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• National authority on interscholastic activity programs.
• Conducts national meetings;
• Sanctions interstate events;
• Produces national publication for high school administrators;
• National source for interscholastic coach and official training and national information center.
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- Membership = 50 member state associations and D.C.
- NFHS reaches more than 19,000 high schools and 12 million participants in high school activity programs, including more than 7.8 million in high school sports.
The NFHS writes playing rules for 17 sports for boys and girls at the high school level.

• Publishes 4 million pieces of materials annually.

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The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.
RULE 4-2-9
SOFT-PADDED HEADBAND

- A soft-padded headband is permitted.
- Previously the rules did not take up the issue of soft-padded headband. The information was found only in a situation.
RULE 4-2-9
SOFT-PADDED HEADBAND

- A soft-padded headband is now permitted by rule.
- Parents, student-athletes, coaches may make the decision to allow the use of soft-padded headbands.
A player is offside and penalized if, at the time the ball touches or is played by a teammate, the player is involved in active play and interferes with play or with an opponent or seeks to gain an advantage by being in that position.

A player in an offside position receiving the ball from an opponent, who deliberately plays the ball (except from a deliberate save), is not considered to have gained an advantage.
The new interpretation allows a player to receive a ball from an opponent’s deliberate play (except from a deliberate save), without being considered offside.

Legal – Pass is off a deliberate play

Illegal – Ball is received from a deliberate save
14-1-4

- Once the kicker starts his/her approach toward the ball, he/she may not interrupt his/her movement. Failure to kick the ball as specified will be considered a violation by the attacking team, and the appropriate penalties shall apply.
RULE 14-1-4
PENALTY KICK

Once the kicker starts the approach toward the ball, the kicker may not interrupt his or her movement. Failure to kick the ball as specified will be considered a violation by the attacking team, and the appropriate penalties shall apply.

Legal – Play continues with goalkeeper’s save

Re-kick
GAINING AN ADVANTAGE BY BEING IN THAT POSITION-
A player who plays a ball that rebounds to him/her off a goal post or the crossbar after having been in an offside position, or a player who after being in an offside position plays a ball that rebounds to him/her off an opponent, who has not deliberately played the ball or made a deliberate save.
RULE 18-1-1 NEW O GAINING AN ADVANTAGE

- A player who receives a rebound off a crossbar, a goal post or an opponent after being in an offside position is considered to have gained an advantage.
18-1-1 NEW U

- INTERFERING WITH AN OPPONENT – Preventing an opponent from playing or being able to play the ball by clearly obstructing the opponent’s line of vision or movement of challenging an opponent for the ball.
An offside player who impacts the ability or options for an opponent to play the ball, makes a clear action to try to play the ball or is within playing distance of the ball is guilty of an offside infraction.
18-1-1 NEW V

- INTERFERING WITH PLAY – Playing or touching the ball passed or touched by a team-mate.
It is an offside infraction to play or touch the ball passed or touched by a teammate while having been in an offside position at the time of the pass.
The field of play shall be marked in accordance with the Soccer Field diagram, on the previous page, with non-caustic, distinctively colored material that is not injurious to the participants.

**Rationale:** The provisions of this rule refer to a “diagram” in the first sentence. There is little doubt the reference is to the previous page that contains a diagram of a soccer field. It is advantageous and clearer to simply add: “Soccer Field” before diagram.
1-2-10

A 1-yard long hash mark may be made perpendicular to the goal line, but not touching, outside the field of play 11 yards from the corner of the field to assist the officials in enforcement of encroachment during corner kicks.

Rationale: This helps clarify the fact that this marking is in no way on the field.
This clarifies that the one-yard hash marks shall not touch the field markings.
Add State Association notification to 1.2.4 and 1.2.6.

**Rationale:** 1.2.1B, 1.2.4, and 1.2.6 all deal with improper markings on the field. In 1.2.1B, the referee is directed to notify the state association. However, in 1.2.4 and 1.2.6, they are directed to only notify the home coach.
Nets shall be attached to the posts and crossbar and be firmly fastened to the ground behind the goals. Each net shall be supported so that it will extend backward to the level of the crossbar for a distance of 24 inches from the crossbar. No advertising other than a single manufacturer’s identification logo, may appear on the net. Nets may be multicolored; however, no markings other than a single manufacturer’s identification/logo may appear on the net.

**Rationale:** There have been many questions in recent years concerning the color of the net and whether school logos, names, mascots, etc. can be placed on the net. This addition will be consistent with responses that were given to these questions.
The change clarifies that a net may be multicolored. Also, no markings other than a single manufacturer’s logo may appear on the net.
There shall be designated specific marked areas for each team’s bench, separated by an official area for entering substitutes, scorers and timers. These areas shall be marked at least 10 feet from the touchline. The state association should be notified if team areas are not marked.

Rationale: In many, if not most cases, the team areas are not marked. This rule change will give specific directions on marking the team areas, as well as what to do in the event it is not marked.
RULE 1-5
OFFICIAL AND TEAM AREAS

- There are specific areas for which teams, including coaches, bench personnel and team members, are allowed to be during the game. The change clarifies that these areas shall be marked in some way.
No one shall be permitted directly behind either goal unless seated in bleachers.

**Rationale:** Removing the word “seated” helps to avoid confusion on where fans should be if directly behind the goal.
The spectators’ are permitted to be behind a goal if they are seated in bleachers.
3-3-3 SITUATION J

- **Ruling:** Illegal, unless Player A2 has been disqualified under the provisions of 12-8 that do not permit a substitution and provided that the other prerequisites for proper substitutions have not been met.

- **Rationale:** The word “not” was inadvertently removed from the ruling.
Only those names, patches, emblems, logos or insignias referencing the school are permitted on the team jersey and/or shorts, as well as on visible undergarments and goalkeeper pants, except as in 4-1-1(f). The player’s name may also appear on the team uniform.

Rationale: Logos etc. on garments that are not normally visible on the field (e.g. sports bras, athletic supporters) are not a problem in the conduct of an interscholastic contest. It would also be inappropriate for coaches or officials to be checking those garments for possible violations of the rule as it is currently written.
(second sentence) Shoes with soles containing metal (aluminum, magnesium, titanium, etc.), leather, rubber, nylon or plastic cleats, studs, or bars, whether molded as part of the sole or detachable, are allowed as long as the referee does not consider them dangerous or they have been altered in any way creating sharp edges thus rendering them unsafe.

**Rationale:** Second clause simply duplicates first clause about referee ruling whether they are dangerous or not. Whether they are dangerous or not does not depend on whether they have been altered or not.
SITUATION 4-1-1 H SITUATION

- Ruling...If unable to correct, the game shall be played and the referee must notify the state association following the game.

- **Rationale:** Changed to the “state association” as used in other parts of the book.
4-1-2

- It is recommended that team captains wear an upper arm band of a contrasting color. The captain’s band, if worn, shall be worn on the upper arm.

- **Rationale**: The added gives specific direction as to the expectation of where the armband should be worn.
RULE 4-1-2
CAPTAIN'S ARM BAND

The captain’s band, if worn, shall be worn on the upper arm.
During pregame warm-up, the referee observes A5 is wearing a soft-padded headband.

**COMMENT:** The use of a soft-padded soccer headband is permitted but not required.

**Rationale:** The term headgear suggests headband and helmet. It is not legal for a field player to wear a helmet.
12-8-1 SITUATION C

- During the game, while the ball is in play, (c) Player A1 wears an electric heart monitor on the chest under the jersey.

- **Rationale**: This proposal is for item c only. The additional wording is needed because there are heart monitors that are worn on the wrist that would be illegal.
Added Penalty to this Article.

**Rationale:** In Article 1, a “penalty” is clearly laid out where the player shall leave the field. However, Article 2 does not have a similar provision. Adding the penalty and making it clear that the team shall not be allowed to replace the player would add clarity to this article.
2016-17
POINTS OF EMPHASIS
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ROUGH PLAY

- Rough play including contact above the shoulder often results in player injury. Officials, coaches and players must eliminate rough play from the game. Officials should deal with rough play by giving appropriate penalties immediately when the rough play occurs.
Rough play, including contact above the shoulder, often results in player injury. Officials, coaches and players must eliminate rough play from the game. Officials should deal with rough play by giving appropriate penalties immediately when rough play occurs.
TEAM MEMBER EQUIPMENT CHECK

- Because of the number of recent rules changes involving uniforms and equipment, officials are encouraged to informally check the equipment of team members before the game to prevent possible player equipment violations occurring during the game.
TEAM MEMBER EQUIPMENT CHECK

- Because of the number of recent rule changes involving uniforms and equipment, officials are encouraged to informally check the equipment of team members before the game to prevent possible player-equipment violations.
Teams not having uniforms that meet rules requirements continues to be a problem. Although the game may be played using the illegal uniforms, it is imperative that officials report all instances of illegal uniforms to their state high school athletic associations and that the state associations take appropriate action to alleviate the illegal-uniform situation.
After the clock is stopped for a goal and the referee examines a player including a goalkeeper for a possible injury, that player will not have to leave the game unless the coach and/or medical personnel are beckoned onto the field to check the player. If the referee beckons the coach and/or medical personnel, the player including a goalkeeper is required to leave the field.
REFREE CHECKING FOR INJURY AFTER A GOAL

- After the clock is stopped for a goal and the referee examines a player, including a goalkeeper, for a possible injury, that player will not have to leave the game unless the coach and/or medical personnel are beckoned onto the field to check the player. If the referee beckons the coach and/or medical personnel, the player, including a goalkeeper, is required to leave the field.
BALL HOLDERS

- Because the clock is running when the ball goes out of bounds, it is essential that ball holders be available to get the ball back in play quickly. At least two ball holders are to be provided by the home team each game. The ball holders are under the direct supervision of the officials.
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2016-17
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  - Basketball – September 1
  - Softball – January 2017

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