

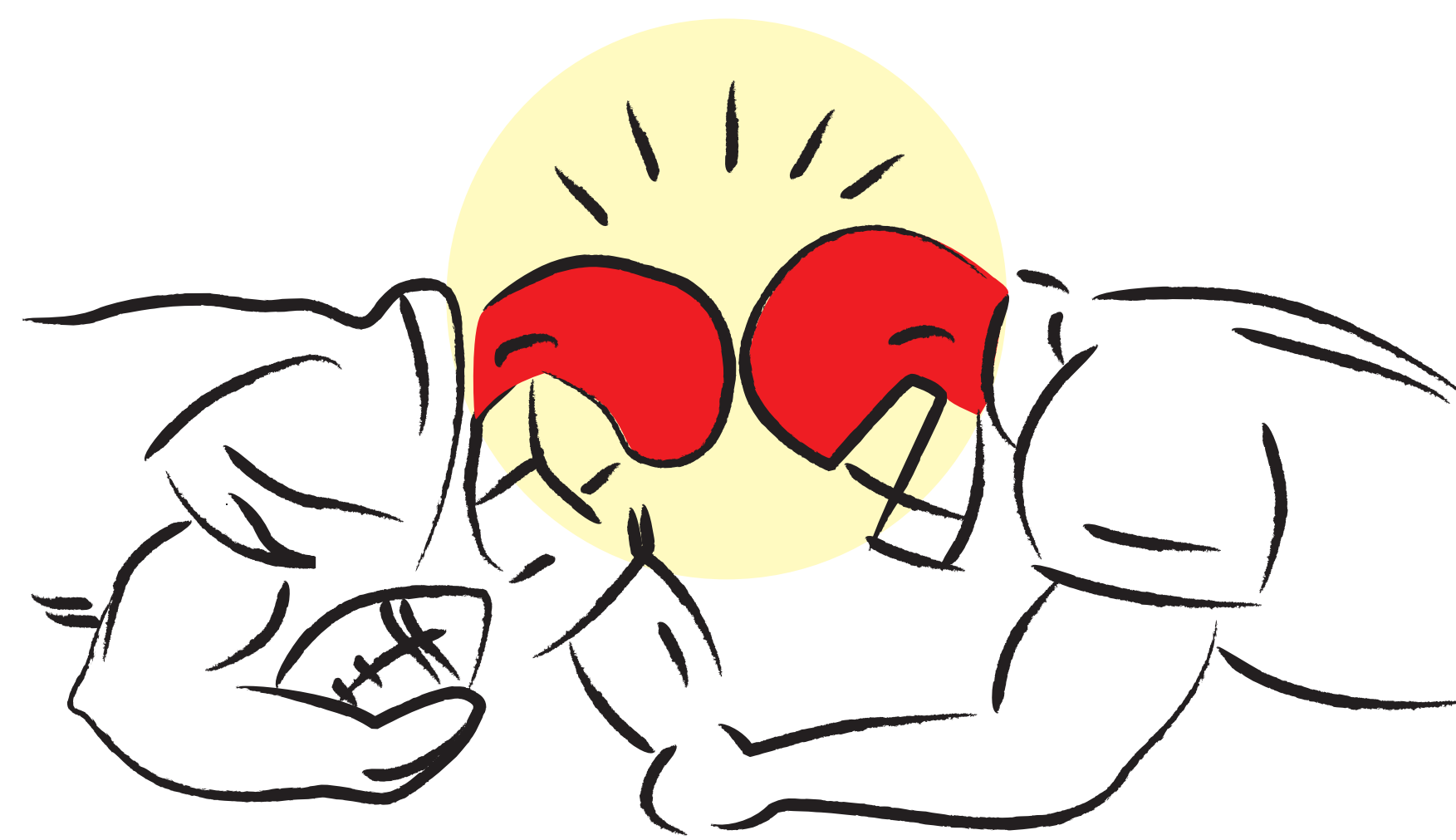
# PROTECT YOUR HEAD AND NECK!

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

Striking your opponent with your helmet in an attempt to punish will be a 15 yd penalty and can result in serious injury to both you and your opponent!



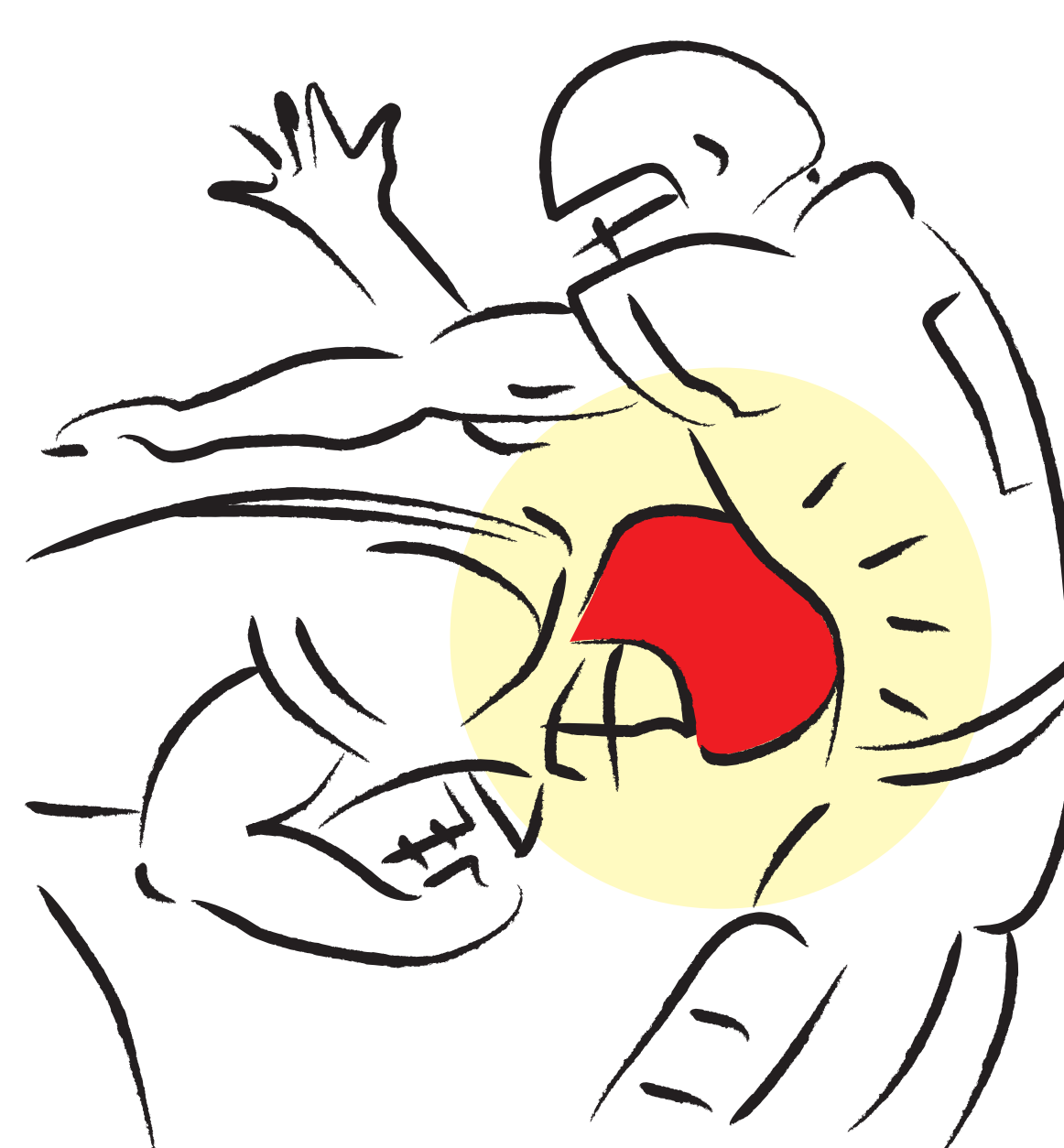
**Ramming**



**Helmet-to-Helmet\***



**Launching**



**Offensive\***

## NCAA 2005 Rule Changes

No player shall use his helmet (including the facemask) to punish an opponent (spearing).

No player shall use his helmet (including the facemask) to butt or ram an opponent.

No player shall strike a runner with the crown or top of his helmet in an attempt to punish.

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