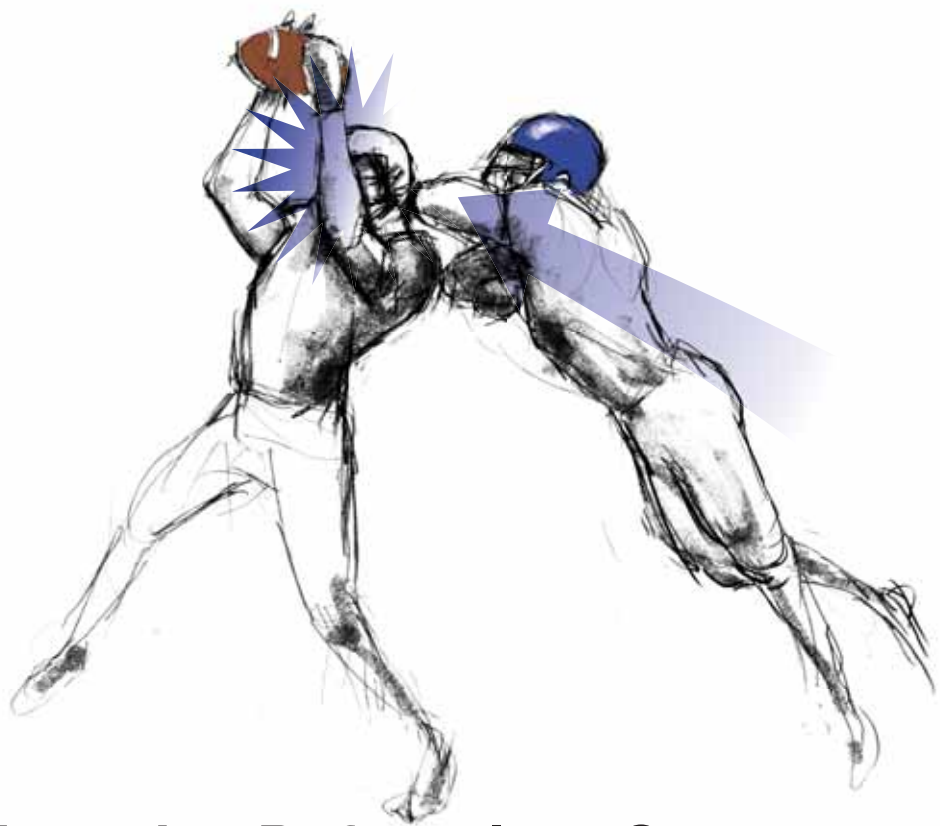


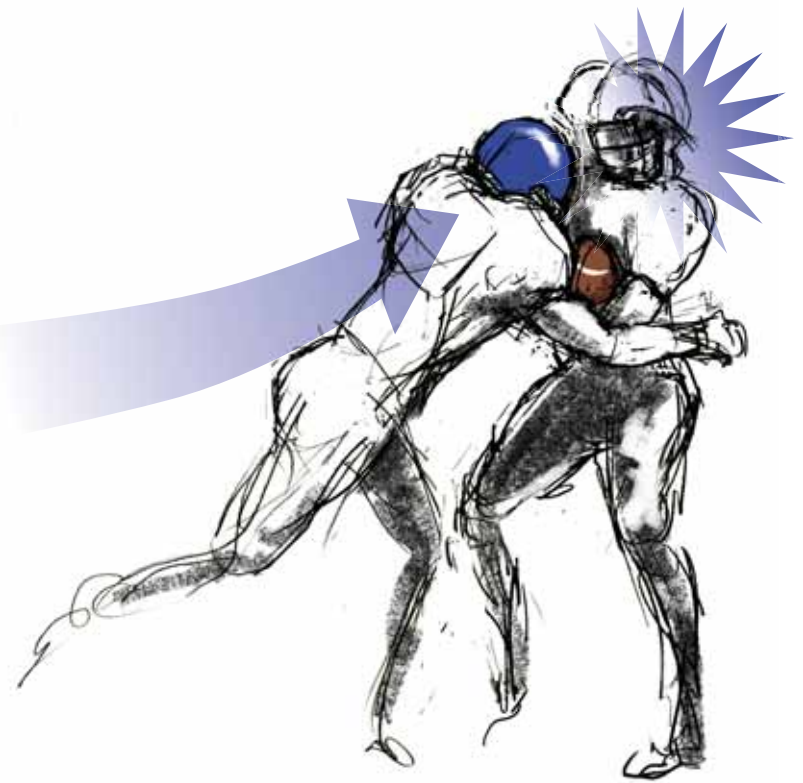
PROTECT YOUR HEAD AND NECK!

Don't punish yourself, your team, or your opponent...

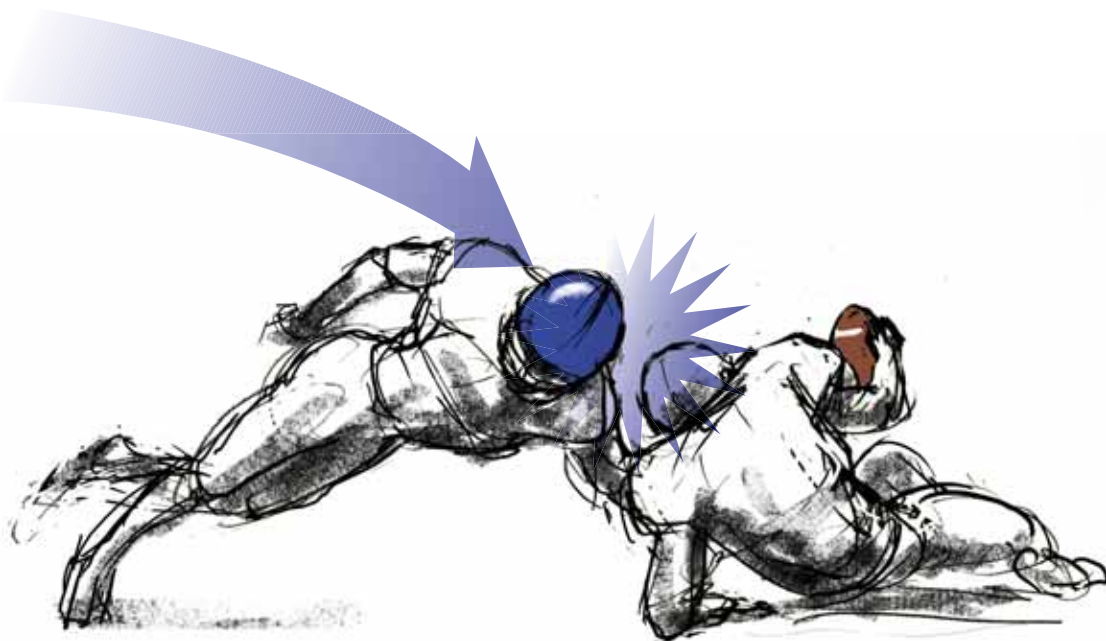
Striking your opponent with your helmet can be a 15-yard penalty and may result in serious injury to both you and your opponent!



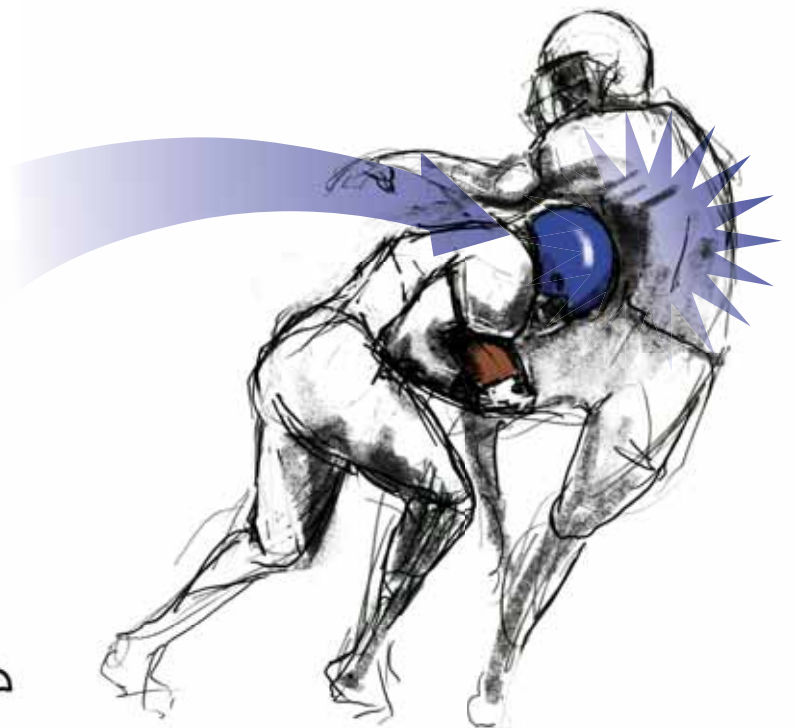
Targeting Defenseless Opponent



Helmet-to-Helmet



Launching



Offensive *

NCAA® 2008 Rule Changes

9-1-2-1

- a) No player shall initiate contact and target an opponent with the crown of his helmet.
- b) No player shall initiate contact and target a defenseless opponent ABOVE THE SHOULDERS (i.e., whether or not with the helmet.)

*Even though rare, an offensive player can be penalized should he use his helmet to punish a player.



For more information on football rules and policies, visit NCAA.org.