

RULE CHANGES FOR 2026-2027

CROSS COUNTRY RUNNING

4-6-5: Permits an appropriate health care professional, designated by the games committee, to evaluate a downed competitor without resulting in disqualification.

4-6-6c (NEW): Clarifies athletes are not permitted to wear any type of audio or video recording devices during a race, trial, or while in restricted areas.

FLAG FOOTBALL

1-1-2, TABLE 1-7 (1), Field Diagrams #4 (NEW): Added a new fourth field option to be used for flag football. This option would be through state association adoption.

1-1-3: Standardized that all teams must start the game with 7 players.

2-18 (NEW): Added a new definition for hurdling as it was not previously defined but yet it was listed as an illegal personal contact foul in 2025-26.

2-35-10, 3-4-3I (NEW), 4-1-1, 8-3-9 EXCEPTION (NEW), 8-4-3 EXCEPTION (NEW):

The committee approved a procedure to allow for the team trailing in score to attempt a high risk play in order to maintain possession following a score.

3-5-1: Increased the total number of charged time-outs per half from two to three so as to give each team an extra opportunity to stop play each half with an additional time-out.

4-1-1, 8-5-5: Following a safety, the team whose goal line was involved shall put the ball in play by a scrimmage kick from it's own 20-yard line.

9-7-4: Further clarified what cannot be done to the ball that is in player possession.

FOOTBALL

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.

SWIM DIVE

3-3-4b(2): Bonded or taped seams on suits are permitted by rule.

3-5-1, 3-5-2: No competitor shall wear any audio (microphone) or video (camera) device during the race or dive.

8-2-3g, 8-2-4e: During the finish of the butterfly and freestyle, once some part of the swimmer's head has passed the 5-yard/5-meter mark immediately prior to reaching for the finish, the swimmer may be completely submerged.

VOLLEYBALL

4-2-1a, 4-2-1i(3) (NEW), 4-2-2: Libero uniform bottoms may be any color and no longer must match the team uniform bottoms.

6-4-2, 10-4-3a, 10-4-3d: A team may designate up to two liberos, but only one libero can be in the game at a time. When a team designates two liberos and one is injured/ill, a new libero may be re-designated. When a team designates two liberos and one is disqualified; the team must continue with one libero.

6-4 PENALTIES 1c (NEW), 12-2-8b NOTE (NEW): If non-playing teammate(s) (bench players) enter the court during play it is illegal alignment. It remains a conduct violation if a coach or team attendant (anyone not in uniform) enters the court while the ball is in play.

6-5-1: Players on the serving team are not permitted to raise their hands above their heads during service until the ball has passed beyond the net.

9-2-1 NOTE 1 (NEW): Players shall not wear any audio or video devices during the match.

12-2-8m (NEW): It is an unsporting conduct violation if coaches, non-playing teammates or team attendants use props on the bench during celebrations.

ICE HOCKEY

Rule 2-1-2c: The school's name, nickname, logo, mascot, and/or the player's name are permitted on the jersey.

Rule 3-3-5: If a goalkeeper's mask, helmet, neck laceration protector, flapper-style throat protector, catching glove(s), or blocker is displaced, or skate blade is broken or displaced, play shall be immediately stopped.

Rule 7-18-1: No player shall check, cross-check, elbow, charge, trip or otherwise contact an opponent in such a manner that causes the opponent to be thrown into the boards.

PENALTY: MINOR. If thrown violently into the boards, MAJOR.

Rule 9-1-12 (NEW): By State Association adoption, the non-offending team may select the faceoff location for an infraction under Rule 9-1-11a (icing) or Rule 9-1-11k (penalty).

WRESTLING

1-5-1, 2: Modified a minimal body fat percentage for female wrestlers.

4-2-6: Clarified a comprehensive description of an intraoral mouth and tooth protector.

4-5-1: Modified the process of weighing-in contestants.

5-24-4b: Clarified when a certain potential stalling situation hold is applied on the edge of the mat.

5-28-3, 8-2-7: Modified the definition of recovery time.

7-6-3: Clarified four additional elements of stalling.

1-4-3, 5-3-1-5, 10-3-1-5: Modified how the use of byes affects bracketing in tournaments, round robin, pool play and scramble events.