

indefinitely above the inside of the uprights and the front edge of the crossbar and in the same vertical plane as the inside edge of the end line.

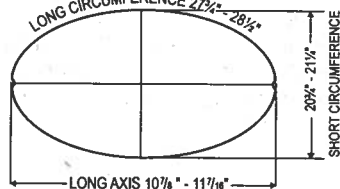
- b. The top of the crossbar shall be 10 feet above the ground, measured from the base of each upright to the top of the crossbar at the intersection, or at each end of the crossbar perpendicular to the ground when a single pedestal is used.
- c. The crossbar shall be 23 feet, 4 inches long.
- d. The uprights shall be 23 feet, 4 inches apart inside to inside and each upright may not exceed 4 inches in width.
NOTE: It is permissible to use college or professional fields with goal post uprights set at the width specified by their respective codes.
- e. The uprights shall extend a minimum of 10 feet above the crossbar.
- f. The goal posts shall be padded with resilient, shock absorbing material to a height of at least 6 feet above the ground.
- g. The horizontal crossbar and the uprights above it shall be free from any decorative material except paint which is recommended to be either silver, white or yellow in color. One wind directional streamer may be attached to the top of each upright. Wind directional streamers shall be 4 inches in width, 42 inches in length and either red, orange, or yellow in color.

SECTION 3 GAME EQUIPMENT

The NFHS does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, officials or spectators. Such determinations are the responsibility of equipment manufacturers. For additional information on Equipment Guidelines in Appendix C, see page 101.

ART. 1 . . . The ball shall meet the following specifications:

- a. A tan-colored cover consisting of either pebbled-grain, cowhide or approved composition (leather or rubber) case without corrugations other than those formed by the natural seam grooves and the lace on one of the grooves.
- b. One set of either eight or 12 evenly spaced laces. The length of the lace shall be confined to within 3/4 inches from each end of the ball.
- c. A continuous 1-inch white or yellow stripe centered 3 to 3 1/4 inches from each end of the ball. The stripes shall be located only on the two panels adjacent to and perpendicular to the seam upon which the laces are stitched.
- d. Conforms to the shape and dimensions as shown in the diagram.
- e. Weighs between 14 and 15 ounces.
- f. Inflated to a pressure of 12 1/2 to 13 1/2 psi (pounds per square inch) or 878.8 to 949.1 grams per square centimeter.



**Figure 1-3-1
FOOTBALL DIMENSIONS**

- g. The ball shall include the NFHS Authenticating Mark. The mark can be displayed in either format:
A current list of NFHS authenticated products can be found on the Web site, www.nfhs.org.



NOTE: By state high school association adoption, the ball to be used in games involving only players below the 9th grade may have dimensions as found in the following table:

**Table 1-3-1
BALL SPECIFICATIONS**

	9th grade and above	8th grade and below
Weight	14 to 15 ounces	12 to 14 ounces
Long circumference	27 3/4 to 28 1/2 inches	26 to 27 inches
Long Axis	10 7/8 to 11 1/16 inches	10 to 11 inches
Short circumference	20 3/4 to 21 1/4 inches	19 to 20 inches
Inflation pressure	12 1/2 to 13 1/2 psi	12 1/2 to 13 1/2 psi

METHOD OF MEASURING

1. All measurements shall be made after the ball is inflated to 13 psi.
2. The long circumference should be measured 90 degrees from lace around the ends of the ball, over the groove but not in the groove.
3. The long axis should be measured from end to end but not in the nose indentation.
4. The short circumference should be measured around the ball, over the valve, over the lace, but not over a cross lace.

ART. 2 . . . Each team shall provide at least one legal game ball to the referee at the time the game officials assume authority for the contest. Only legal game balls approved by the referee may be used during the contest.

Each team may use any referee-approved ball of its choice to free kick or start a new series of downs. If a touchdown occurs following a change of possession and the scoring team did not put the ball in play, any referee-approved ball may be used for the try.

NOTE: By state association adoption, a specific ball which meets specifications may be mandated for postseason or state playoff competition.

ART. 3 . . . The referee shall decide whether the ball meets specifications. If the field is wet, the referee may order the ball changed between downs.

ART. 4 . . . A kicking tee shall be made of pliable material which elevates the lowest point of the ball no more than 2 inches above the ground.

ART. 5 . . . Either a yardage chain which joins two rods exactly 10 yards apart or any other 10-yard indicator with a visible line-to-gain indicator shall be used as the official line-to-gain equipment. This equipment and a down indicator shall be provided by game management.

- a. The line-to-gain indicator shall be used to fix the line to gain, and the down indicator shall be used to mark the spot of the ball and indicate the number of the down in a series. The game officials shall check the line-to-gain indi-