

New Rules – 2024

No new or changes to the rules.

New Rules - 2023

Intentional Grounding exception change

Changes in basic spot penalty enforcement – fouls on offensive behind line of scrimmage

New Rules – 2022

Redefined Chop Block

New Intentional Grounding Rule

40-Second Play Clock Clarification – Fouls only on the defense.

New Rules - 2021

Blocking below the waist now requires the block to begin immediately following the snap.

Action in the Free-Blocking Zone.

New Rules - 2020

Defining Team Designated Representative for Penalty Decisions

Halftime Intermission Option Following Weather Delay

Spiking the Ball to Conserve Time

Disconcerting Act Foul and Penalty Reclassified

40-Second Play Clock Clarification – eliminate defense advantage – officials time out for defensive player injury or equipment

25-Second Play Clock Clarification – following legal kick either team awarded a new series

New Rules - 2019

New 40 second play clock

Tripping the ball carrier

New definition of horse collar

Illegal kicking and batting – now 10 yds

Redefined legal scrimmage formation

New Rules - 2018

Improperly equipped players shall be replaced for at least one down

Fouls by kicking team can now be tacked on

New Rules - 2017

New definition for Blindsides block (2-3-10)

Penalty for an illegal blindsides block (9-4-3n)

Illegal Participation fouls during kicks can be PSK fouls (2-6-2h)

Pop-up kicks are illegal and the play should be stopped (6-1-11)

In last 2 minutes of the half, the offended team can start the clock on the snap (3-4-7)

Face guarding is no longer a DPI foul (7-5-10)

New Rules - 2016

Completely clear or all white mouth protectors are now legal (1-5-1d(5)a)

Gloves are now required to meet either SFIA or NOCSAE standards (1-5-2b)

Clipping in the free-blocking zone is now illegal (9-3-6)

A Jersey must completely cover the shoulder pads and all pads above the waist (1-5-1b)

New Rules - 2015

Can correct down prior to a new series and prior to the end of the period (5-1-1b)

Free-Kick formation – 4 on each side of kicker and within 5 yards. Encroachment

Unnecessary Roughness now includes defenseless player (9-4-3g)

Not Roughing the Passer if face mask is grabbed without twisting (9-4-4)

Dead ball fouls can now offset in even numbers (10-2-5)

New Rules - 2014

Targeting (2-20-2; 9-4-3m) and Defenseless Player (2-32-16; 9-4-3i)

The ball retains status when it is illegally kicked (2-24-9)

Untimed down for an accepted live-ball foul when the period expires during the down (3-3-3; 3-3-4)

New Rules - 2013

Players may wear solid-colored towels provided they all wear the same color (1-5-3a(5)a)

Definition of catch now includes being carried out of bounds by the opponent (2-4-1)

KCI now includes 15-yard penalty (6-5-6)

OPI no longer includes Loss of Down (7-5-10)

DPI no longer includes Automatic First Down (7-5-10)

Only A may score on a Try (8-3-3)

Loss of helmet includes after down is completed (3-5-10d)

Initiating contact on a helmet-less opponent is a personal contact foul (9-4-3l)

Continuing to play without a helmet (9-6-4g)