

# 2026 NFHS Rules Changes

**1-5-3c(9)** – The committee has approved the wearing of play cards on both the forearm/wrist and belt areas of the body.

**9-4-7** – The committee approved new rules language that no player may use the hand(s) to slap the opponent's head.

**1-5-1d(5)a - 4, 5 (NEW)** — Committee clarifies and restricts attachments on tooth and mouth protectors, effective with the 2026 season.

**1-5-2d (NEW), 1-5-3c(6)** — Arm sleeve specifications developed to guide manufacturers, players and coaches **effective with the 2027 season.**

## **2026 Football Points of Emphasis**

1. Flagrant and Unsportsmanlike Fouls
2. Helping the Runner
3. Sideline Management and Control
4. Identification of the NFHS Authenticating Mark on Game Balls