



Michigan High School Football Coaches Association

Newsletter

Volume 18, No. 2

SERVING MICHIGAN'S COACHES

May 2014

2014 HALL OF FAME BANQUET AND INDUCTION 32 YEARS --- OUTSTANDING COACHES --- OUTSTANDING ACHIEVEMENTS

By Jack Carlson, West Ottawa



Kelly Luplow and Hall of Fame inductee, Drake Wilkins

Saturday, March 22, 2014, marked the 32nd Annual Banquet and Induction of the Michigan High School Football Coaches Association Hall of Fame. The University of Michigan and the M.H.S.F.C.A. have worked hand in hand, for over 30 years, to recognize outstanding Michigan high school coaches. At a clinic in 1982, the first induction honored the Original Board of Directors as the Inaugural Class of the Hall of Fame. From 1983 through 2009 the celebration was held at either Crisler Arena or the Track and Field Building on the U of M campus.

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MHSFCA
Membership runs
January - December

Sign-Up at: MHSFCA.com

MHSFCA

MEETINGS & Important Dates

Board of Directors Summer Meeting

Doherty Hotel
Clare
June 19-20, 2014

Border Classic All Star Game

University of Findlay
Findlay, Ohio
14 June 2014

State 7 on 7 Championship
June 21, 2014
Lowell

NOTE

Your membership year has been changed. Membership in the MHSFCA will now align with the Calendar Year.
January 1 - December 31

Newsletter is NOT Forwarded

MHSFCA Newsletters are NOT forwarded by the Postal Service. To insure that you continue to receive the MHSFCA Newsletter please notify Membership Chairman, Steve Wilson of address changes.

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The MHSFCA NEWSLETTER is the official publication of the Michigan High School Football Coaches Association with the expressed aim of keeping Michigan High School football coaches informed of developments in their profession.

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Michigan High School Football Coaches Association

Border Classic All-Star Game at

University of Findlay
Saturday 14 June

See Team Michigan Roster
Page 7

See back page for ticket
information.

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Committee Chairs

Academic All State

Al Boydston, Caro
Kent Sikora, Gibraltar Carlson

Adrenaline Reading Award

Grant Fanning, Chelsea

All-Star

Jim Sparks, Clawson

Apparel

Tony Ceccacci, Ortonville-Brandon

Assistant Coach Award

Pat Maloney, Rudyard

Clinic

Jerry Rabideau, Spring Lake

Ethics

Wes Wishart, Belleville

Fran Herrington Award

Steve Robb, Divine Child

Finance

Brad Bush, Chelsea

Hall Of Fame

Chuck Ritter, Ann Arbor Pioneer

Historian

Jack Carlson, Holland West Ottawa

Honorary Membership

Roger Bearss, Millington

Jim Crowley Award

Larry Sellers, Traverse City St. Francis

Leadership

Dave Lawrence, Ann Arbor Gabriel Richard

Membership

Steve Wilson, Fruitport

MHSAA Liaison

Jack Wallace, Okemos

MHSCA Liaison

Jerry Rabideau, Spring Lake

Newsletter

Larry Merx, Chelsea

Placement

Marcus Dukes, Hartland

Parliamentarian

Doug Bess, Battle Creek Central

Playoff

Tom Barbieri, Jackson

Political Action

Eric Redmond - Monroe

Public Relations

John Herrington, Farmington Harrison

Recruiting

Rod Baker, Riverview

Rules

Pete Coll, Center Line

Scholarship

Kelly Luplow, Clare

Youth Football

Scott Farley, Jackson

Web Site

Steve Wilson, Fruitport

Past Presidents

Dave Driscoll, Jackson Parkside '72-'73
Dutch Schrottenboer, Alpena '74
Bud Breed, Portage Northern '75
Ron Holland, North Farmington '76
Ivan Muhlenkamp, St. Joseph '77
Jeff Smith, East Lansing '78
Harley Pierce, Sturgis '79
Walt Braun, Marysville '80
Jim Ooley, Traverse City '81
Tom Fagan, Ypsilanti '82
Dick Harris, Harrison '83
Arnie Besonen, Owen-Gage '84
Dick Look, Tawas '85
Terry Rose, Stevensville-Lakeshore '86
Mark Covert, Fenton '87
John Dean, Detroit Northern '88
Dan Lauer, Benton Harbor '89
Jim Ahern, Ithaca '90
Tom Moshimer, Plymouth Salem '91
Bob Knight, Portage Central '92
Dave Woodcock, Jenison '93
Dennis Zbozen, Romeo '94
Bill Tucker, Flint Powers '95
Larry Rueger, Mona Shores/Fruitport '96
Larry Merx, Ann Arbor Huron '97
Jack Schugars, Muskegon Oakridge '98
Larry Sellers, Traverse City St. Francis '99
Tim Klein, Roscommon '00
Keith Froelich, Okemos '01
Jim Clawson, Monroe St. Mary's Catholic '02
Bob Scheloske, South Lyon '03
Mike Wojda, Alpena '04
Pete Coll, Center Line '05
Jim Buttson, Allen Park, '06
Al Slamer, Battle Creek Central, '07
Dave Larkin, Jenison '08
Brad Grayvold, Norway '09
Steve Wilson, Fruitport '10
Jack Wallace, Fowlerville '11
Doug Bess, Battle Creek Central '12
Keith Stephens, Southfield Lathrop '13

NEWSLETTER Encourages Contributors

*Deadline for Submissions
for October Newsletter*

— Sept 15 —

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*** Region 18 includes all 8-Man football teams.

Even number Regions elected in even years. Odd
number Regions elected in odd years.

2014 Hall of Fame Induction

Continued from page 1

In 2010, The Sheraton Ann Arbor Hotel has set the scene and has been more than gracious hosts. The ambience in which all was presented and the excellent food that was enjoyed by all, once again, provided an exceptional evening for close to 360 in attendance.

Highlights of the evening were the heartfelt acceptance speeches and the cherished memories shared by the inductees. It was truly a night of many laughs, many tears, and standing ovations.

In 1983, Head Coach Bo Schembechler introduced "Woody" Hayes as the guest speaker for the evening. Ara Parseghian, "Duffy" Daugherty, George Perles, Jim Harkema, and Herb Deromedi, all former head coaches at major universities have highlighted the evening. Also, University of Michigan head football coaches Bo Schembechler, Gary Moeller, Lloyd Carr, Rich Rodriguez, and Brady Hoke have given the main address. Many assistant coaches of the Michigan Wolverines have been guest speakers.

This great tradition is a highlight to the many in attendance and this year was no exception. Doug Nussmeier, the new offensive coordinator and quarterbacks coach for the Wolverines, was the guest speaker. Coach Nussmeier's credentials are impressive but more impressive was what he had to say about what coaching is and what it has to do with the young people whom coaches come in contact with every day. His main emphasis was not on the wins and losses and but on the families of the inductees. Without the love and support, of their families, these coaches would not be as successful as they are or were. He had the families stand and be recognized. The University of Michigan is extremely proud to be a part of this event emphasizing the importance of the M.H.S.F.C.A. and High School Football in the State of Michigan. Prior to dinner a group picture of all inductees with Coach Nussmeier was taken. Along with his presence this is a highlight of the evening as many family and friends gathered to get that one special picture and is appreciated by all.

Executive Director Larry Merx began the evening by giving an overview of the of the association and highlighting the new and exciting "Wall of Fame" and the "Virtual Hall of Fame" which are now displayed and available to all Michigan High School Football Fans. The "Wall of Fame" is prominently displayed at the University of Michigan Football Stadium, "The Big House", and the "Virtual Hall of Fame", is up and running on the M.H.S.F.C.A. web site. (mhsfca.com)

Kelly Luplow, head coach at Clare High School, and President of the M.H.S.F.C.A. welcomed everyone to the Hall of Fame Banquet and Induction. "Their teaching of teamwork, dedication, sacrifice, work ethic, perseverance, resiliency and mental toughness are the lessons that have allowed their athletes to succeed beyond the football field and into their chosen profession."

This was the 32nd Annual Induction. Including this year's inductees, the M. H. S. F. C. A. has inducted 686 of the finest high school football coaches in the state of Michigan into the Hall of fame, and each induction has a personality all its own:

Coach Rick Bailey, Reading: "...an opportunity to teach life lessons to student athletes and to myself."

Coach Tim A. Baker, Constantine: "...a chance to live a lifelong dream, and help kids become good people, good fathers, and good citizens."

Coach Denny Barnes, Montague: "I am able to live my passion, keeps me young at heart and gives me a chance to give back to our youth. What other better way than through coaching football."

Coach Bob Dexter, Whittemore Prescott: "Coaching has given me the opportunity to be around so many great kids and coaches ... in something they will never forget."

Coach Denny Keck, Gull Lake: "I coached because of my love for the game and the young men who are willing to sacrifice to play this great game."

Coach Randy Lark, Alma: "...guys come back and tell us how the lessons they learned in football helped them in college, their marriages, and in life ..."

Coach Jack Luettkke, Ottawa Lake-Whiteford: "It has been a great way to teach young men valuable lessons about life, family, goals, ethics, and how to deal with adversity."

Coach Jim Meerman, Coopersville: "Setting goals in football is like setting goals in life."

Coach Greg Oshnock, Lakeview: "Being a small part of the greatest game in the world."

Coach Don Roscoe, Maple Valley: "It allows you to build the next generation and pass on to them the values they will need to live life well."

Coach Darrel Schumacher, Northville: "I always believed to be a good coach you had to be a good teacher and vice versa. I get more out of it than I give."

Coach Jay Stielstra, Ann Arbor Huron: "The game itself is an intellectual challenge ... intriguing for its discipline and its strategies ..."

Coach Dave Taylor, Muskegon: "My joy came from watching the team grow from the first game to the last. ...I wanted to foster that passion in others."

Coach Drake D. Wilkins Sr., Madison Heights Madison: "This is my way of giving back, saving lives, and turning young boys into men."

Over the years, many things remain constant. One constant is the dedication of the members of the association who take care of the many details that go into organizing, maintaining, and preparing for the evening. These are the members who, behind the scenes, give of their time and energy, with no thanks needed, to make this an exceptional evening for the inductees, their families

and friends. Without them, this event would not be the extraordinary evening that it is.

Another constant is the inductees are men of achievement and integrity, who give credit to their families, their players, their fellow coaches, and their communities for their success.

Fourteen outstanding individuals. Their names and credentials will be enshrined forever in the M.H.S.F.C.A. Hall of Fame and displayed at the University of Michigan's Football Stadium. They coached for over 428 seasons,

won more than 2,503 football games, but most of all, touched the lives of countless individuals. The inductees expressed their love of coaching and their love of football. They recognized those, their families, who have made it possible for them to do what they love – coach football.

The 32nd Annual M. H. S. F. C. A. Hall of Fame Induction and Banquet was once again a truly remarkable evening. Congratulations to the Inductees: The Class of 2014. The Best of the Best and the Finest of the Finest.

2014 Hall of Fame Inductees



Rick Bailey
Reading
Years Coached: 31



Tim Baker
Constantine
Years Coached: 34



Dennis Barnes
Montague
Years Coached: 38



Bob Dexter
Whittemore Prescott
Years Coached: 30



Denny Keck
Gull Lake
Years Coached: 37



Randy Lark
Alma
Years Coached: 27



Jack Luettker
Ottawa Lake-Whiteford
Years Coached: 37



Jim Meerman
Coopersville
Years Coached: 32



Greg Oshnock
Lakeview
Years Coached: 23



Don Roscoe
Maple Valley
Years Coached: 21



Darrel Schumacher
Northville
Years Coached: 40



Jay Stielstra
Ann Arbor High/Pioneer
Years Coached: 20



Dave Taylor
Muskegon
Years Coached: 32



Drake Wilkins
Madison Hts Madison
Years Coached: 26

2014 MHSFCA Competitive Scholarships

The MHSFCA will award five scholarships for the 2014-15 academic year. Each scholarship awarded is for \$1000. The five scholarships include one that is funded by MHSFCA partner, Adrenaline and one sponsored by the Michigan National Guard. The scholarships will be awarded at halftime of the Border Classic Football Game in June. Each recipient will be presented with a plaque proclaiming the award and a check for \$1000 for post high school education.

Kanon Dean • Lowell

Carmine Finelli • Hartland

Seth Malcolm • Standish-Sterling Central

Jarrett Reichel • Onsted

Jason Sammut • Romeo

Terry Rose Scholarship Winner **John Sattler • Grand Valley State University** *Kurt Sattler • Byron Center*



Left, Terry Rose Scholarship Winner, John Sattler, Byron Center High School
Above: Terry Rose

Given in honor of former MHSFCA President and Clinic Committee Chair, the \$1,000 Terry Rose Scholarship is determined by lottery. The scholarship drawing is held at the Hall of Fame Induction Ceremony each year.

All MHSFCA members are eligible to submit names of their children who are attending or will attend (in the next fall term) any post high school education/training. Names must be submitted to Scholarship Chair, Kelly Luplow, Clare High School, kelly@clare.k12.mi.us.

NOTES



2014 MHSFCA President, Kelly Luplow, Clare, presents the president's plaque and ring to outgoing president, Keith Stephens, Southfield Lathrop. Stephens then presented Luplow with the president's gavel as incoming president.

Keith did a great job leading the association in 2013 and 2014 will be another great year under Kelly's leadership.

"Not real football, but making real football fun. Come support the State Games of Michigan"
-Noel Dean



SUMMER GAMES 7-on-7 Passing

Date:

June 21, 2014

Location:

Grand River Riverfront Park
12570 Grand River Dr. SE
Lowell, MI 49331

Tournament Director:

Noel Dean
stategames7on7@gmail.com

Entry Fee:

Team Fee: \$100 per team
Individual Fee: \$15 per athlete
Late/Onsite Individual Fee: \$30 per athlete

Divisions:

12th grade and under
10th grade and under
8th grade and under
6th grade and under

Admission Cost:

\$5 for all spectators over the age of 5

All athletes and coaches

MUST check in at: Gilda's Club

314 S Hudson St, Lowell, MI 49331

before going to site for parking passes
coaches pass and athlete passes

WEST MICHIGAN
SPORTS COMMISSION
SIGNATURE EVENT

**DON'T MISS THE
OPENING CEREMONIES!**

Friday, June 20 @ 7PM
Fifth Third Ballpark

Free Athlete Meal Provided By:



FOR MORE INFORMATION VISIT:
www.StateGamesofMichigan.com/7on7

Title



Gold



Silver



Bronze



Supporting





2014
Ohio v Michigan All Star
Football Game

Team Michigan

#	Name	Pos	Ht	Wt	HS Coach	HS, Class	College
8	Jason Alessi	S	6'1"	186	Birmingham Brother Rice	Al Fracassa	Yale
21	Javonte Alexander	CB	5'9"	180	Flint Carman Ainsworth	Nate Williams	Indiana State University
63	Dimitri Angelis	OG	6'5"	284	Northville	Matt Ladich	University of Massachusetts
19	Kyle Bambard	K	5'9"	175	Walled Lake Western	Mike Zdebski	North Carolina State University
6	Paris Bennett	LB	6'0"	215	University of Detroit Jesuit	Kurt Richardson	University of Syracuse
3	Curtis Brunson	CB	5'10"	165	Farmington	Oscar Olejniczak	Ohio University
28	Byron Bullough	LB	6'2"	195	Traverse City St Francis	John Bechtel	Michigan State University
7	Amari Coleman	WR	5'11"	175	New Lothrop	Greg Vaughn	Central Michigan University
2	Dillon Dixon	S	6'0"	185	University of Detroit Jesuit	Clint Galvis	Saginaw Valley State University
75	Curtis Doyle	OG	6'5"	305	Alma	Oscar Olejniczak	Western Michigan University
4	Jalen Embry	CB	5'11"	176	Detroit Martin Luther King	Dan Falor	University of Iowa
25	Ian Erikson	RB	5'10"	195	Clarkston	Dale Harvel	Eastern Michigan University
59	Kenny Finley	DT	6'2"	278	Muskegon	Kurt Richardson	Western Michigan University
90	Jeremiah Harris	DE	6'5"	230	Temperance Bedford	Rich Mendez	Eastern Michigan University
2	Marquian Johnson	WR	6'4"	202	Clawson	Jim Sparks	Saginaw Valley State University
67	Alex Joss	C	6'5"	305	Walled Lake Western	Mike Zdebski	Ball State University
55	Brandon Keen	OT	6'6"	290	Our Lady of the Lakes	Josh Sawicki	Central Michigan University
53	Malik King	OG	6'4"	294	Muskegon	Rich Mendez	Ball State University
78	Austin Labus	C	6'6"	300	Portage Northern	Pete Schermehorn	Bowling Green State University
5	Corey Lacanaria	WR	5'9"	160	Birmingham Brother Rice	Dave Sofran	Ball State University
7	Rico Lewis	S	6'2"	170	Detroit East English Village	Rod Oden	University of Findlay
16	Avonte Maddox	WR	5'9"	165	Detroit Martin Luther King	Dale Harvel	University of Pittsburgh
12	Lawrence Marshall	DE	6'4"	245	Southfield	Tim Conley	University of Michigan
55	Nick Matich	DT	6'2"	290	Clarkston	Kurt Richardson	Western Michigan University
2	Malik McDowell	DT	6'6"	295	Southfield	Tim Conley	Michigan State University
79	Chukwuma Okorafor	OT	6'6"	285	Southfield	Tim Conley	Western Michigan University
50	Nick Padla	OT	6'6"	289	Berrien Springs	Bill Bergan	Michigan State University
20	Rachwal Rachwal	LB	6'3"	225	Lapeer East	Jake Weingart	Eastern Michigan University
17	Giovanni Rescigno	QB	6'4"	220	Warren DeLasalle	Paul Verska	Rutgers
89	Dylan Roney	DE	6'2"	235	Detroit Catholic Central	Tom Mach	Navy
4	Damon Singleton	LB	6'2"	210	Wyandotte Roosevelt	Ron Adams	Ball State University
2	Travis Smith	QB	6'0"	193	Ithaca	Terry Hessbrook	Wake Forest
10	Brandon Sowards	WR	6'1"	196	Wyandotte Roosevelt	Ron Adams	Michigan State University
13	Devon Spaulding	RB	6'0"	194	Westland John Glenn	Tim Hardin	Central Michigan University
44	Mitch Stanitzek	DE	6'4"	240	Grand Rapids West Catholic	Dan Rohn	Central Michigan University
12	Malik Taylor	WR	6'2"	205	Montrose	Dennis Reinhart	Ferris State University
22	Zachary Walker	WR	6'0"	185	Forest Hills Central	Tim Rogers	Robert Morris University
5	Jared Wangler	LB	6'2"	215	Warren DeLasalle	Paul Verska	University of Michigan
1	Jalen Watts-Jackson	CB	5'11"	175	Orchard Lake St Mary's	Geroqe Porritt	Michigan State University
99	Blake Williams	DT	6'4"	250	Romeo	Jason Couch	North Dakota State University

Coaching Staff: Head Coach Mike Zdebski, Walled Lake Western; Defensive Coordinator, Linebackers, Brian Lemons, Ann Arbor Gabriel Richard; Wide Receivers Ed Greenman, Battle Creek Harper Creek; Defensive Backs Scott Merchant, Chippewa Valley; Offensivbe Line Michael Weiskopf, Walled Lake Western; Defensive Line Tim Szegda, Walled Lake Western.

MUSCLE MILK™

Official Protein and Sports Drink Beverage of
Team Michigan

Border Classic Update

Jim Sparks, Clawson

We are just over a month away from the first ever Border Classic and things are looking good for team Michigan. At this point we have taken care of assembling our team and coaching staff and are in the process of making sure that all parties involved are prepared for the All Star week in Findlay, Ohio.

Our coaching staff has put together offensive and defensive playbooks and we have mailed them to each of our players. This past month the coaches and players assembled at Holt HS where they were able to walk through some of the schemes as well as classroom sessions to get familiar with their responsibilities before we assemble in Findlay. Thank you to Al Slamer and the Holt community for opening their doors to us and providing us with this opportunity.

We have had some exciting developments over the past few weeks that should guarantee that this year's game will be one that coaches, players, and fans will remember for quite some time. Adidas, and Top Cat Sales, has made it possible for team Michigan to receive a tremendous equipment package that will include shorts, t-shirt, jersey, pants, socks, cleats, compression shirt, bag, and gloves. In addition to Adidas the people at Schutt have generously donated helmets for both team Ohio and team Michigan. It is safe to say that if the old adage of "if you look good then you will play good" is indeed true then



Border Classic All Star Game - Team Michigan practice.

March 23 at Holt HS. "AS LB Group"

From left: (With back turned) Defensive Coordinator, Brian Lemons (Ann Arbor Gabriel Richard), Linebackers: Jared Wangler (DeLaSalle), Paris Bennett (Clarkston), Damon Singleton (Wyandotte Roosevelt) and Kyle Rachwal (Lapeer East).

Ohio definitely has its work cut out to compete with our guys! As for the game itself we are actually going to have a flyover prior to the game. Our friends in Ohio have arranged for the Air National guard to fly over the event prior to the game. As you can see both associations are doing whatever is within our means to make this event one that we can all be proud of.

Please check our website frequently as we will be providing more information about purchasing tickets for the game in the days ahead.

Recruiting Nights

By Rod Baker, Wyandott

In a continuing effort to promote and enhance high school football in the state of Michigan, the MHSFCA held 8 "recruiting nights" throughout the state from December 2nd thru December 11th. The forum at all sites included college coaches meeting with high school coaches from 5:00 pm to 7:00 pm, and (new this year) student athletes and parents meeting with college coaches at 7:00.

The new format seemed to work well and met with approval from both high school coaches and college coaches. The chance to meet with players seemed to be especially appreciated by both players and college coaches. All meetings were well attended; participants and parents were very appreciative and supportive.

Look for the same format to be used in December of 2014, with additional recruiting nights taking place in May of 2015. There is no charge for high school coaches or high school athletes; this is a benefit of your high school coaches' association membership. If you and/or your

school would be interested in either attending or hosting a recruiting night please contact Recruiting Committee Chairman Rod Baker at the email address located below. This is an excellent opportunity for high school coaches and athletes to meet with college coaches and explore opportunities to play at the next level. Remember coaches, it may only be a couple of hours of your time, but, it may be an opportunity of a lifetime for one of your athletes.

As of this time the recruiting rules and standards for this past season are the same for next season. In the spring 2015 meetings, high school athletes will not be allowed to meet with college coaches as this violates NCAA rules.



FOOTBALL PRACTICE POLICIES

Adopted March 21, 2014. Effective August 2014

1. During the first week of practice of the season, only helmets are allowed the first two days, only shoulder pads may be added on the third and fourth days, and full pads may not be worn until the fifth day of team practice.
2. Before the first regular-season game, schools may not schedule more than one "collision" practice in a day.
 - A "collision" practice is one in which there is **live, game-speed, player-vs.-player** contact in pads (not walk-throughs) involving any number of players. This includes practices with scrimmages, drills and simulations where action is live, game-speed, player-vs.-player.
 - If any part of a drill or scrimmage involves live game-speed player-vs.-player contact in pads, it is a collision practice even if players do not execute full tackles at a competitive pace that takes players to the ground.
 - During any additional practice sessions that day, players may wear helmets and other pads (neither is mandatory). Blocking and tackling technique may be taught and practiced. However, full-speed contact is limited to players vs. pads, shields, sleds or dummies.
3. After the first regular-season game, teams may conduct no more than two collision practice days in any week, Monday through Sunday. During other days of practice, players may wear helmets and other protective pads (neither is mandatory). Blocking and tackling technique may be taught and practiced. However, full-speed contact is limited to players vs. pads, shields, sleds or dummies.
4. No single practice may exceed three hours, and the total practice time for days with multiple practice sessions may not exceed five hours.
 - Warm-up, stretching, speed and agility drills and cool down are all considered part of practice. Neither strength/weight training activities nor video/classroom sessions are considered practice for the purposes of the three- or five-hour limits.



Photo courtesy of mlive.com

FOOTBALL PRACTICE Q & As

1. **Q Would the proposals apply at both the high school and junior high/middle school levels?**

A Yes.

2. **Q Is the purpose of the proposals to improve student-athlete acclimatization or reduce head trauma?**

A Both.

3. **Q What is the Task Force position on “girdle pads” during the first week of practice?**

A Girdle pads may be worn under or in place of shorts during the first four days of acclimatization practice that precede the first day in full pads.

4. **Q Does the three-hour limit on single practices and the five-hour limit for multiple practices on the same day apply only to football?**

A Yes. The Task Force recommends that the limits be added as soon as possible to the MHSAA “Model Policy for Managing Heat & Humidity” and apply to all sports.

5. **Q How much time is required between sessions on days with multiple practices?**

A Because practice venues differ greatly and some may raise questions regarding supervision and the possibility of injury risks as great off the field as on, the Task Force declined to set a maximum and minimum length of rest periods. However, one hour between practices when there is no physical activity is the minimum recommendation. Classroom sessions would be allowed during the period of physical rest.

To be clear, break time is **not** included in the five-hour limit.

6. **Q Can a team have different collision days for different players?**

A If varsity and subvarsity squads practice separately, their collision days may be different days. However, if the squads practice together, then their collision days must be the same.

A Look Ahead....New Rules for 2014

Mark Uyl, MHSAA Assistant Director

As the calendar now moves in April and May, the 2014 football season is drawing closer and closer. While thinking about the new season ahead of us, it's important to give everyone an early preview of the significant rule changes for the fall.

In an effort to reduce contact above the shoulders and lessen the risk of injury in high school football, the National Federation of State High School Associations (NFHS) Football Rules Committee, the body that writes the playing rules for all 50 states, developed a definition for "targeting," which will be penalized as illegal personal contact. Effective with the 2014 high school season, new Rule 2-43 will define targeting as an act of taking aim and initiating contact to an opponent above the shoulders with the helmet, forearm, hand, fist, elbow or shoulders. Bob Colgate, NFHS director of sports and sports medicine and liaison to the Football Rules Committee, said the committee determined – in its continued effort to minimize risk of injury in high school football – that it was important to separate and draw specific attention to this illegal act. "Taking aim with the helmet, forearm, hand, fist, elbow or shoulders to initiate contact above the shoulders, which goes beyond making a legal tackle, a legal block or playing the ball, will be prohibited," Colgate said. Much time and attention will be used during all MHSAA Football Rules meetings to help all coaches and officials understand what will be considered a targeting foul.

A new definition for a "defenseless player" was also added to Rule 2 for risk-minimization purposes. Rule 2-32-16 will read as follows: "A defenseless player is a player who, because of his physical position and focus of concentration, is especially vulnerable to injury." Great focus will be given to situations where one player targets an opposing player who is now considered to be a defenseless player. The HS rule will now be much more closely aligned with both NFL and NCAA rules as they relate to targeting and defenseless players.

In an effort to reduce the risk of injury on kickoffs, the rules committee approved two new requirements in Rule 6-1-3 for the kicking team. First, at least four members of the kicking team must be on each side of the kicker, and, second, other than the kicker, no members of the kicking team may be more than five yards behind the kicking team's free-kick line. Rule 6-1-3 also notes that if one player is more than five yards behind the restraining line and any other player kicks the ball, it is a foul. In addition to balancing the kicking team's formation, the change limits the maximum distance of the run-up for the kicking team. In other changes, new language was added to Rule 8-5-1 and states that "the accidental touching of a loose ball by a player who was blocked into the ball is ignored and does not constitute a new force." In addition, roughing

the passer fouls now include all illegal personal contact fouls listed in Rule 9-4-3, which result in automatic first down in addition to a 15-yard penalty.

The remaining changes approved by the Football Rules Committee are as follows:

Rule 1-1-7: Provides state associations authority to require game officials to be on the field more than 30 minutes prior to game time.

Rule 2-24-9: The intent of an illegal kick was clarified. Now, when an illegal kick occurs, the loose ball retains the same status that it had prior to the illegal kick.

Rules 3-3-3 and 3-3-4: With this change, in order to extend or not extend a period with an untimed down, time must expire during the down.

Again, these changes will be covered in great detail at all MHSAA Football Rules meetings, with a handful being conducted face-to-face in July and August along with the online rules meeting presentation. If you have any questions or concerns about the new rules for 2014, feel free to contact either Nate Hampton (nate@mhsaa.com) or Mark Uyl (mark@mhsaa.com) at the MHSAA. We thank Bob Colgate and the NFHS for providing us some of the content for this article.

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