

RULE CHANGES FOR 2025-2026

SPIRIT (Cheer)

NFHS Rulebook: The 2025-26 NFHS Spirit Rules Book has been redesigned to accommodate the unique nature of dance, separate from cheer, in the Spirit Rules. The new design includes:

Rule 1: General Risk Management

Rule 2: Cheer

Rule 3: Dance

TENNIS

Participation in girls' events shall be limited to individuals who were assigned female at birth. To align with ASAA bylaws regarding double division sports, students assigned female at birth are prohibited from competing in both Singles and Girls Singles events during the same school year. In Mixed Doubles, where one teammate must be a female assigned female at birth, a player cannot fill both an open spot in Mixed Doubles and a spot reserved for females assigned female at birth during the same season."

VOLLEYBALL

NFHS Rule 9-4-8: Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only:

- a. When the first ball over the net rebounds from one part of the player's body to one or more other parts in one attempt to block;
- b. On any first team hit, whether or not the ball is touched by the block;
- c. On the second team hit if the ball is next contacted by a teammate.