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2026-27 NFHS Soccer PowerPoint

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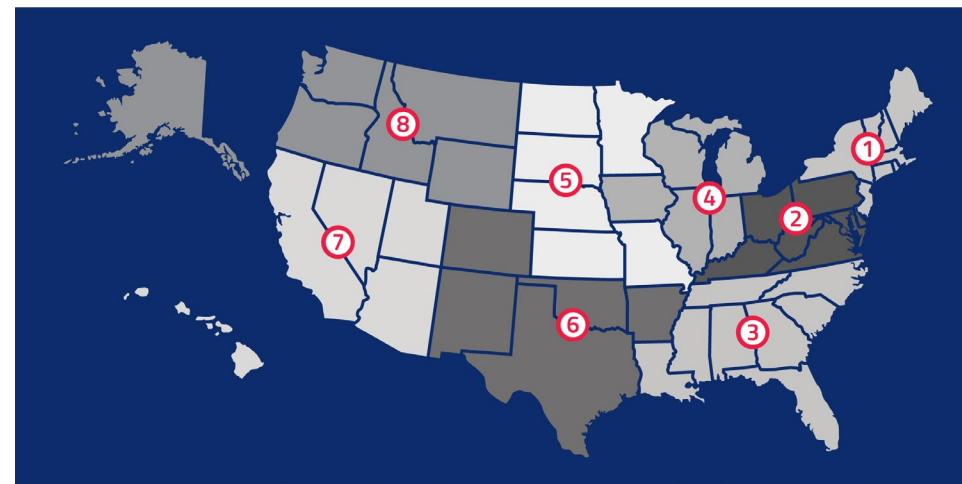
NFHS Information



NFHS



- NFHS (located in Indianapolis, IN – Est. 1920):
 - National leader and advocate for high school athletics and performing arts programs.
 - Serves 51 state associations, 19,983 high schools and 12 million student participants.
 - Writes playing rules for 18 high school sports for boys and girls.
 - Offers online education courses for high school coaches, officials, parents, students and others.
 - Ensures that students have opportunity to enjoy healthy participation, achievement and good sportsmanship in education-based activities.



NFHS Rules Review Committee

- 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.



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Chief Operating
Officer



Lindsey Atkinson
Boys & Girls Lacrosse
and Volleyball



Julie Cochran
Cross Country, Soccer
and Track & Field



Bob Colgate
Flag Football,
Football and Sports
Medicine



Elliot Hopkins
Baseball and
Wrestling



Monica Maxwell
Basketball, Field
Hockey and Girls
Gymnastics



Dan Schuster
Ice Hockey



Sandy Searcy
Softball, Swimming &
Diving and Water Polo



Chris Paulson
Spirit

NFHS Rules Committee



Gibby Reynolds
OR
Chair - 2027



Julie Cochran
NFHS
Editor



Brianna Hines
VA
Coaches - 2026



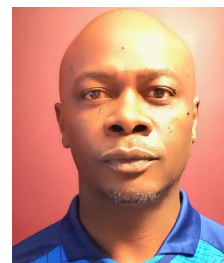
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Officials - 2027



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Section 2 - 2026



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NV
Section 7 - 2027



Sandi Wagner
AK
Section 8 - 2029

NFHS Publications



- The NFHS writes playing rules for 18 sports for boys and girls at the high school level.
 - Publishes 2 million pieces of materials annually.



NFHS Digital



- **NFHS Digital** is the digital publications platform for the NFHS. The app includes:
 - Rules Books
 - Case Books
 - Officials Manuals
 - Preseason Guide
 - Policy Debate Quarterly
 - Other NFHS Publications



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2026-27 NFHS Soccer Rules Changes



REQUIRED UNIFORM

RULE 4-1-4c



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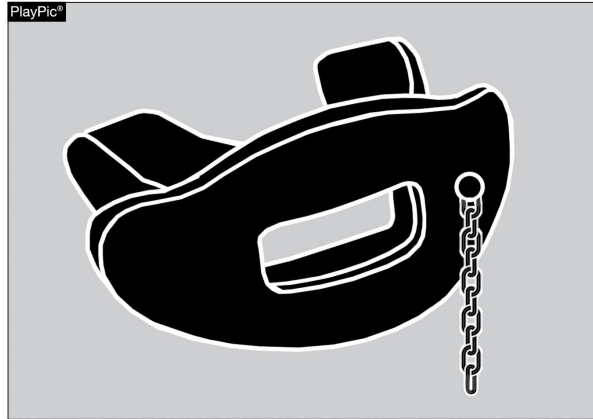


ILLEGAL

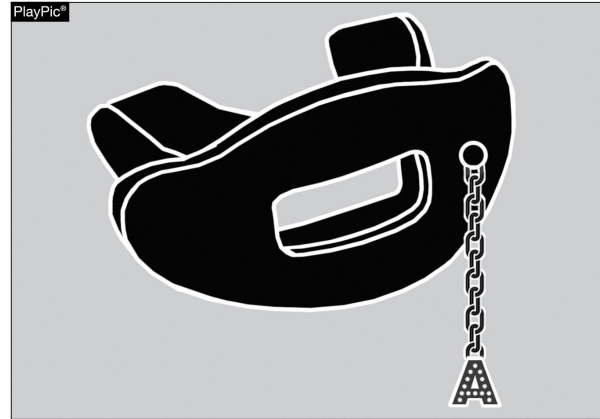
Home team socks shall be a single dominant **dark** color, but not necessarily the color of the jersey for the home team. Dark is defined as any color which contrasts to white.

TOOTH & MOUTH PROTECTOR

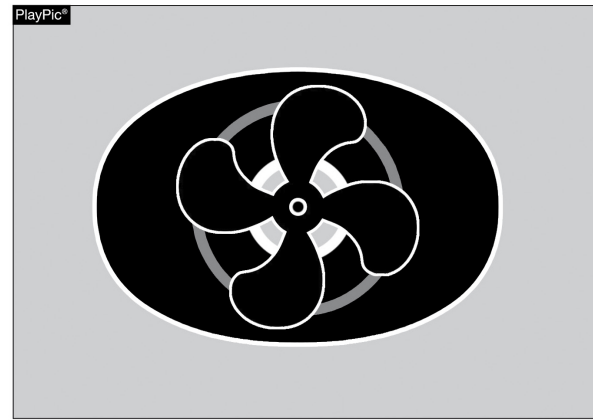
RULE 4-2-7d



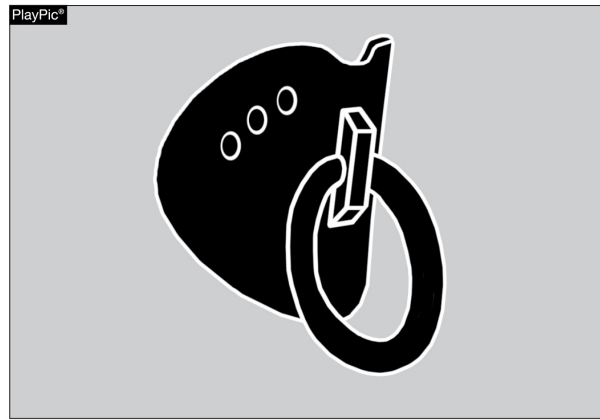
ILLEGAL



ILLEGAL



ILLEGAL



ILLEGAL

Tooth and mouth protectors, if worn by players, should not serve any function other than to protect the teeth or mouth.

WEARABLE TECHNOLOGY

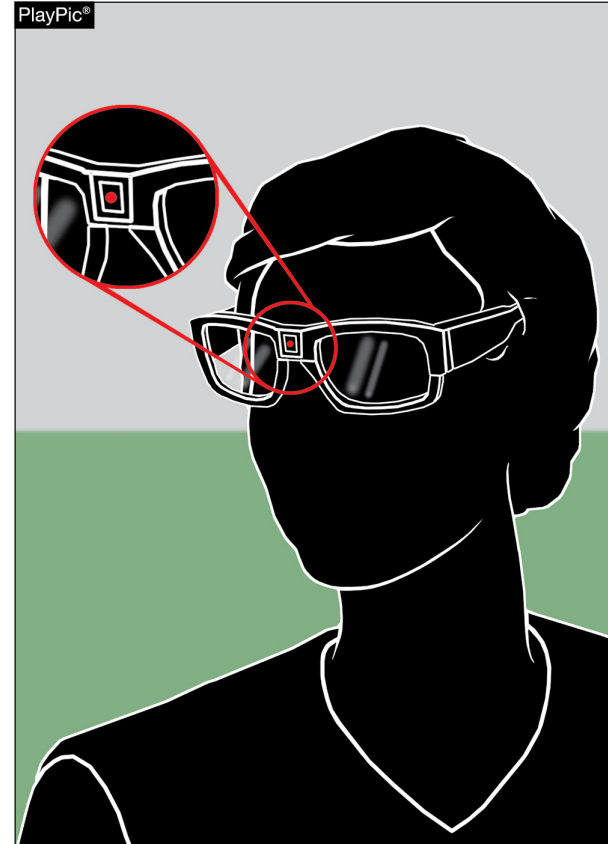
RULE 4-2-11a thru c



ILLEGAL



ILLEGAL



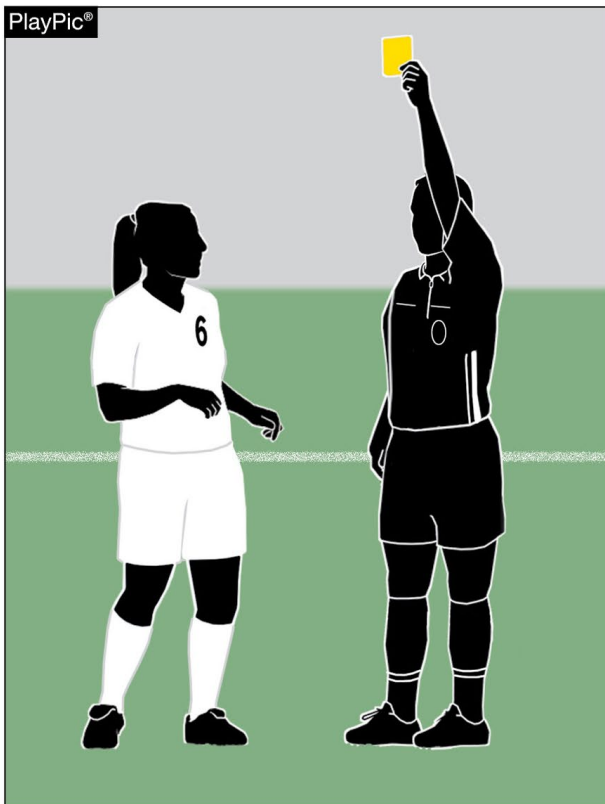
ILLEGAL

Players are not permitted to wear any type of audio or video device to record, transmit or livestream, aligning with other NFHS rules books.

State associations may further restrict electronic devices.

THE OFFICIALS

RULE 5-3-1f thru j

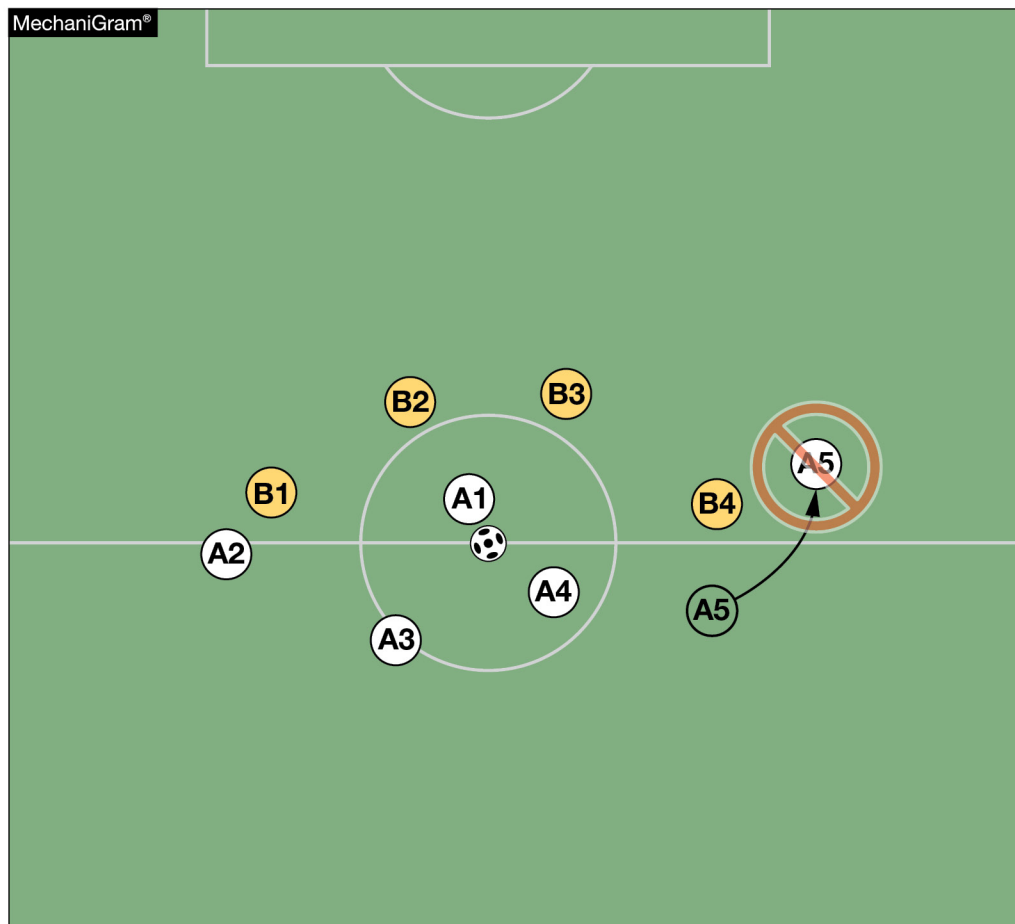


Added clarification in Rule 5, for the officials' responsibilities to now include directing any player shown a yellow or red card to leave the field of play.

The official must notify both coaches, the scorer, and other official(s) of the nature of the misconduct after showing a yellow or red card to a player, coach or bench personnel.

KICKOFF

RULE 8-1-2



All players, except the player taking the kickoff, must be on their half of the field otherwise the kickoff shall be retaken.



BITING

RULE 12-2-3

Biting was incorporated into direct free kick fouls.

A player shall not spit at **or bite anyone listed on a roster or a game official**, otherwise a direct free kick foul will be awarded.

FOULS AND MISCONDUCT

RULE 12-1-2c



A player shall not charge into, or challenge, an opposing goalkeeper who is controlling the ball with their hands.

Penalty: Direct Free Kick

Outside the penalty area, the goalkeeper has no more privileges than any other player.

GOALKEEPER INTERFERENCE

RULE 12-3-2



Goalkeeper Interference:
A player shall not prevent the opposing goalkeeper from releasing the ball from their hands nor kick, or attempt to kick, the ball when the goalkeeper is in the process of releasing it.

Penalty: Indirect Free Kick



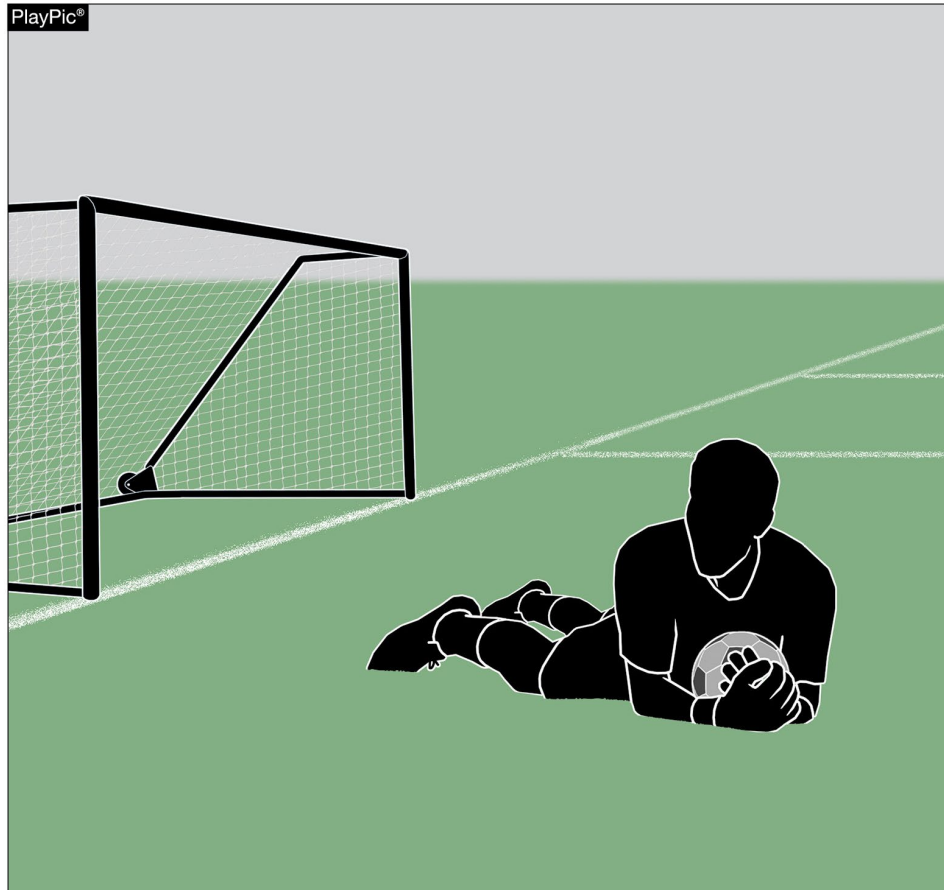
RULE 12-3-2a

The goalkeeper is considered to be in control of the ball with the hand(s)/arm(s) when:

1. The ball is between the hands or between the hand and any surface (e.g., ground, own body, goal post) or by touching the ball with any part of the hands or arms;
2. Holding the ball in an outstretched open hand;
3. Bouncing the ball on the ground or throwing the ball in the air, including bouncing or throwing the ball as part of kicking or punting the ball.

GOALKEEPER

RULES 12-3-1, 12-3-3a and 17-1-1, 3



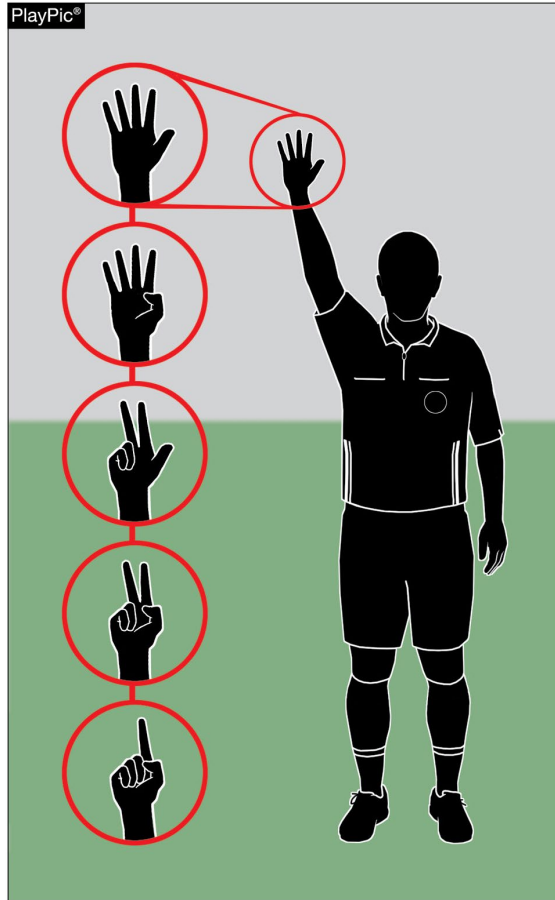
After controlling the ball with their hands/arm, the goalkeepers will now have **8** seconds instead of 6 seconds to release the ball.

The referee determines when the **8** second count begins.

Penalty: A **corner kick** will be awarded if the goalkeeper holds the ball longer than **8** seconds, replacing the previous indirect free kick restart.

GOALKEEPER

RULES 12-3-3a(2)



The referee shall signal the remaining five seconds (using Official NFHS Soccer Signals, Rule 5-3-1b) by raising an arm above the head and indicating the number of seconds left with their fingers.

Violations of this rule are still enforced even if the referee fails to provide a visual signal.



INDIRECT FREE KICKS

RULE 12-3-5

Clarifying language was added to considerations for dangerous play.

Dangerous play now explicitly includes actions preventing a nearby opponent from playing the ball for fear of injury.

This includes playing in such a manner which could cause injury to self or another player, opponent or teammate, **or which prevents a nearby opponent from playing the ball for fear of injury.**



VERBAL OFFENSES

RULES 12-3-6, 12-3-7

Rules 12-3-6 was added to include verbal offenses as IDFK.

This gives officials more flexibility when disciplining verbal offenses: they are now considered fouls at a minimum and may rise to the level of misconduct depending on the circumstances.

Rule 12-3-7 Address if the game is stopped for misconduct and no other restart takes precedence; then it will restart with IDFK.



DOGSO EJECTIONS

RULE 12-6-1b (1-4)

Revisions clarify and simplify language surrounding Denying an Obvious Goal-Scoring Opportunity (DOGSO) ejections.

Redundant wording was removed and references to intending to deny a goal or goal-scoring opportunity (DOGSO) were eliminated.

The updated structure provides clear situations for which denying a goal or obvious goal-scoring opportunity is penalized with an ejection.



FREE KICK RESTARTS

RULES 13-1 THRU 13-3

Revisions clarify procedures for restarts on free kicks by breaking the rule into distinct categories.

The update outlines when and where free kicks are awarded, how they are to be taken, and the correct restart locations.

It also incorporates restart procedures for scenarios involving outside agents, offenses off the field, thrown objects, individuals entering the field illegally, players leaving the field without permission, and offenses outside the field of play.



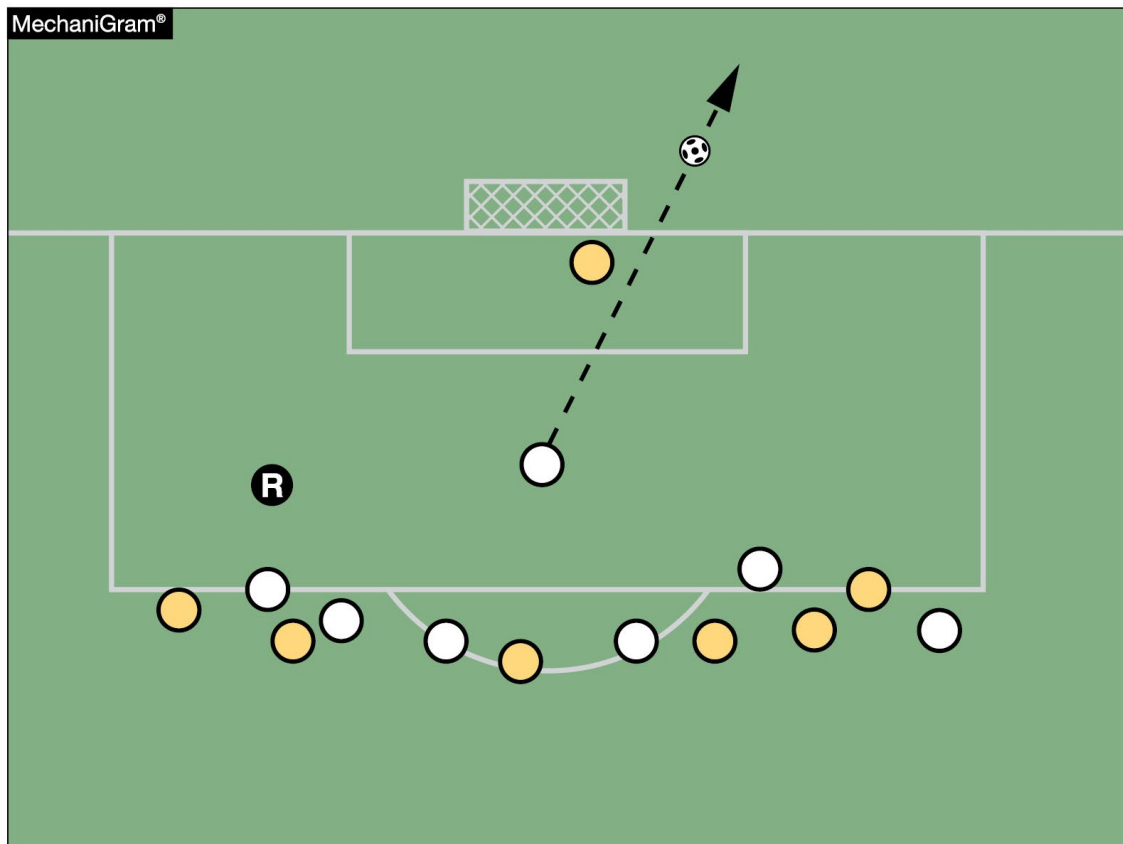
RULE 13-2

When and Where Awarded

1. Free Kicks are the restarts for fouls
2. Free Kicks are taken from where the offense occurred with exceptions
3. Free Kicks taken inside the goal area
4. Outside interference, entering and re-entering the field
5. Players leaving the field
6. Offenses outside the field of play

PENALTY KICK

RULE 14-1-2 – ENCROACHMENT

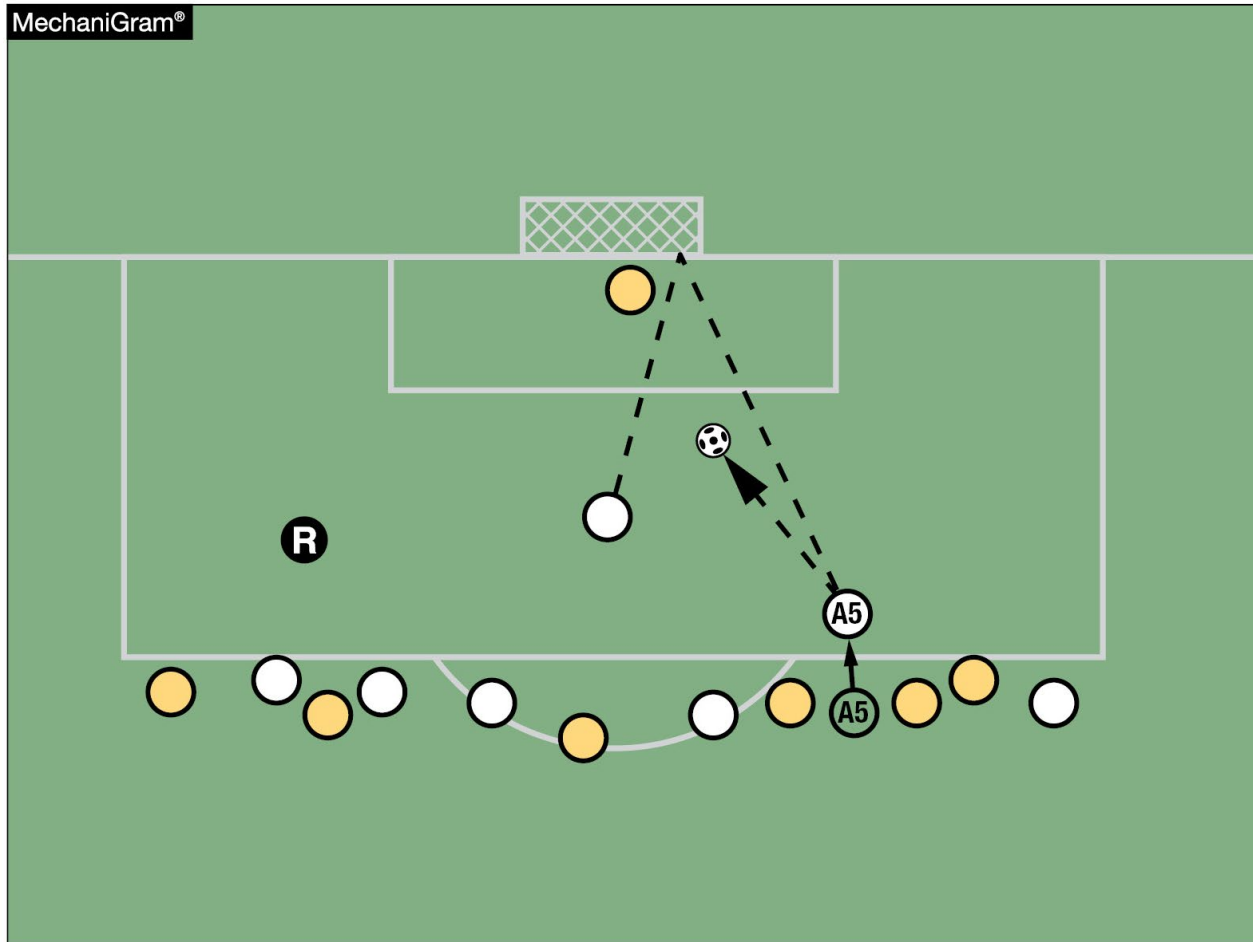


No Impact

Encroachment is penalized only if the offense has a clear impact on the penalty kick.

If players from either team enter the penalty area or arc early but have no effect on the kicker, goalkeeper, or the immediate play, officials should allow the result of the kick to stand without penalty.

RULE 14 -1-2



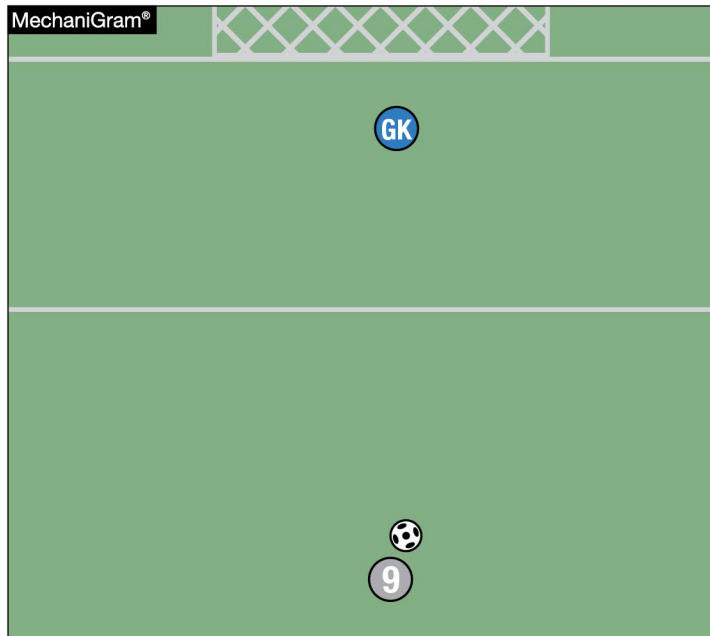
Impact

Encroaching attacker A5 impacts the play.

Penalty: The defending team is awarded an indirect free kick from where A5 kicked the ball.

PENALTY KICK

RULE 14-1-3 – GOALKEEPER ENCROACHMENT



Goalkeepers will now receive a warning for a first offense rather than an immediate caution.

Cautions are reserved for subsequent infractions.



PENALTY KICK

RULE 14 – KICKER FEINTING

Deceptive movements and stutter-stepping by the kicker during the run-up continue to be allowed.

However, feinting (or pretending to kick the ball) once the approach to the ball is completed is strictly prohibited.

This is an act of unsporting conduct that shall be cautioned and is enforced on the first and every subsequent occurrence.



PENALTY KICK SITUATIONS (14-1-2, 14-1-3, and 14-1-4)

Offense		Outcome of the Penalty Kick	
		Goal	No Goal
Defender encroaches	Impact	Goal	Retake
	No impact	Goal	No retake
Attacker encroaches	Impact	Retake	Indirect free kick
	No impact	Goal	No retake
Both teams encroach	Impact	Retake	Retake
	No impact	Goal	No retake
Goalkeeper offends	Impact	Goal	Retake (GK is warned or cautioned)
	No impact	Goal	If saved: retake (GK is warned or cautioned) If not saved: no retake
Kicker offends	Wrong kicker	Indirect free kick (wrong kicker is cautioned)	
	Illegal feinting	Indirect free kick (kicker is cautioned)	
	Ball kicked backwards	Indirect free kick	
Goalkeeper and kicker offend at the same time		Indirect free kick (kicker is cautioned)	

PENALTY KICK RULE 14 Penalty Chart



2026-27 NFHS Soccer Editorial Changes



PLAYER EQUIPMENT

RULE 4-1-2

All jerseys, including the goalkeeper's jersey, shall be numbered with a different, **unique** Arabic number.

If a visible number is worn on the uniform bottom, it shall be the same number as on the uniform top.

PLAYER EQUIPMENT

RULE 4-3-3

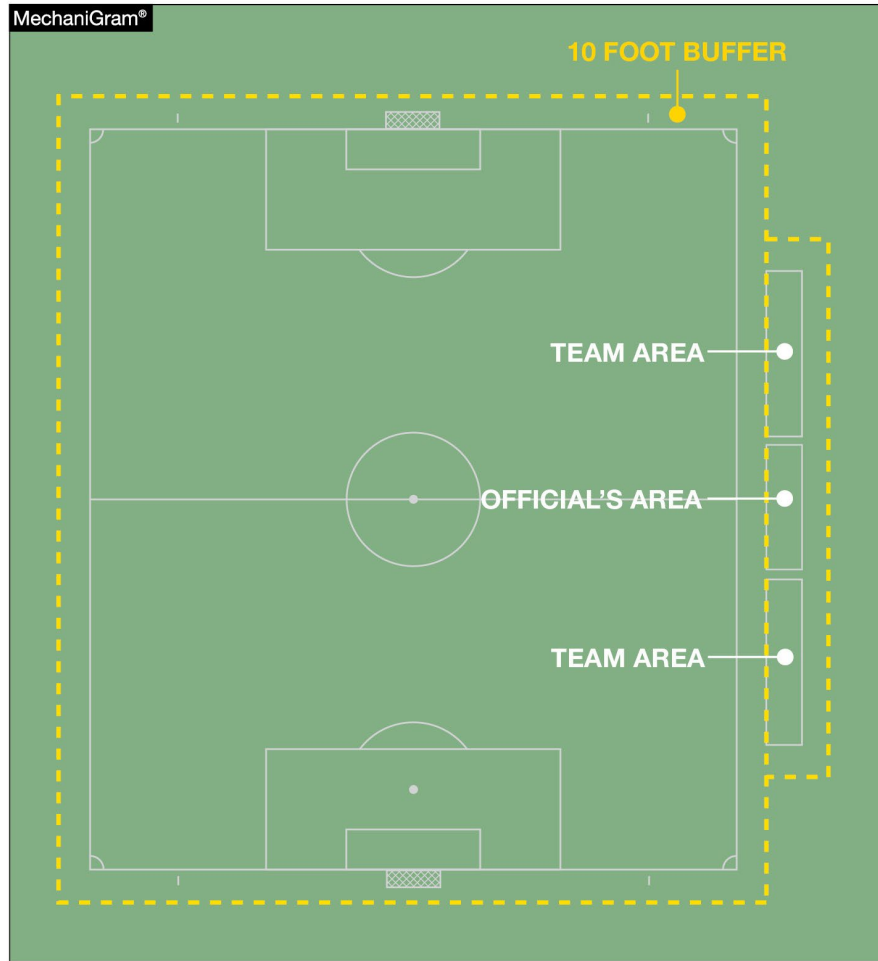


Both teams may wear shorts of a similar color.



2026-27 NFHS Soccer Points of Emphasis

PROPERLY MARKED FIELDS



- Administrators, coaches, and officials must prioritize proper marking of team areas and the maintenance of the 10-foot buffer around the field boundary lines.
- Team areas extend 10 yards from each side of the halfway line for a total length of 20 yards, set back 10 feet from the touchline.
- Team areas must be clearly designated and marked by a solid line. When markings are missing, officials should work with administrators or coaches to place cones as temporary boundaries.
- Any violations of Rule 1-5-3 must be reported to the state association.

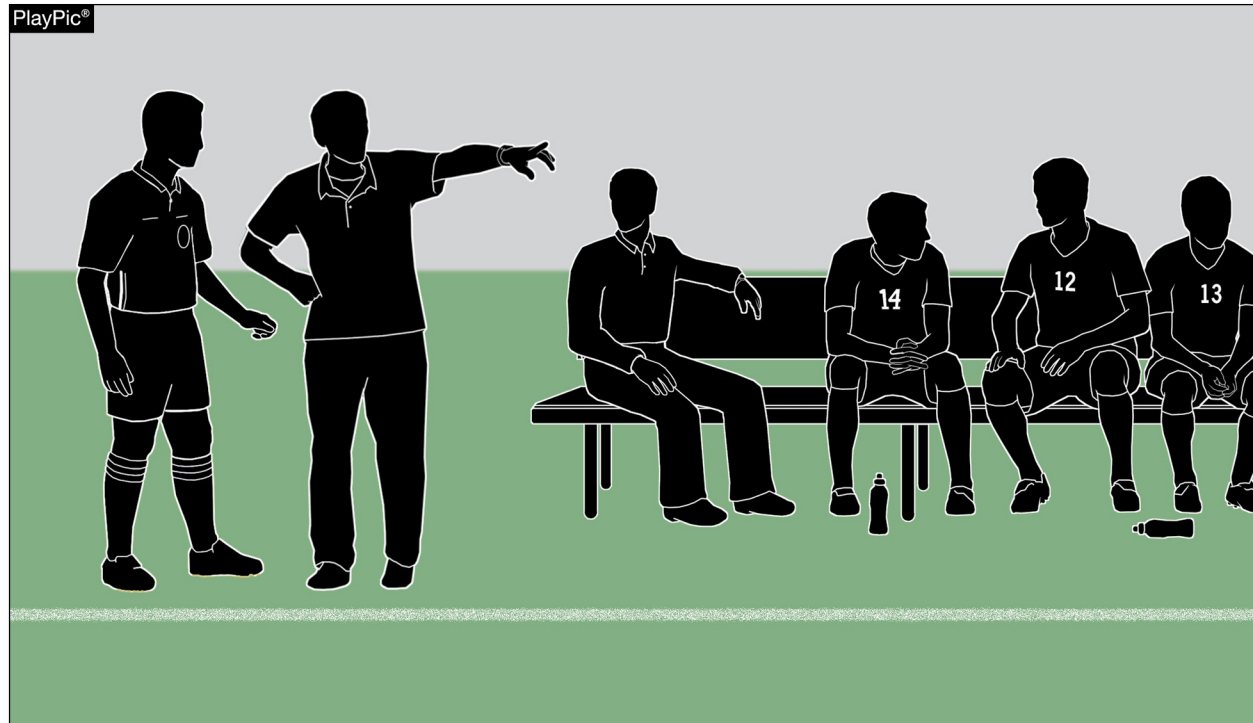


NFHS AUTHENTICATING MARK ON GAME BALLS



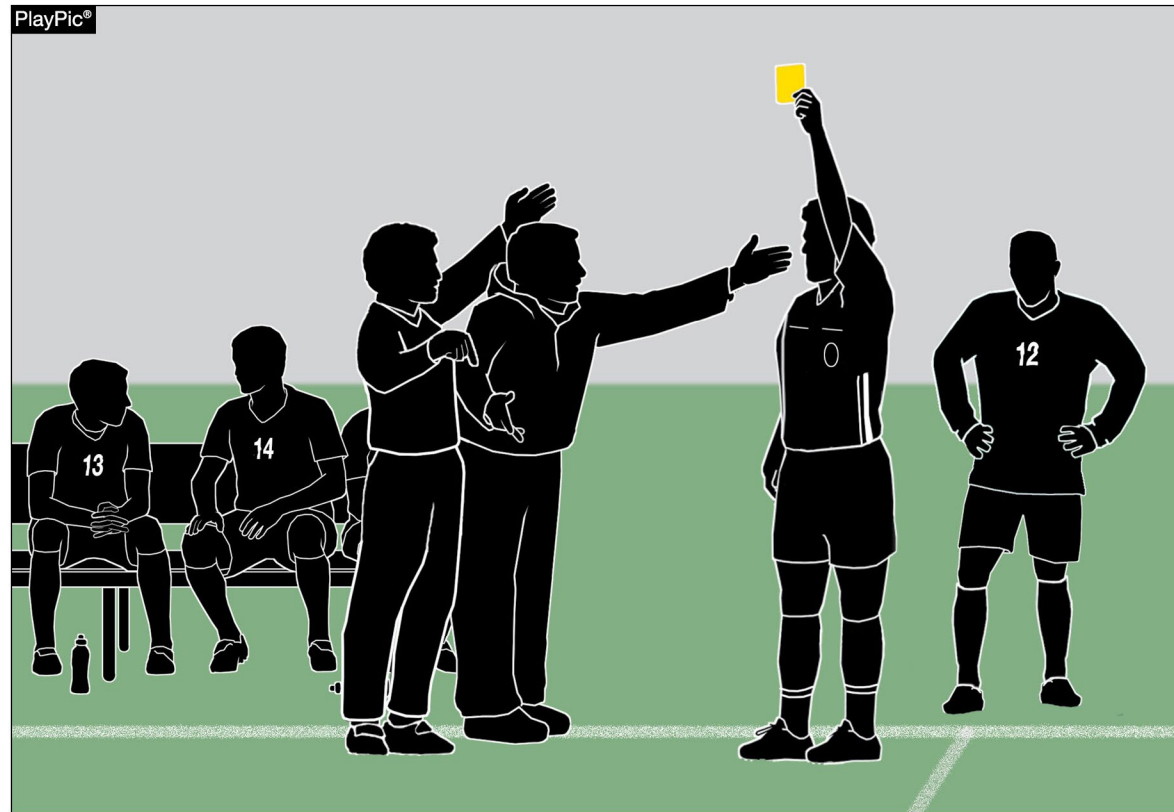
- The NFHS Authenticating Mark ensures easy identification of balls used in interscholastic competitions. All such balls are required to display the NFHS Authenticating Mark.
- This mark helps promote a level playing field by ensuring consistency in equipment and clearly communicates that standards are being met.
- Administrators and coaches play a pivotal role in making sure all balls meet specifications through consistent reinforcement during pre-competition meetings.
- Game officials must remain vigilant and report any non-compliant balls to the state association office.

SHARED PROFESSIONALISM AND BENCH ACCOUNTABILITY



- High school soccer serves as an extension of the classroom, requiring both officials and coaches to uphold the highest standards of composure and integrity.
- Professional communication should remain non-threatening and conversational. Raising one's voice, displaying frustrations or acting in a provocative manner only escalates conflict.

SHARED PROFESSIONALISM AND BENCH ACCOUNTABILITY



- When a caution or ejection is issued, officials advise the head coach using appropriate rulebook language. Both parties share responsibility for ensuring communication remains professional.
- Any dissent or inappropriate conduct should be addressed firmly and professionally. Coaches are accountable for their behavior and must model emotional control and sportsmanship.

MANAGING GOAL CELEBRATIONS



- Celebrating after scoring a goal is an integral part of soccer. Reacting with joy is permissible provided it is not excessive and not accompanied by taunting.
- Players are allowed to celebrate and may leave the field momentarily, provided they make a prompt return to the playing field. Rehearsed or choreographed celebrations should be discouraged.

MANAGING GOAL CELEBRATIONS



- The line between allowable celebration and misconduct is crossed when a player or team prevents a timely restart by delaying excessively or by taunting opponents or fans.
- Examples of misconduct include jumping over barriers, climbing fences, or removing one's jersey. Any act that prohibits a timely restart is unsporting conduct and requires a caution.



PENALTY KICK OFFENSES AND THE CONCEPT OF IMPACT

- Encroachment during a penalty kick is only penalized if the offense has a clear impact on the play.
- Encroachment by the defending team is never penalized if the goal is scored. If the kick is missed or saved and the defense encroached with impact, the kick is retaken.
- Goalkeepers who encroach and impact the kicker shall receive a warning for the first offense, with cautions reserved for subsequent infractions.
- While kickers are permitted stutter-steps during the run-up, feinting once the approach is complete is unsporting conduct that shall be cautioned on every occurrence.



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2024 Baseball Exam - Part 2



2023 Basketball Exam - Part 1



2023 Basketball Exam - Part 2



2023 Diving Exam - Part 1



2024-25 Diving ONLY Exam



2023 Field Hockey Exam - Part 1



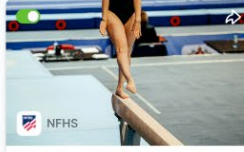
2024-25 Field Hockey Exam



2023 Football Exam - Part 1



2024-25 Football Exam - Part 1



2023 Girls Gymnastics Exam - Part 1



2023 Girls Lacrosse Exam - Part 1







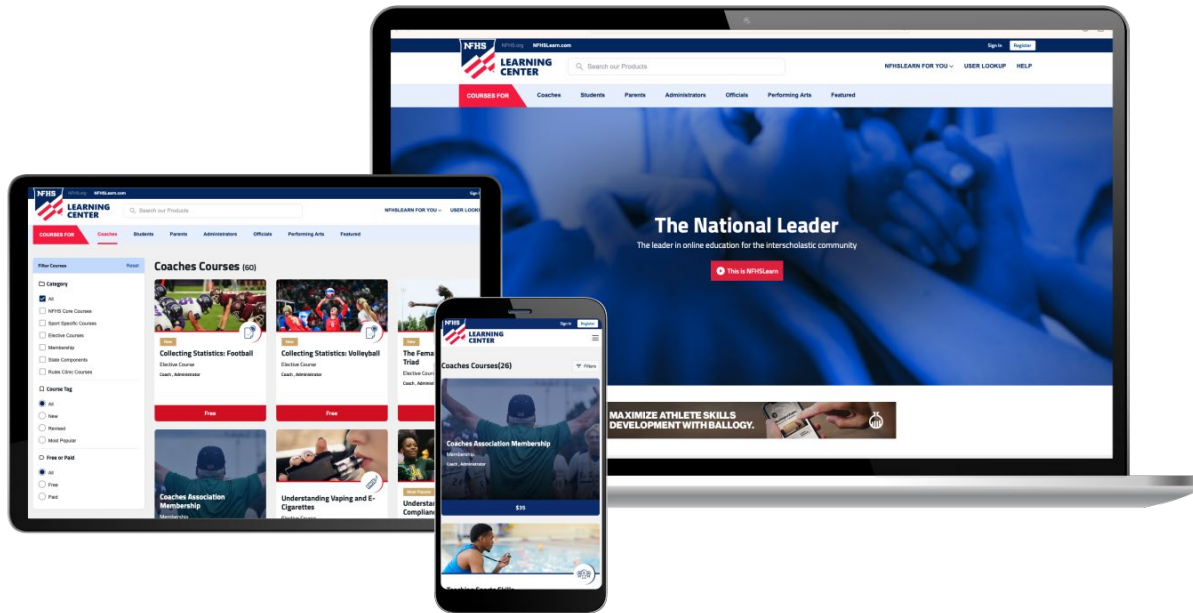


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- The Collapsed Student (2020) – 108,000+
- CPR & AED Training (2023) – 55,500+
- Sportsmanship – 1.7M+
- Fundamentals of Coaching – 1.1M+
- First Aid, Health and Safety – 505,000+
- Bullying, Hazing and Inappropriate Behaviors – 658,000+
- Student Mental Health and Suicide Prevention – 460,000+
- Coaching Mental Wellness (2025) – 37,750+
- Emergency Action Planning for Afterschool Programs (2025) – 14,600+



NFHS Store



- We're excited to introduce a new NFHS Store, powered by Northwest Designs, making it easier than ever to shop NFHS-branded apparel and have it delivered straight to your home or office. The collection features t-shirts, polos, sweatshirts, and quarter-zips from top brands like Nike and Gildan. We can't wait to see our membership proudly representing the NFHS brand!



<https://online-apparel.com/s/nfhs-merchandise/>

NFHS Authentication Mark Update





NFHS Authenticating Mark Update

Specifications

- Do not use the NFHS Authenticating Mark without prior written approval from the NFHS
- This mark is for use of licensees only.

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- **Inflatable Balls** - 2 ½" in length (Basketball, Football, Soccer, Volleyball, and Water Polo)
- **Non-Inflatable Balls** - 1 ¼" in length (Baseball, Field Hockey, Ice Hockey Puck, Lacrosse, and Softball)
- On a ball or puck, the NFHS mark may be smaller than manufacturer's logo, but should be placed in proximity to the manufacturer's name for easy identification. Allow enough space around the mark so it can be easily recognized as distinct and separate.
- Reproduce the mark only from the vector artwork provided on Direct Licensing Hub. Do not copy, scan art electronically or use as a template to redraw the symbol.

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Current Logo



Soccer



Old Size



circumference = 27.5"

Current Size



circumference = 27.5"

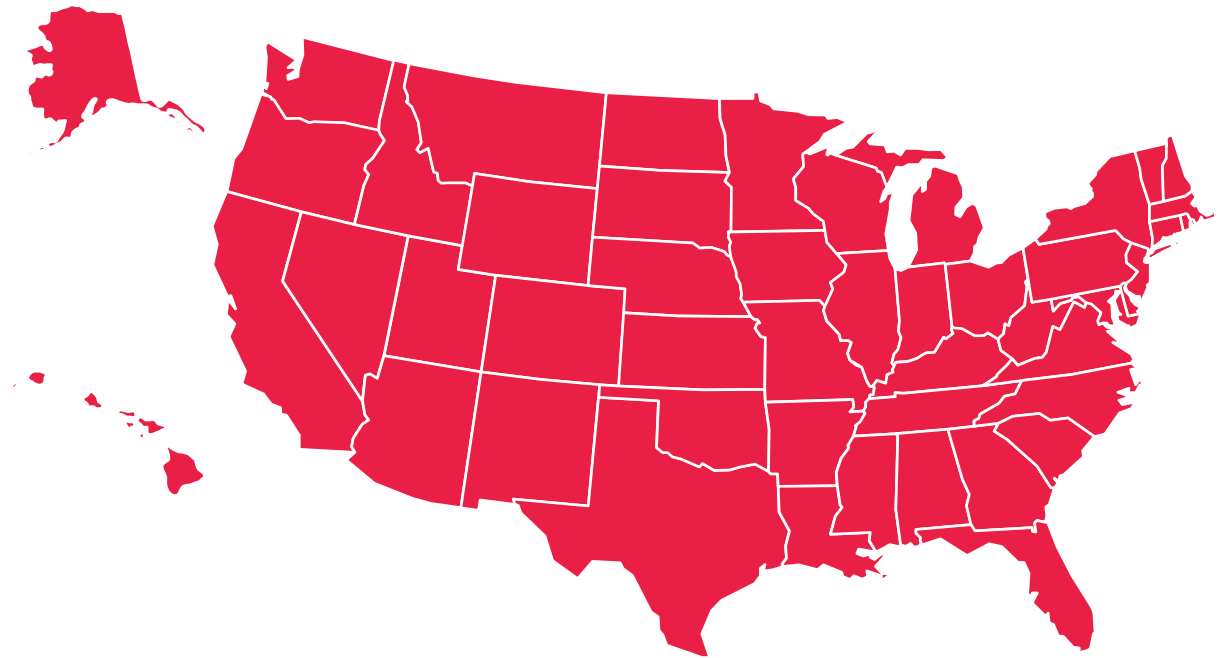
NFHS Network



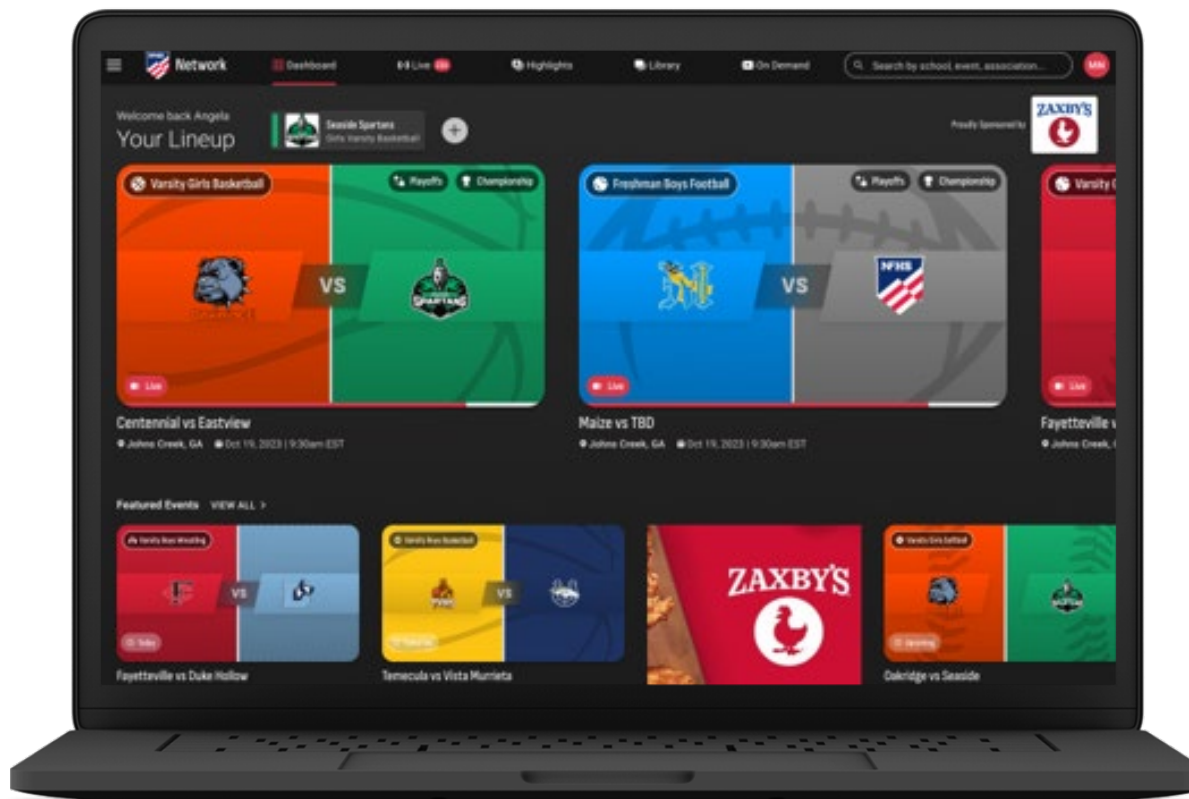
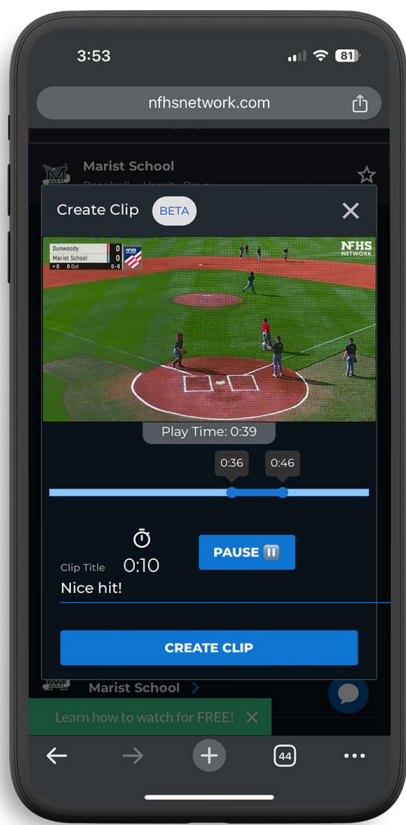
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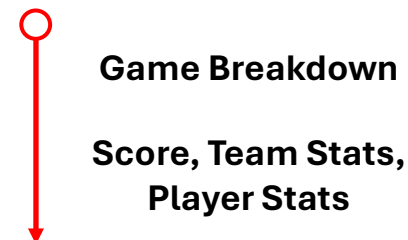
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