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PLAY.
PERFORM.
COMPETE.
TOGETHER.

2026-27 NFHS Soccer PowerPoint

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Post World Cup Season

- Following a Men's World Cup, High School and NCAA, typically see up to a 38% increase in yellow cards and red cards as compared to the previous season
- Reason...players, coaches and fans believe that what they saw in world cup is fair game for high school.

FIFA WORLD CUP 2026™ - FINAL



ESP

0



0

ARG



ET 105:27

DOWN TO 10 PLAYERS

FIFA FOX
LIVE - NY NJ



High School...This Is A Red Card

- Exhibiting Violent Conduct
 - (because flag was damaged)
- Taunting
 - Use of act to incite or degrade an opposing player, coach referee or other individual.
- At the very least, this is a yellow card



High School this Is 12 Yellow Cards



- Yellow card to each non-player entering the field to participate in celebration.
- Yellow card to coach for not controlling the players on the bench.

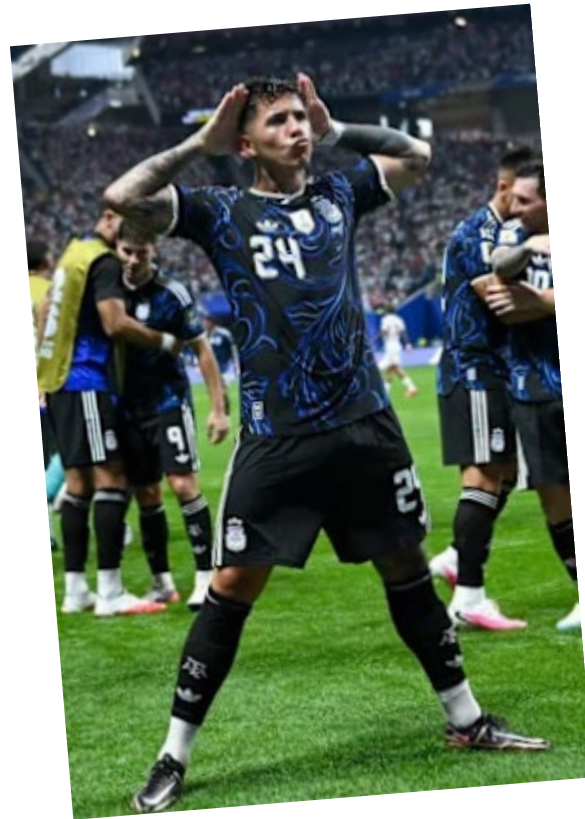


High School these are all Yellow Cards



PLAY.
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- Celebration is one thing...orchestrating or provoking is considered excessive.



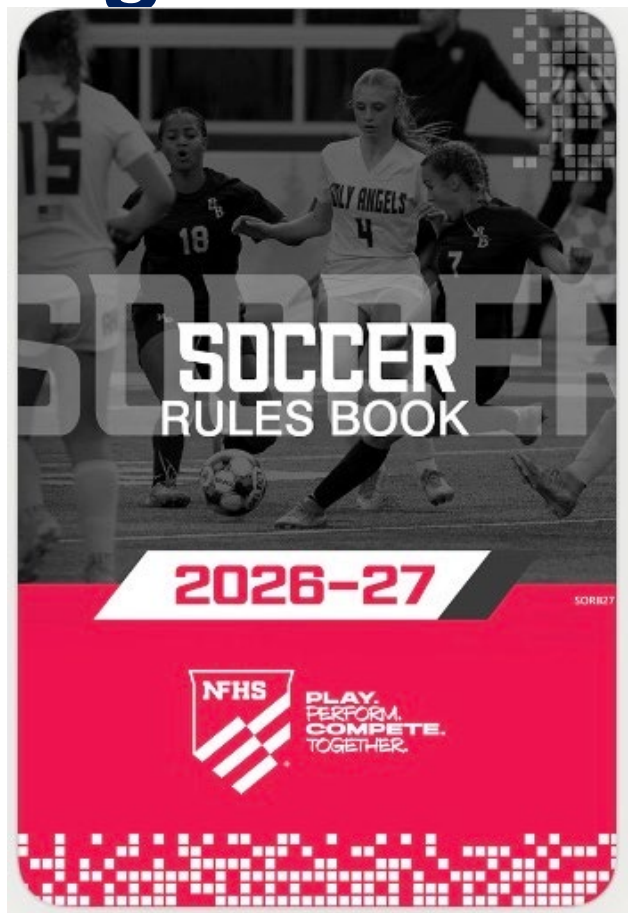


This Is A Red Card

- FIFA **DID NOT** rescind this **RED CARD**
- It **WAS** determined as a **RED CARD**
- The **RED CARD** suspension was delayed



NFHS Digital – Mobile App



<https://nfhs.org/about/nfhs-digital>

2026-27 NFHS Soccer Rules Changes



REQUIRED UNIFORM

RULE 4-1-4c



LEGAL

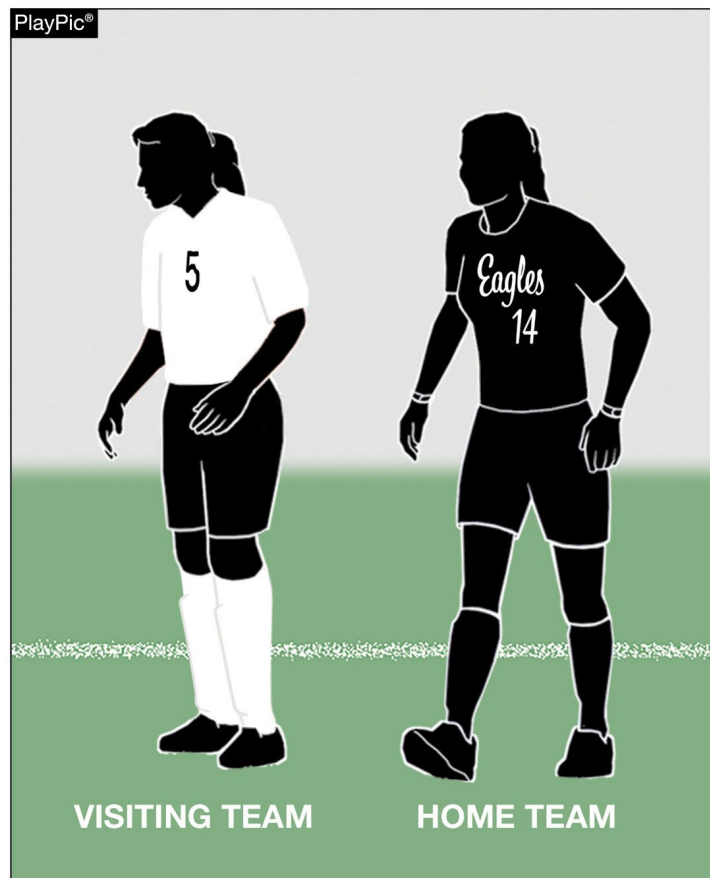
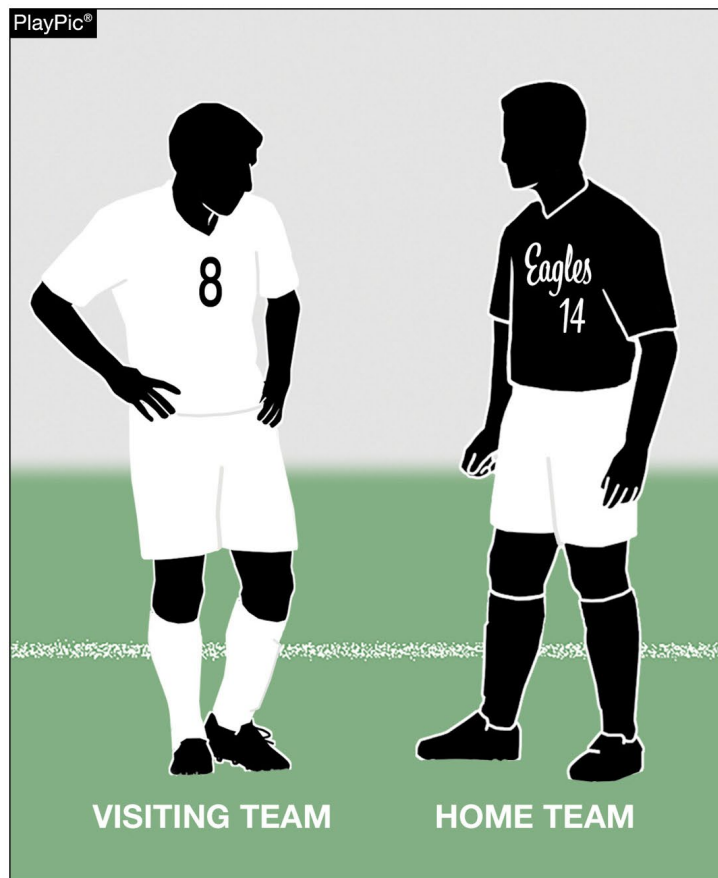


ILLEGAL

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.

PLAYER EQUIPMENT

RULE 4-3-3



Both teams may wear shorts of a similar color.

WEARABLE TECHNOLOGY

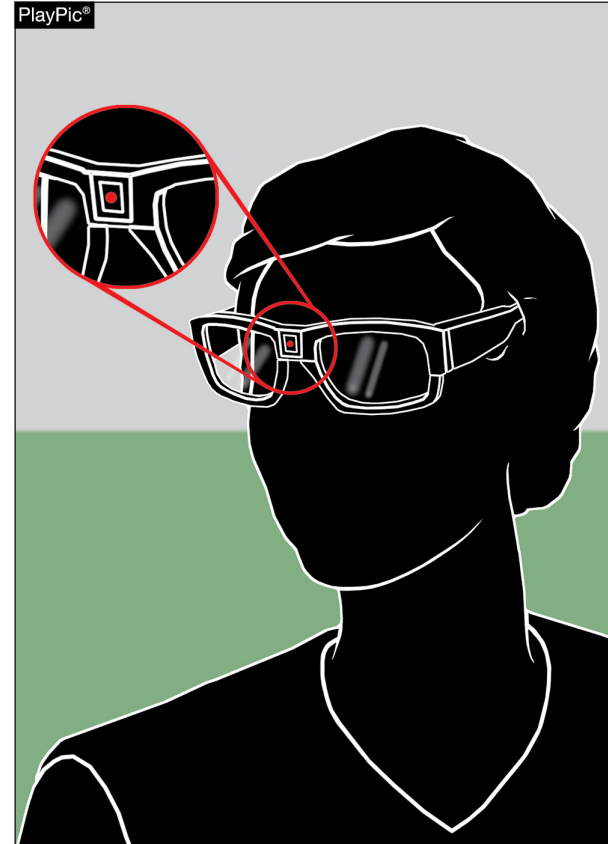
RULE 4-2-11a thru c



ILLEGAL



ILLEGAL



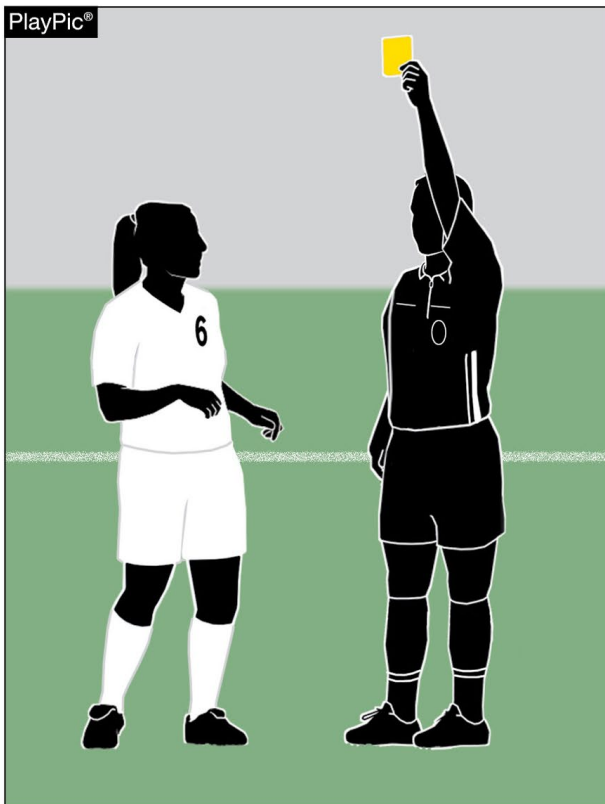
ILLEGAL

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.

The official must notify both coaches



- This is a ONE-WAY communication
- This is NOT a discussion nor a conversation
- Referee will inform what the card was for...

Yellow Card Notifications

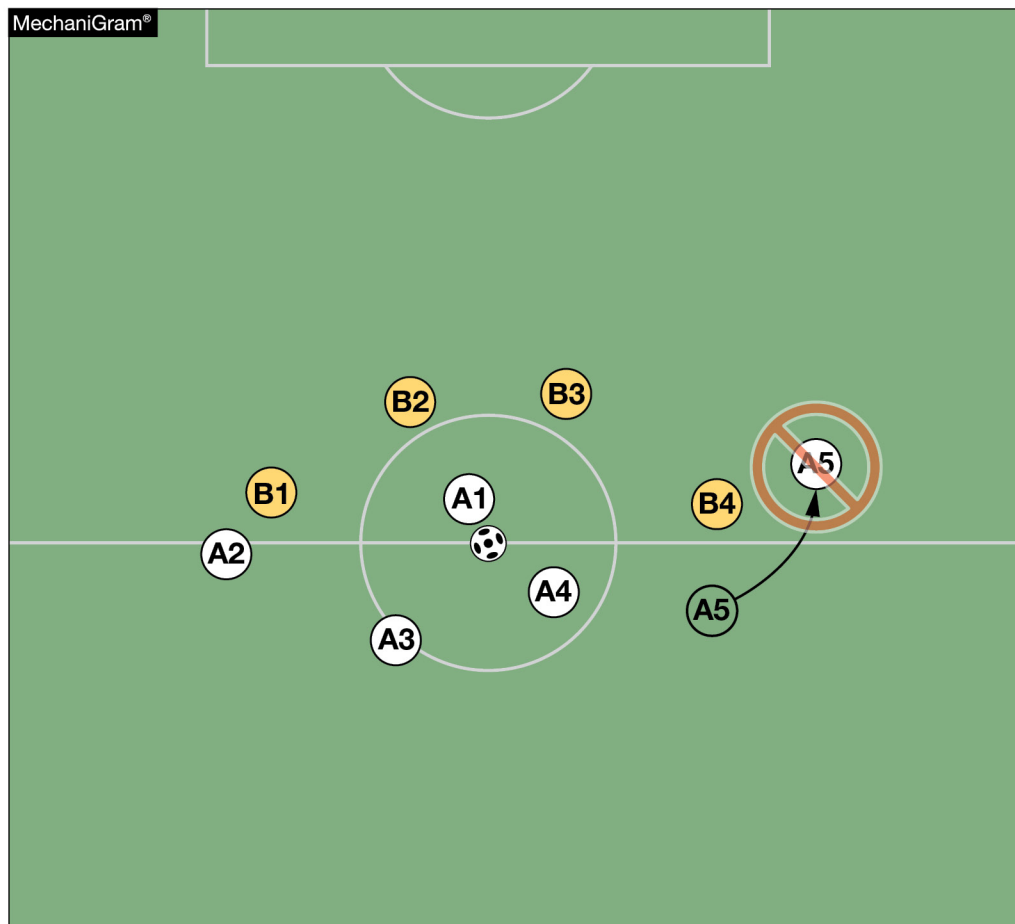
1. Coaching outside the team area;
2. Delay of game
3. Holding
4. Deliberate verbal tactics
5. Encroachment;
6. Deliberate handball to stop an attack;
7. Deliberate tactical foul;
8. Faking an injury;
9. Simulating a foul;
10. Reckless play;
11. Illegally equipped player
12. Prohibits a timely restart of the game;
13. Deliberate hand ball, inside PA to prevent a goal, and the goal is scored;
14. Foul, attempting to deny an obvious goal-scoring opportunity, goal scored.
15. Foul in the PA, attempting to play ball that denies and goal-scoring opportunity and PK is awarded

Red Card Notifications

- a) Violent conduct;
 - b) Taunting, word or action
 - c) Second Caution
 - d) Serious Foul Play →
 - e) Spitting at and opponent
 - f) Insulting, offensive abusive language or gesture
 - g) Leaving team area to enter field to join altercation.
-
- 1. Disproportionate force
 - 2. Deliberately handles ball while in the penalty area to prevent goal
 - 3. DOGSO
 - 4. Foul inside the penalty area while not attempting to play the ball...PK and Red Card

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.

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

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.



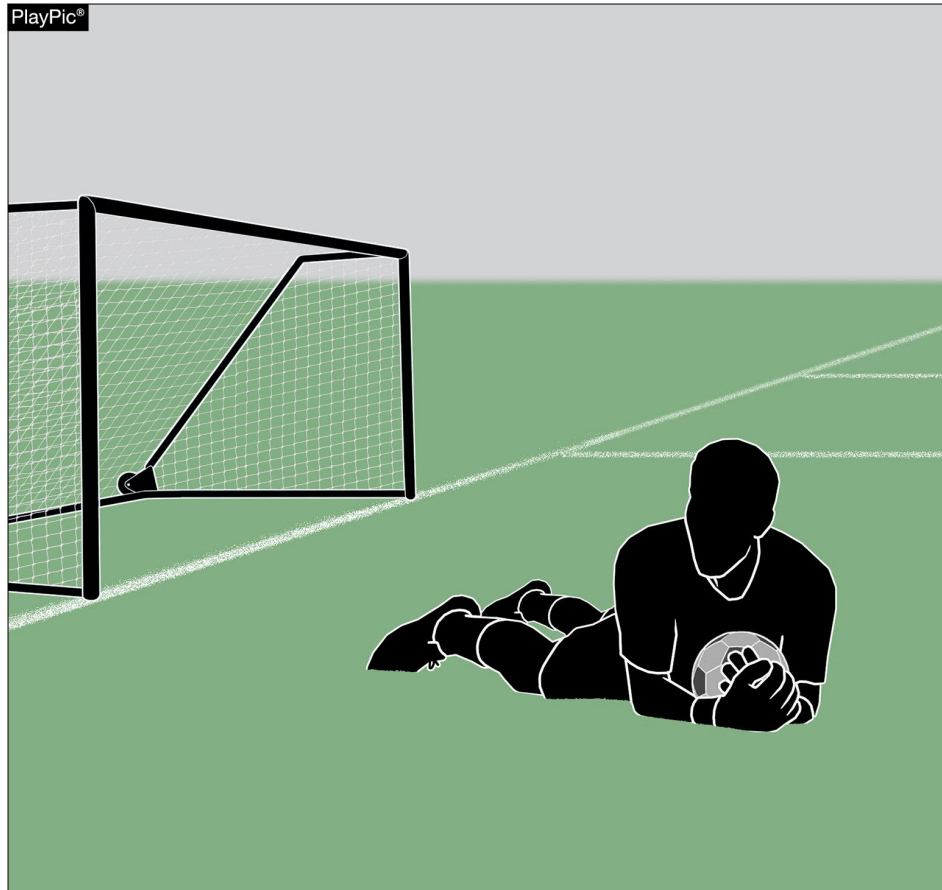
RULE 12-3-2a

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



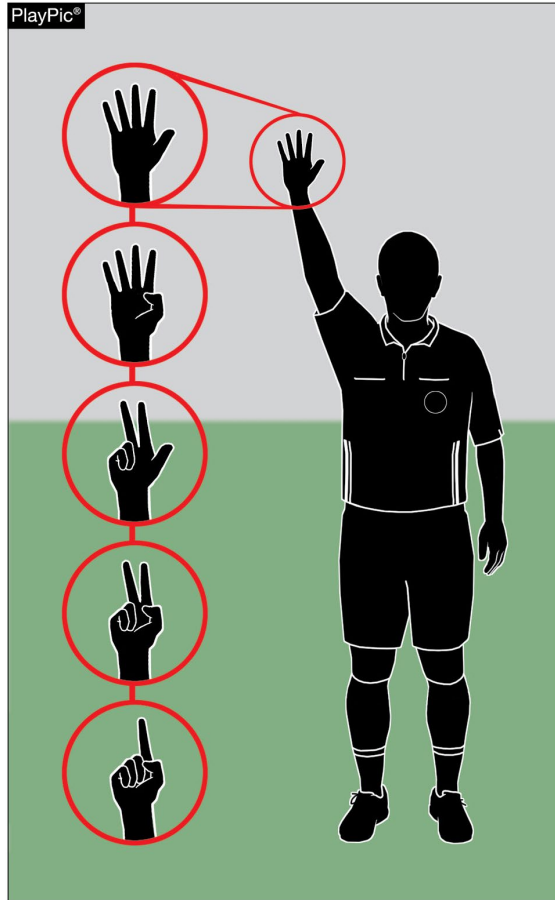
After controlling the ball with their hands/arm, the goalkeepers will now have **8** seconds instead of 6 seconds to release the ball.

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.



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.



DOGSO...ALL Criteria MUST be met

1. Direction of Play

- Is the play going towards the goal?

2. Distance to the Goal

- Is the distance to the goal a scoring opportunity?

3. Distance to the Ball

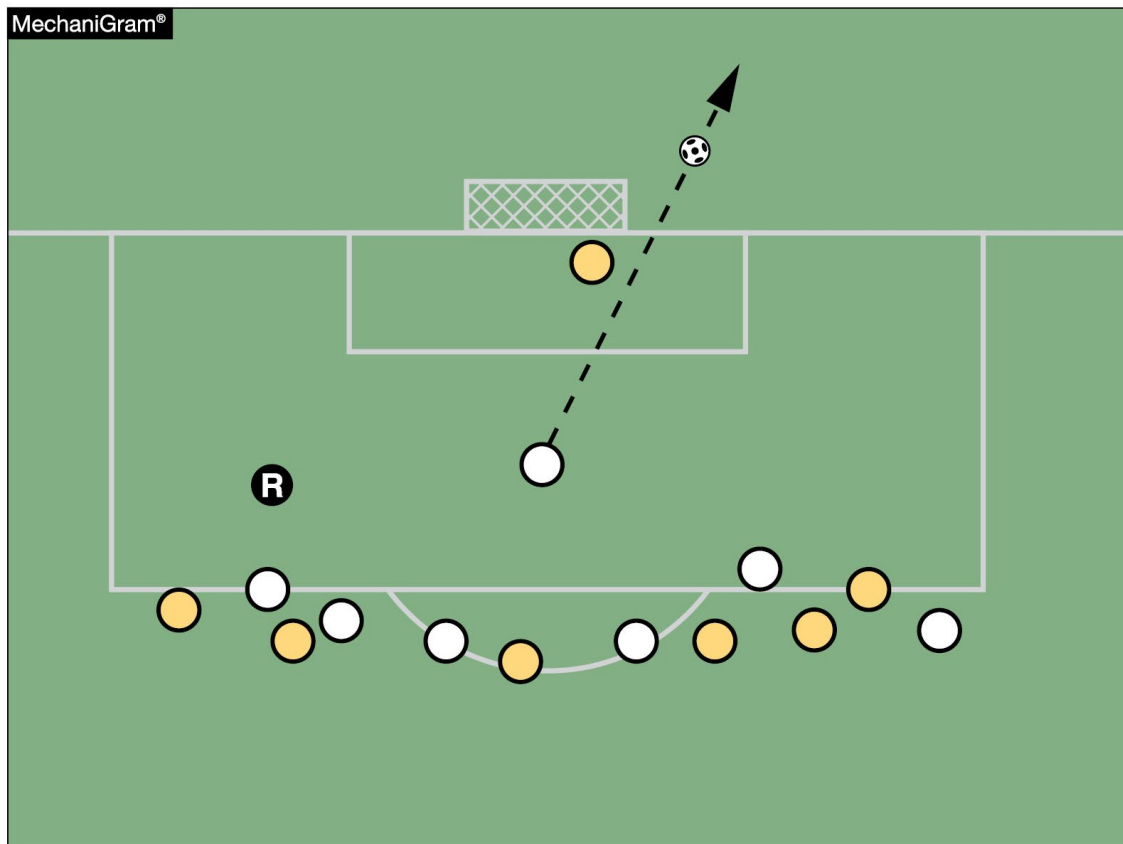
- Does the player have a reasonable ability to play the ball?

4. Defenders

- Is foul committed by send to last defender?
- Is there another defender able to become involved in play?

PENALTY KICK

RULE 14-1-2 – ENCROACHMENT

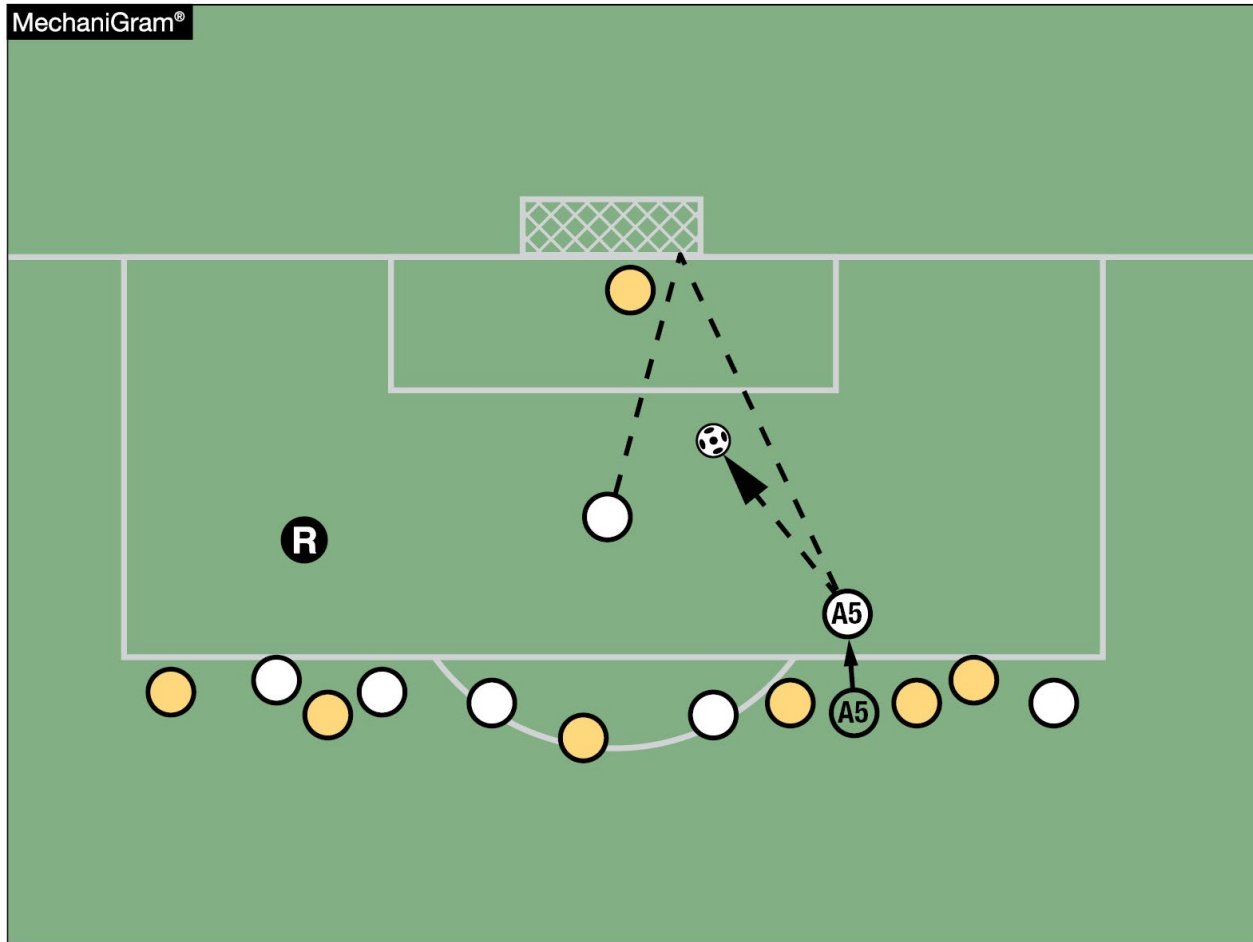


No Impact

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



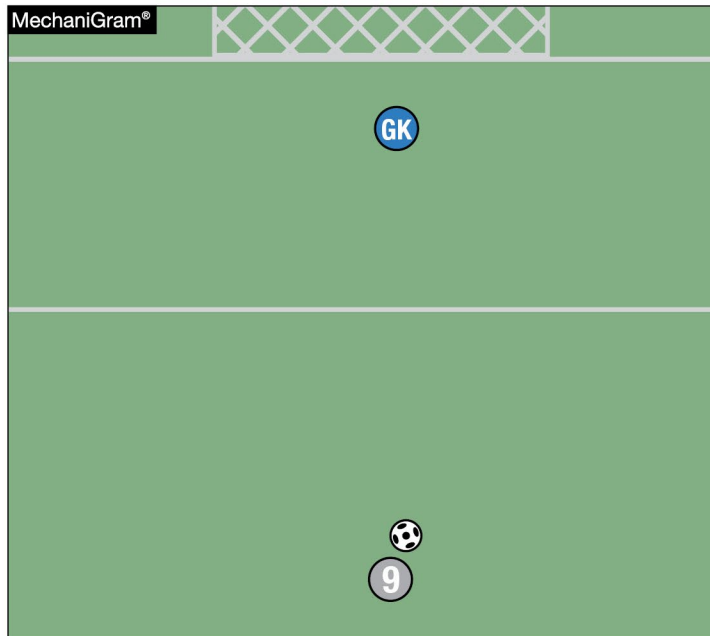
Impact

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 Points of Emphasis

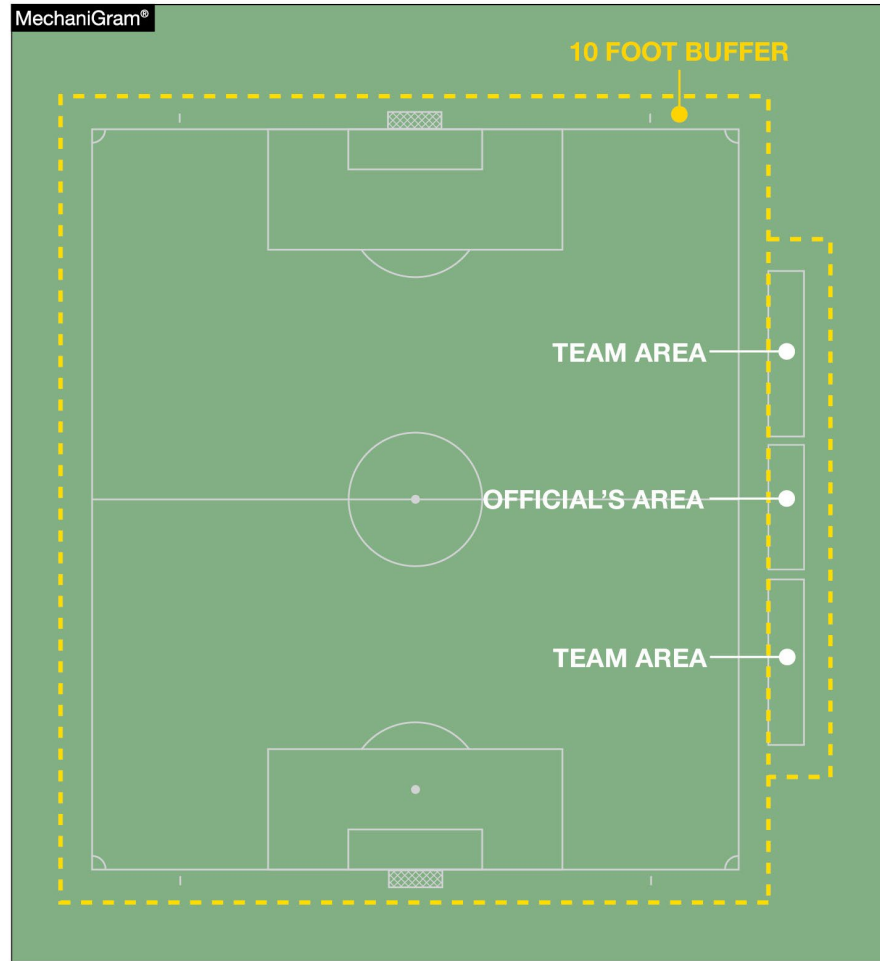


Coaches Card

- Pregame: Provided to both Coaches by Center Referee
- Post Game: Request that both coaches use the QR Code to provide feedback of officials' performance.

	Date	_____
	Location	_____
	Home Team	_____
	Away Team	_____
	Referee	_____
	AR1	_____
	AR2	_____

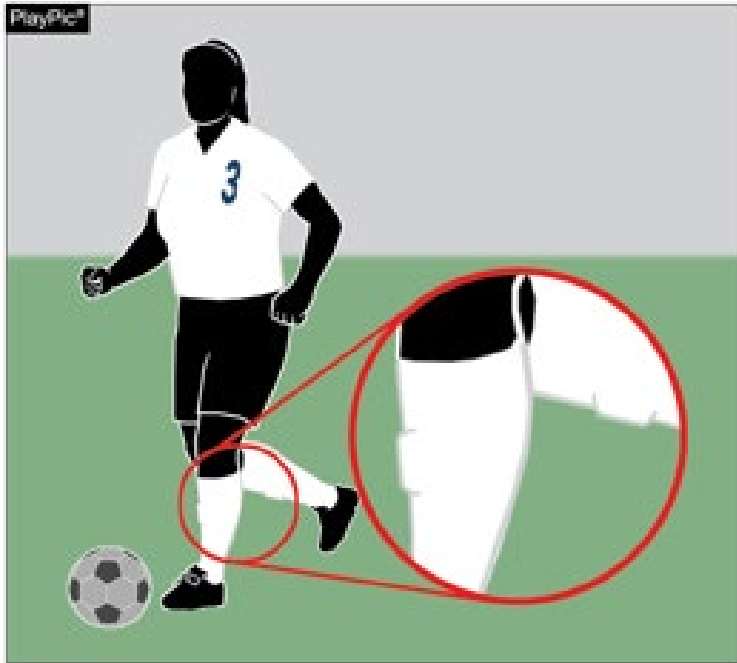
PROPERLY MARKED FIELDS



- 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.

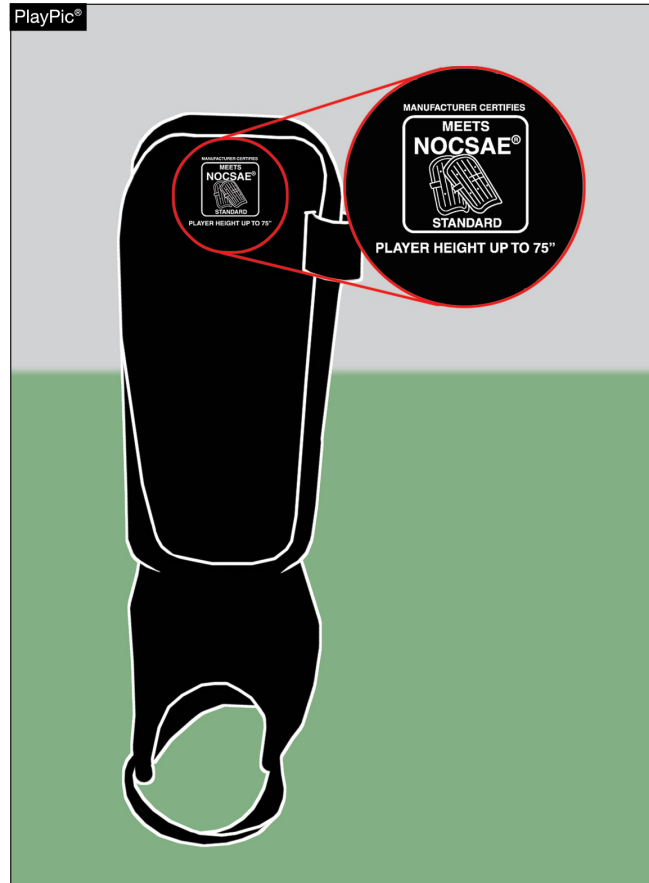
UNIFORM/EQUIPMENT REQUIREMENTS

- Student-athlete safety is a priority,



- Players are required to wear shinguards suitable for their age and size.
- This is a non-negotiable item in the **NFHS**, not a player's or coach's decision.

UNIFORM/EQUIPMENT REQUIREMENTS



- Shinguards must have a NOCSAE seal and information about height requirement. The coach is responsible for ensuring their players adhere to this and referees must enforce the rule.
- Referees should inspect and, if needed, correct the issue in a professional manner. Officials should also be on the lookout for players with micro guards.
- No one is to play at the NFHS level with illegal or improper shinguards.

Nevada High School Option/Exception

- Nevada High School Soccer players must comply with NFHS shin guard rule 4, article 1

Or

- Player must wear professionally manufactured unaltered shin guards that are minimum of 8" in height.



High School Shin Guard Regulation

NFHS Regulations, Rule 4, Section 1 state, shin guards shall:

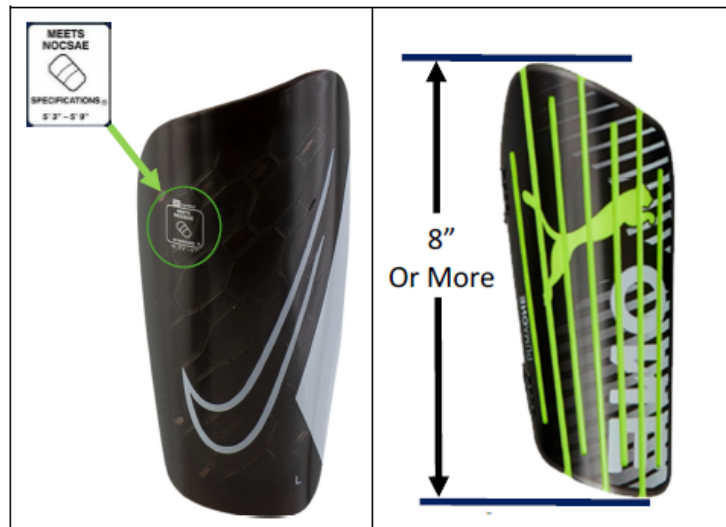
- Provide adequate and reasonable protection,
- Be professionally manufactured,
- Be age- and size-appropriate,
- not altered to decrease protection,
- Worn with the bottom edge no higher than 2 inches above the ankle
- Not be modified from its original manufactured state
- Be worn in the manner the manufacturer intended it to be worn.

The Shin guard must meet one of the following requirements:

1. Have the NOCSAE Stamp on the shin guard with the player height appropriate marking

Or

2. Measure 8" From top to bottom



Normativa sobre espinilleras para escuelas secundarias

El Reglamento de la NFHS, Regla 4, Sección 1, establece que las espinilleras deberán:

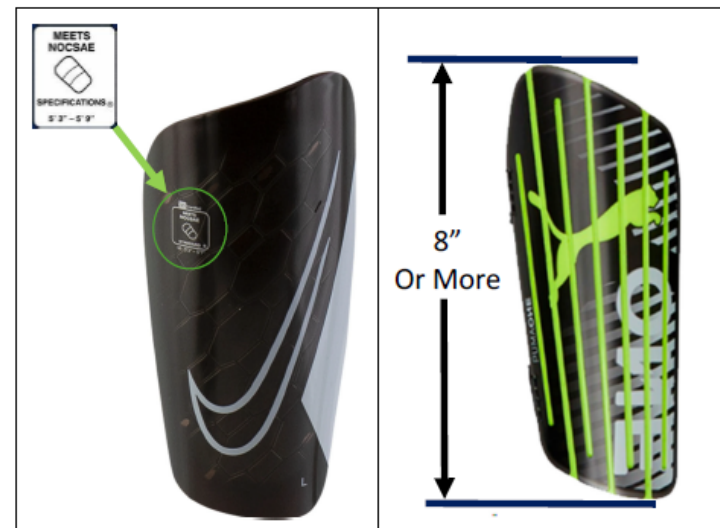
1. Proporcionar una protección adecuada y razonable,
2. Ser profesionalmente fabricada
3. Debe ser apropiado para la edad y el tamaño
4. No alterado para disminuir la protección,
5. Se lleva de manera que el borde inferior no quede a más de 2 pulgadas por encima del tobillo.
6. No haber sido modificado con respecto a su estado original de fabricación
7. Debe llevarse de la manera prevista por el fabricante

La espinillera debe cumplir uno de los siguientes requisitos

1. La espinillera debe contar con el sello NOCSAE y la marca correspondiente a la estatura del jugador.

O

2. Mida 8 pulgadas de arriba a abajo



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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.

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.



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Document
Downloads

Downloads

7.23.2026 SNOA NFHS Nevada Coaches Meeting (pdf)	
2026-27 NFHS Soccer Rules - Full Presentation FINAL (pdf)	
NFHS Shin Guard Regulations^J English and Spanish (pdf)	
PK Chart (pdf)	
SNOA Coaches Card Template (pdf)	





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