

Hits to the Head

Federation Rulings and Examples

You make the call...

2024 RULING ON CHECKS TO HEAD/NECK AREA

NFHS Page 61 | Rule 5-4-2

- ART. 2 . . . A player shall not make indirect contact with an opponent's or neck.

INDIRECT contact occurs when the initial force of the contact with the opponent then slides up to the head and/or neck area.

- **PENALTY: A one-minute non-releasable foul. An excessively violent violation may result in a longer non-releasable penalty or an ejection.**

DIRECT Contact to Head or Neck

- **PENALTY: Two- or Three-minute non-releasable foul**

TARGETING the Head/Neck

- **PENALTY: Intentional targeting shall result in a three-minute, non-releasable foul.**

LATE TO THE
HEAD/DEFENSELESS PLAYER
3 minutes/possible EJECTION?

<https://www.youtube.com/watch?v=BEk6GqvrIgo>

STICK CHECK DIRECTLY TO THE HEAD
3 MINUTES POSSIBLE EJECTION?

<https://www.youtube.com/shorts/F2Fmtsbp7pM>



How far away did he start?



Guidelines to help with the call...Ask yourself:

1. Was contact direct or indirect?
 2. Was contact excessively violent?
 3. How far away was the offending player when he began his charge?
 4. Did he leave his feet or launch himself.
 5. Was the offender player defenseless?
 6. What is the tenor of the game? Is a control call warranted?
 7. What was the result of his hit?
 - Did player bounce right up or lay prostrate on the ground?
 - What did your partner think?
- **Remember, in Federation unless the hit is indirect, the starting point is 2 minutes non-releasable and can increase to 3 + ejection from there. In other words, did the offending player contribute more than 1 action above? What message do you wish to send? Ejection means he doesn't play the next game.**