

# Points of emphasis

For 2025, the Rules Committee wishes coaches, players and officials to take particular note of the following points.

## Sideline control

Coaches that need to have conversations with officials about specific rulings within the game must do so from the Team Area. Coaches are encouraged not to enter the field of play or leave the Team Area to debate officiating decisions, and those that do so will have committed an automatic Unsportsmanlike Conduct Foul.

Coaches will be allowed to only step to the sideline to call offensive and defensive signals after all action has ceased. That working space (six-foot white border) is intended to allow officials to adequately perform their duties; to protect the safety of officials, players and coaches; and to allow teams to demonstrate good sportsmanship within the team area. [New for 2025, if any player, coach, or team personnel approaches an official with a device to review or view video during the game, that will result in an automatic unsportsmanlike conduct foul \(Rule 9-2-1-a-1-m\)](#). Special attention should be given to the rule stating that if a coach receives two unsportsmanlike fouls in a single game, they are disqualified.

The Rules Committee has instructed officials to be more diligent in their observations of these actions and they are instructed to flag violations of the rule when it occurs in an area they can observe. Coaches are expected to set an appropriate, professional example for their players, fans and the many others who watch the game and to intervene when they see members of their team exhibit behavior that is not acceptable under the Sportsmanship guidelines of the Football Code.

## Protection of defenseless players / targeting

The Rules Committee continues to embrace the targeting rule in order to promote player safety, reduce head contact and eliminate specific targeting actions from the game. The language in 9-1-3 and 9-1-4 stipulates that no player shall target and make forcible contact to the head or neck area of a defenseless player or contact an opponent with the crown (top) of their helmet. [The definition of "crown of the helmet"](#)<sup>x</sup> focuses the attention on the top of the helmet. The term "forcible contact" has replaced the word "initiate" to ensure the intent of the rule is clear.

These actions are now in two rules: Targeting and Making Forcible Contact With the Crown of the Helmet (Rule 9-1-3) and Targeting and Making Forcible Contact to Head or Neck Area of a Defenseless Player (Rule 9-1-4). Use of the helmet as a weapon and intentional (targeted) contact to the head or neck area are serious safety concerns. The penalties for fouls under both 9-1-3 and 9-1-4 include automatic disqualification. We continue to emphasise that coaches and officials must be diligent to ensure that players understand and abide by these rules. Rule 2-27-14 defines and lists characteristics of a defenseless player.

## Illegal contact against a quarterback/passer

Because of their position, the passer is often in a vulnerable position, with little or no opportunity to protect themselves from, or to prepare for, forcible contact. In recognition of this, there is an explicit rule (Rule 9-1-9) which addresses this unique situation: "No defensive player shall unnecessarily rough a passer when it is obvious the ball has been thrown."

The rule then lists several specific acts which are illegal when they occur against a passer or potential passer. The Rules Committee over time has given options for the quarterback to protect himself, such as sliding feet first and to legally throw the ball away outside the tackle box. The definition of a defenseless player has been expanded to include an offensive player in a passing posture with focus downfield. Because of the extremely vulnerable situation the quarterback position presents, it is important for all officials, and the referee and the centre judge in particular, to be a presence and recognise when a passer is threatened or is in a defenseless position. The crew must make it a priority to afford the quarterback all the protection the rules provide.

## Feigning an injury

With the advent of the up-tempo offenses, there is a growing trend of defensive players feigning an injury in an attempt to slow down or break the rhythm of the offense and try to gain an unwarranted timeout. Full protection under the rules should go to a player that indeed suffers an injury; however, on occasion some potential injuries are suspect, happen in unusual windows between plays and appear to be staged. The Rules Committee had serious discussions on potential options on how to best take away incentive for players to feign an injury including adding additional time before a player could return from injury.

Head coaches are expected to set a culture within their team to ensure that this type of dishonest action will not be tolerated. Feigning an injury is not ethical and is completely against the spirit of fair competition. It is a bad look for our great game.

Special attention is directed to the strongly-worded statement in The Football Code (Coaching ethics, paragraph g).

## Concussions

Coaches and medical personnel should exercise caution in the treatment of a participant who exhibits signs of a concussion. When in question, officials will declare an injury timeout for any player exhibiting signs of a concussion. See Appendix C for detailed information.

## Pre-snap actions for offense and defense / disconcerting signals / offensive alignment

The intent of pre-snap rules is to define and govern what is allowed by the offense and defense. The offense, by design, has an advantage of knowing the starting signal, cadence, or sound, and the defense has an advantage as they are not limited in terms of overall player movements before the snap. To discourage tactics at the line of scrimmage designed to cause an opponent to foul or to give either team an unmerited advantage, officials must be on high alert for any type of illegal pre-snap actions by either team. Additionally, coaches should not teach illegal pre-snap actions designed to make their opponent foul.

New language in Rule 7 makes it clear for Team A, that any movement that simulates action at the snap is a foul. This includes abruptly shifting a player or players that simulates the start of a play. Team B will be held to the same standard of not simulating action at the snap as Team A. Coordinated Team B movement, including lateral and backward movement that simulates action at the snap is a foul. Additionally, the defense cannot use words or signals that simulate the sound or cadence of, or otherwise interfere with the offensive starting signals. This includes using a clap on the defensive side of the ball that may disconcert the offense. Also, for the current season, special focus on the offensive alignment is a point of emphasis. Guidelines have been introduced to ensure we are consistent in dealing with restricted linemen that are not on their line of scrimmage. Also, we will ensure that Team A is in proper alignment at the snap, especially when there is a player with an eligible number

covered up. These type formations will be evaluated just as we do for "gadget plays" and the offense must be precise in their alignment or should be penalised.

## Unsportsmanlike conduct / taunting

Currently the Rules Committee is satisfied with the solid judgement that officials are demonstrating evaluating celebration issues and this focus will continue. For the current season, it will be a point of emphasis for officials to penalise any taunting action that is directed at an opponent. These actions are a bad look for the game and can lead to unnecessary confrontations between the teams and must be eliminated.

The pregame warm-up rules are designed to ensure proper sportsmanship before our contests. Officials should be vigilant during the pregame whenever players are on the field.

Unsportsmanlike acts before the game are detrimental to the sport and must be cleaned up.

## Game management

The Rules Committee remains concerned that while the quantity of American football being played in Britain is on the increase, the quality of it in terms of facilities for games is often not. The Committee is particularly concerned that an increasing number of teams:

- do not have balls, ball boys, chains and chain crew available at the appointed time prior to kickoff (Rules 1-3-2-e and 13-4-1)
- provide the equipment and personnel listed above, but that they are of questionable quality;
- provide the personnel but they are too young to do the job properly;
- provide the personnel but change them during the game;
- do not mark all the field and team area markings required by rule (Rules 1-2-1, 1-2-3-a and 1-2-4-a), or the lines are faint or crooked.

We have taken three steps to address the situation:

- 1 BAFRA officials will continue to do game management and/or field audits to identify both the problem teams and those taking the most effective action.
- 2 We have formalised in the rules the provision for competitions to take action against teams for game management breaches - such action is termed "sanctions" (Rule 13-7).
- 3 We have changed Rule 13-4-1-c to make it mandatory that officials' assistants under the age of 14 are not used, and that those under 18 must be supervised by a responsible member of game management.

We appreciate that some teams find it difficult to recruit gameday personnel, and sometimes have to balance the desire for a prestigious venue with lack of total control over field markings. However, any team can take steps to improve its facilities and performance, and we encourage them to do so.

We are also concerned that some teams wish to run the chains on the side of the field opposite to that specified by rule (Rule 1-2-7). This is not such a trivial change as some people may think. It is very disruptive to the positioning mechanics of the game officials, much of whose positioning is dictated by the position of the chains and the expectation that this will be on the opposite side of the field to that designated as the press box for penalty signalling and other purposes. Unless the total playing enclosure does not permit, the chains **MUST** be run on the side of the field opposite the designated press box.