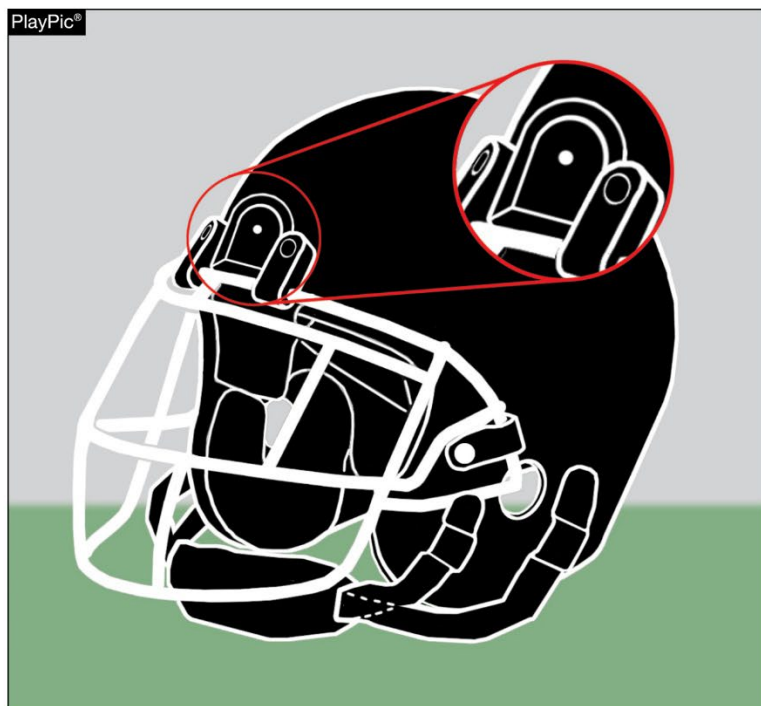


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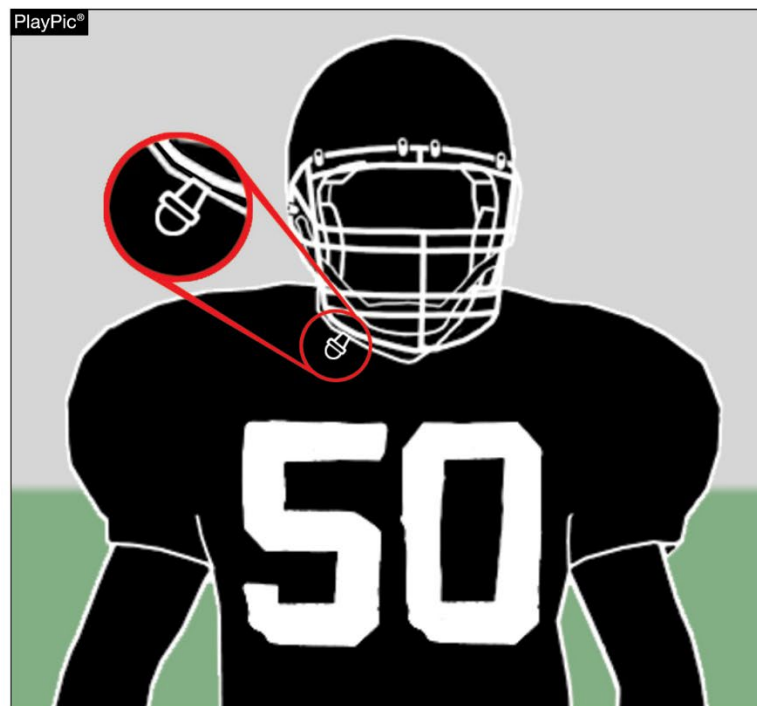
Fixed electronic signs (non-audio) with play signals are allowed to communicate from the sideline.

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.

ILLEGAL COACH-TO-PLAYER TECHNOLOGY (FOOTBALL)

RULES 1-5-3c(2), 1-6-1



GoRout



Armilla Tech

ILLEGAL COACH-TO-PLAYER TECHNOLOGY (FOOTBALL)

RULES 1-5-3c(2), 1-6-1



Qubit



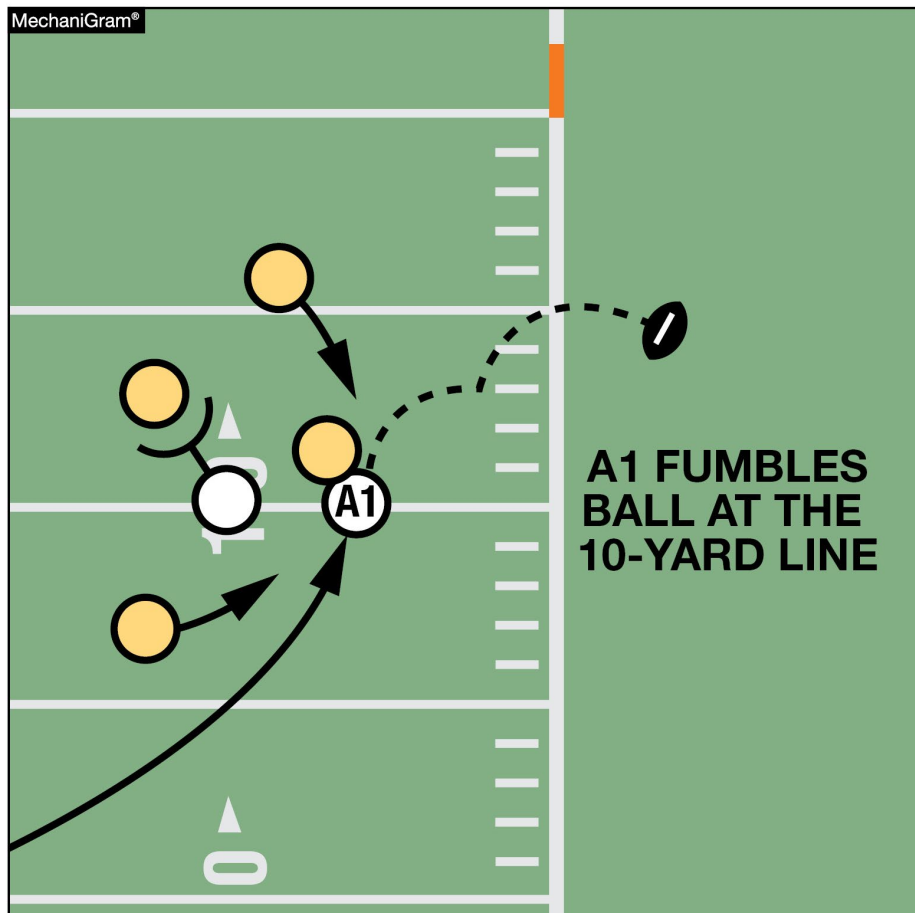
PROCOM



CoachComm

FORWARD FUMBLE

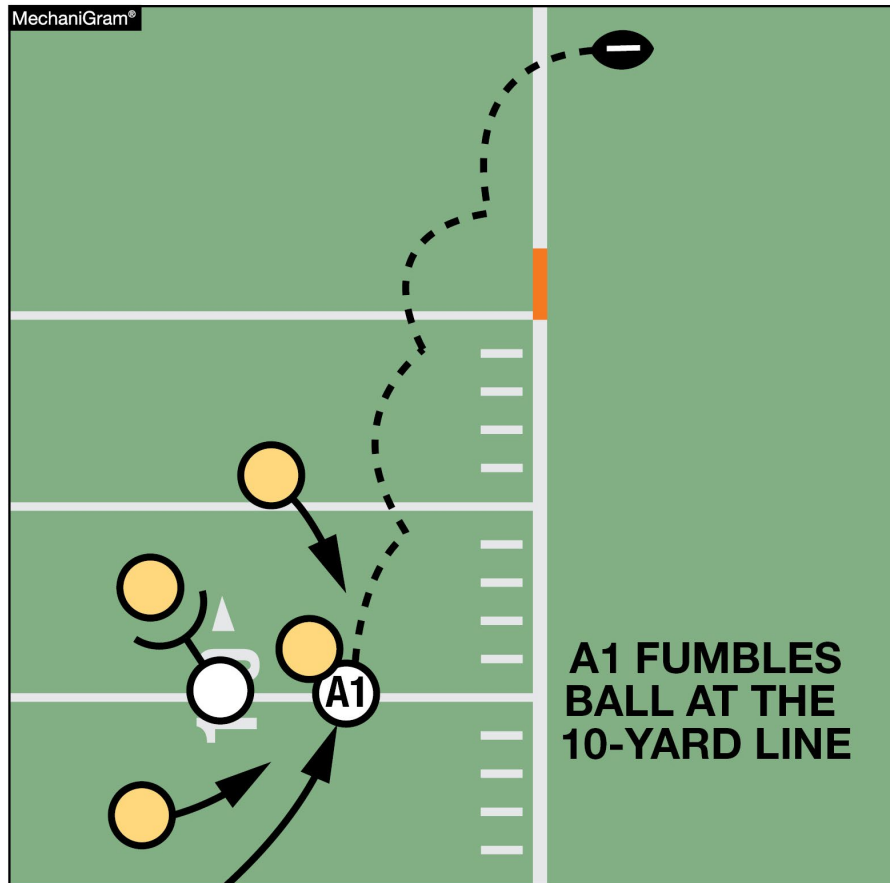
RULES 3-4-2d, 3-4-3a, 4-3-1 EXCEPTION (NEW)



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

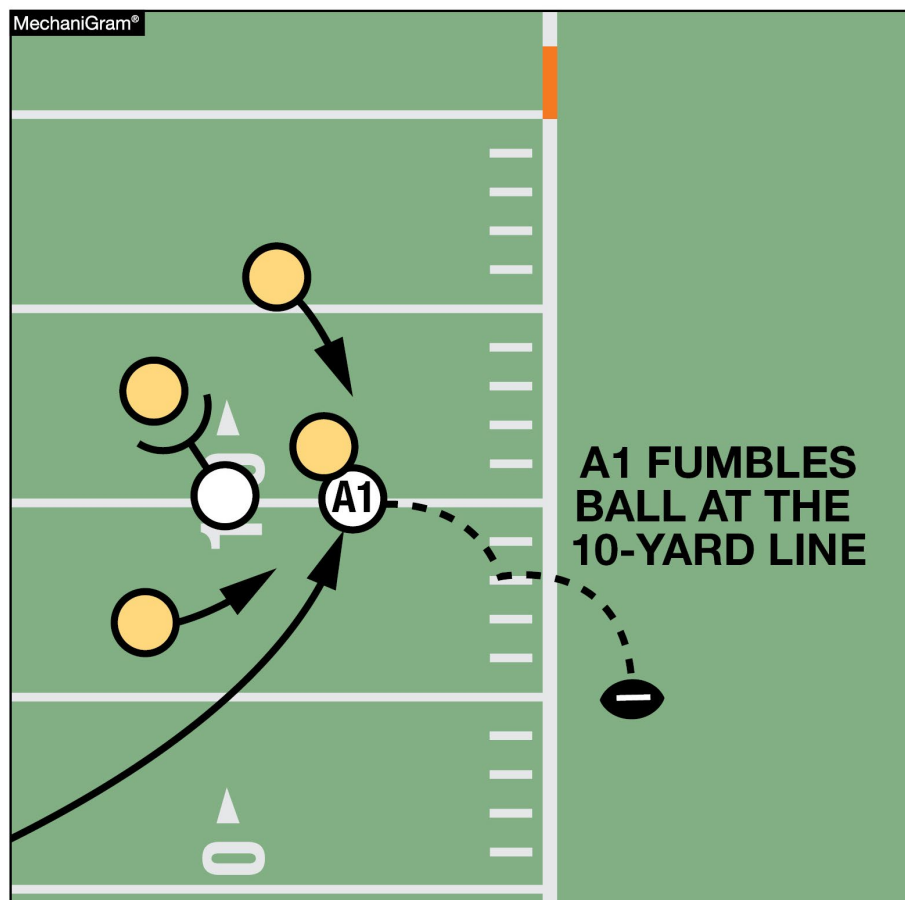
RULE 4-3-1 EXCEPTION (NEW)



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

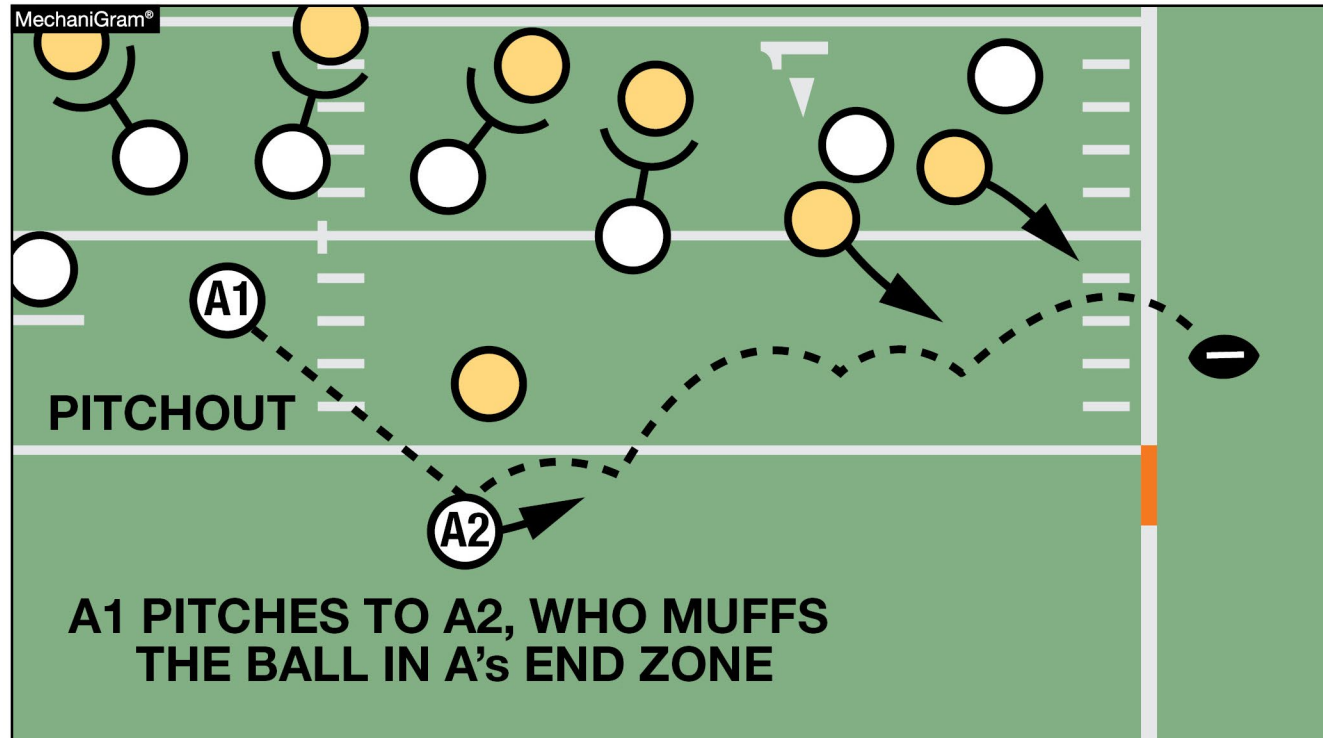
RULES 3-4-3a, 4-3-1 EXCEPTION (NEW)



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

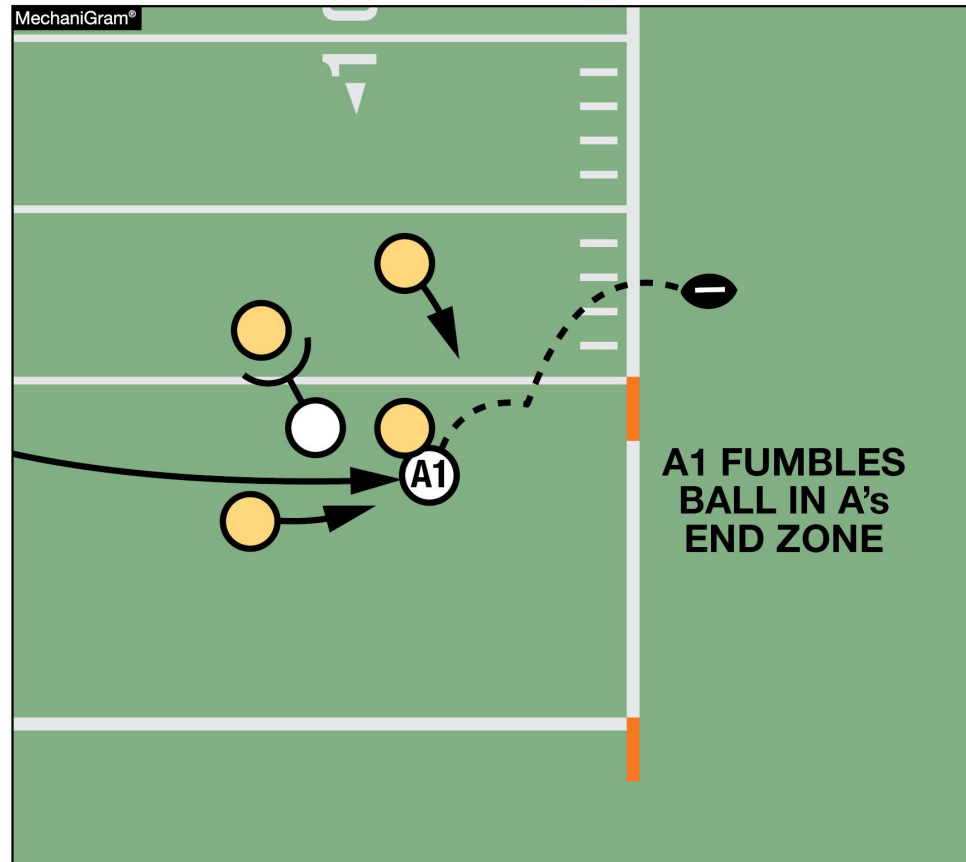
RULES 3-4-3a, 4-3-1 EXCEPTION (NEW)



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 Mechanics:

All Officials:

1. The Covering Official will drop a bean bag at the spot of the fumble.
2. Stop the clock. (S#3)
3. Notify the Referee that the ball will be spotted back at the bean bag.
4. The Referee will start the clock with a silent wind (S#2) when the Umpire is inside the hashes with the ball, unless there is a change of possession.



ILLEGAL PARTICIPATION PENALTY ENFORCEMENT REVISED

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

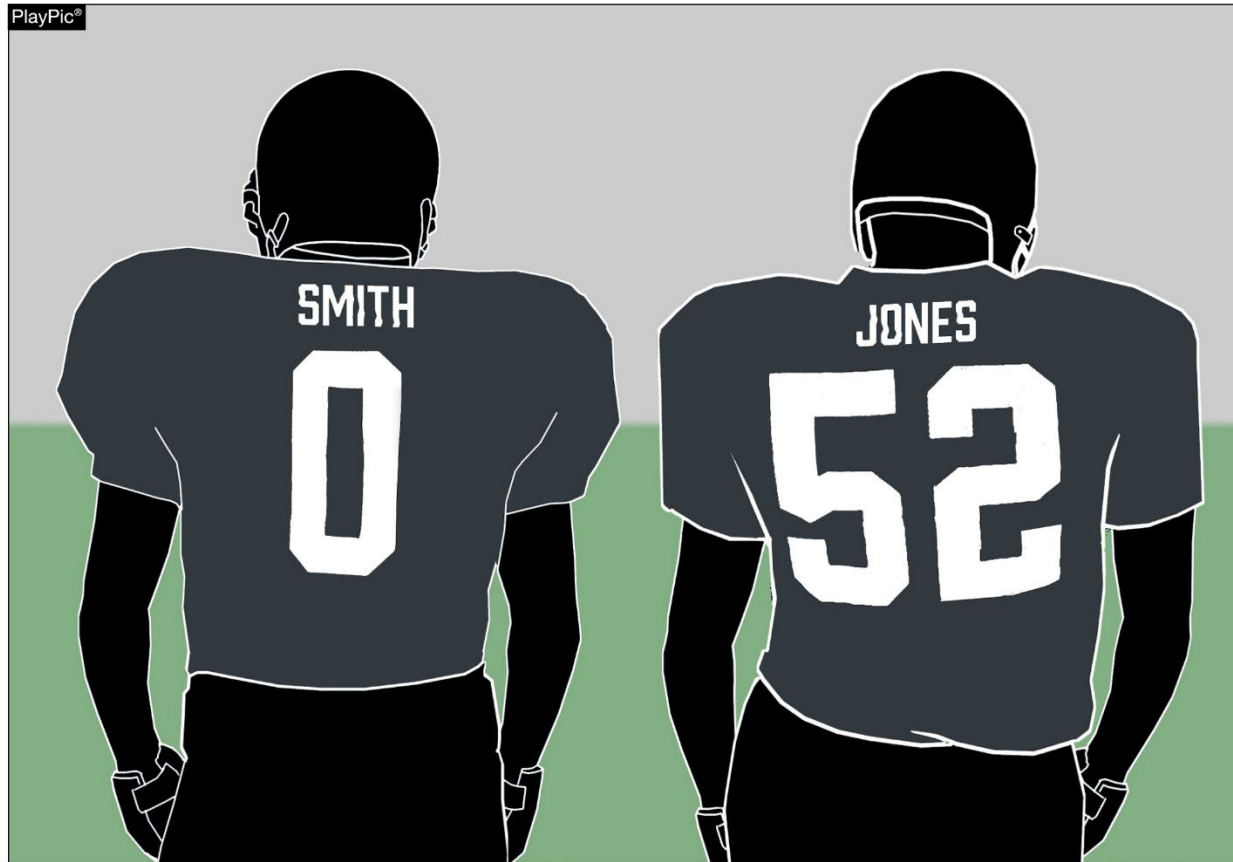
- Revisions to 9-6 PENALTY and the elimination of 10-4-4b have clarified and standardized penalty enforcement, specifically with regards to illegal participation fouls.
- The penalty for all illegal participation fouls has been standardized as “15 yards, live ball, basic spot” enforcement.
- This rule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



2025 NFHS FOOTBALL RULES REMINDER

HOME JERSEYS

RULE 1-5-1b(3)

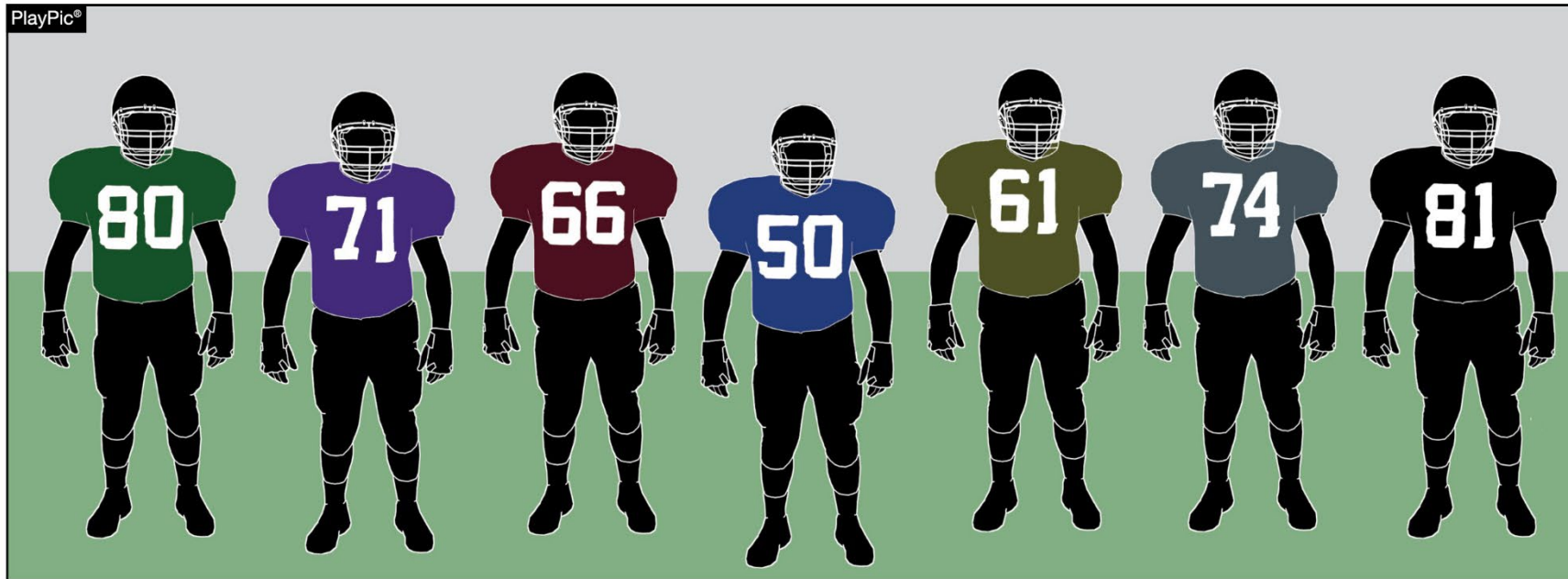


LEGAL

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.

FOOTBALL GLOVES



OAKLEY FOOTBALL VISOR (PRIZM CLEAR)



LEGAL

ILLEGAL

FOOTBALL HELMET COVERS



- **Permissible by 2025 current NFHS Football Rules**



GUARDIAN CAPS



SAFR PRO TECH

Q-COLLAR



- **Permissible by current 2025 NFHS Football Rules**



PATELLAR TENDON STRAPS



- Patellar tendon straps are permissible by current 2025 NFHS Football Rules and is not considered an illegal equipment adornment.





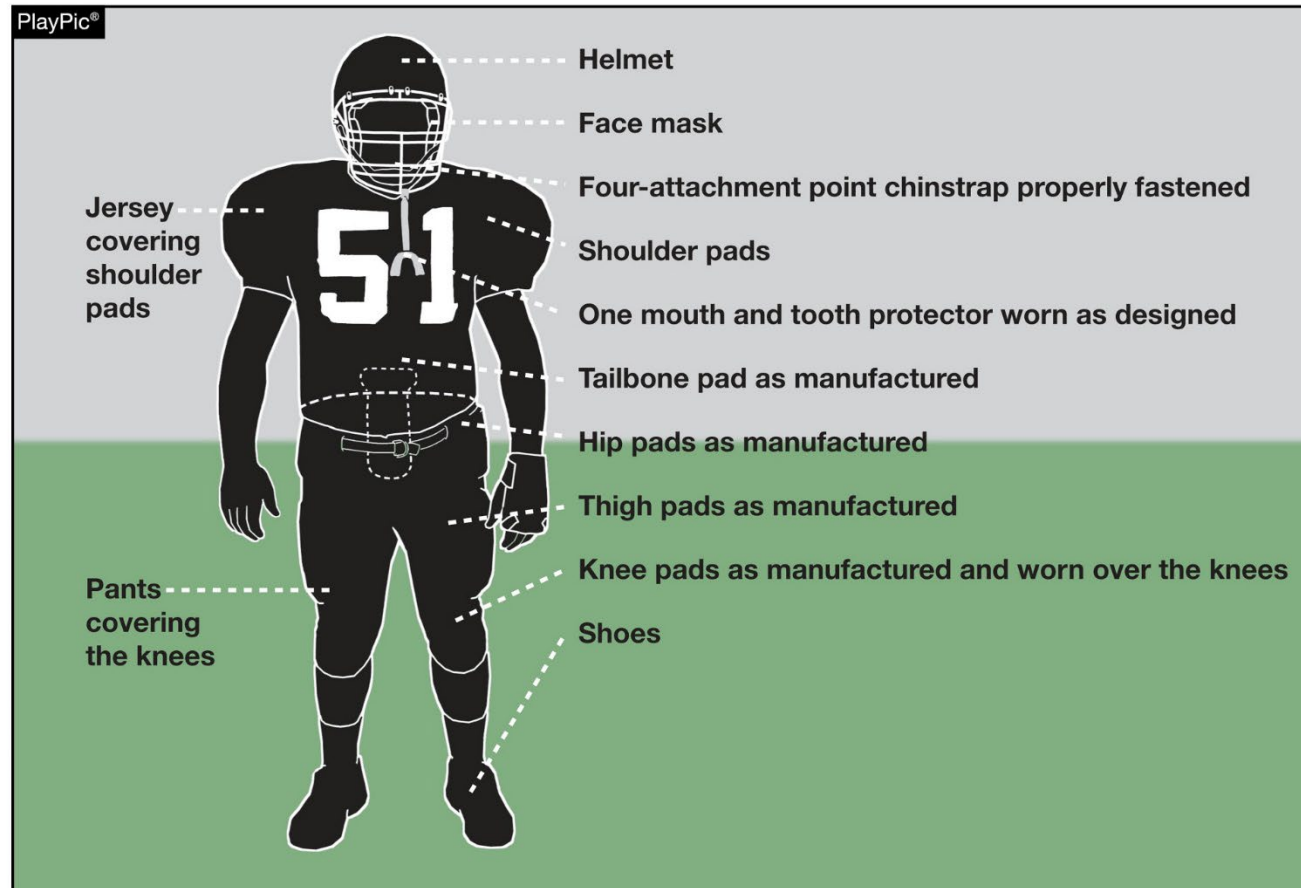
2025 NFHS FOOTBALL POINTS OF EMPHASIS

2025 NFHS FOOTBALL POINTS OF EMPHASIS



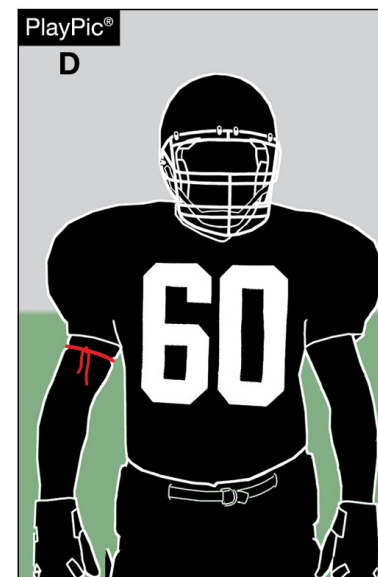
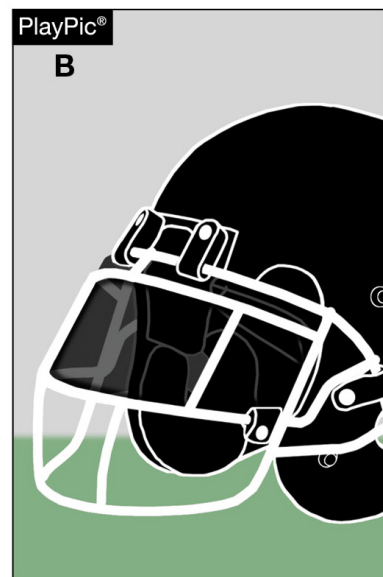
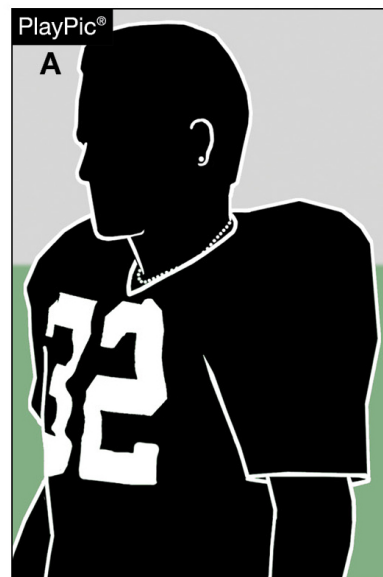
- 1. Illegal and Improperly Worn Player Equipment**
- 2. Sportsmanship**
- 3. Defenseless Player / Targeting**

ILLEGAL AND IMPROPERLY WORN PLAYER EQUIPMENT



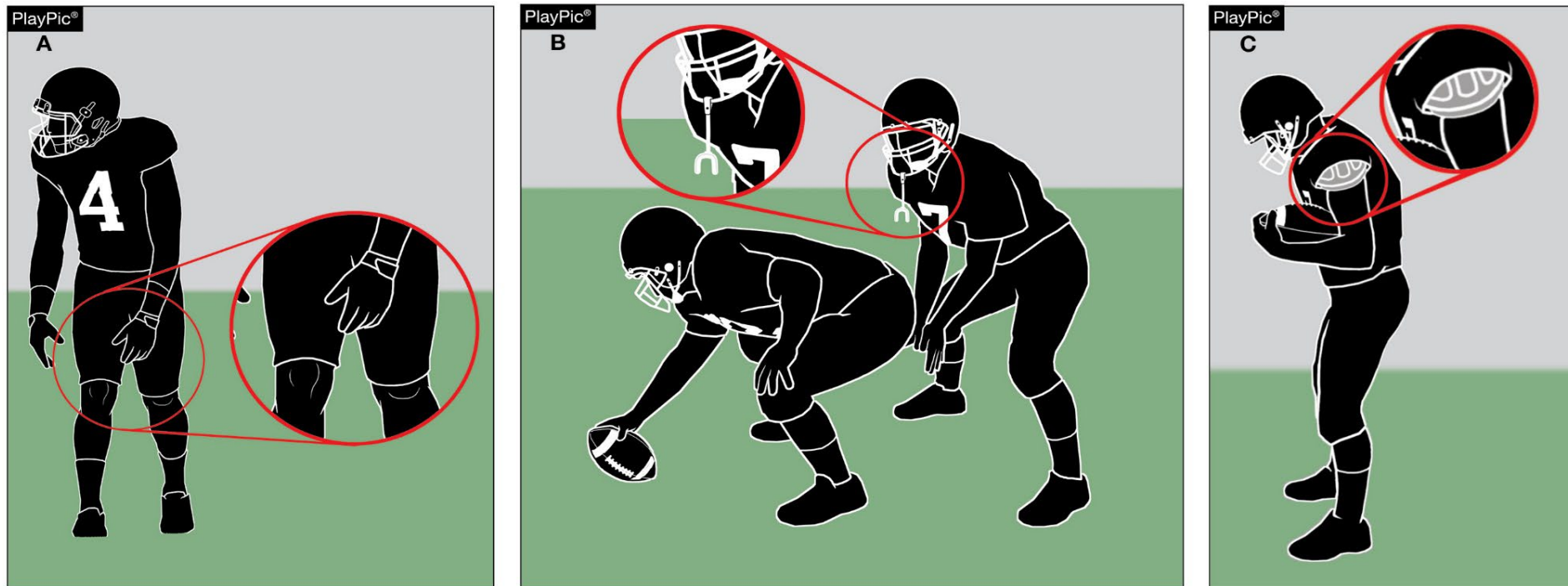
To support the safety of all participants, players must wear equipment and uniforms that are properly fitted and worn as intended by the manufacturer. Before starting each game, the head coach must verify that all players are properly and legally equipped. Allowing players to use illegal equipment or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



Illegal & Improperly Worn Player Equipment :

Procedure when stoppage for equipment violation prior to the snap:

1st Offense:

1. Send Player off the Field



Illegal & Improperly Worn Player Equipment :

Procedure when stoppage for equipment violation prior to the snap:

2nd Offense:

1. Drop Flag
2. Send Player off the Field
3. Give Head Coach the Warning



Illegal & Improperly Worn Player Equipment :

Procedure when stoppage for equipment violation prior to the snap:

3rd Offense:

1. Drop Flag
2. Send Player off the Field
3. Penalize for Delay of Game
4. Remind the Head Coach that the next Offense will be a 15 yard penalty charged to HC.



Illegal & Improperly Worn Player Equipment :

Procedure when stoppage for equipment violation prior to the snap:

4th and Subsequent Offense:

1. Drop Flag
2. Send Player off the Field
3. Penalize the Head Coach for Unsportsmanlike Conduct (Ejection if 2nd Unsportsmanlike)

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.



TSSAA Miscellaneous Information

2025-2026



TSSAA Football Mechanics:

- Umpire in the Offensive Backfield
- Simulated Coin Toss
- Ejections after the game, but prior to leaving the facility
- Timeout procedure



2025 Playoff Information:

- 7 Man Crews will be used for 2nd round, quarterfinals, semifinals and championship games.
- In play-offs, play clocks must be run by registered football officials.
- Chain Crews will be run by the schools in the 1st and 2nd Rounds. Local Associations assign chain crews for quarterfinals, semifinals, and championship games.



For the Good of the Order:

- Legislation
- Girls Flag Football
Emily Crowell –TSSAA Assistant Executive Director
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**PLAY.
PERFORM.
COMPETE.
TOGETHER.**

Thank You

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