

STATE ASSOCIATIONS MODIFICATIONS OF NFHS RULES AND USE OF OTHER RULES

Subject to the oversight of the Executive Director, the NFHS Rules Review Committee is authorized to determine whether a modification of NFHS rules by a given state is a playing rule modification or a modification of an administrative rule. If a state follows the playing rules for a given sport but has modifications to administrative rules, such state would maintain eligibility to have a representative serve on that sport rules committee. If a state modifies a playing rule, such state could be disqualified from committee representation on that sport rules committee. Any decision by the Rules Review Committee may be appealed to the NFHS Board of Directors.

The Rules Review Committee is authorized to consider "special situations" with regard to playing rule modifications by state associations. If the Rules Review Committee determines there "special situation" involving a modification of playing rules, it could permit a state to serve on a rules committee. A "special situation" is one which, in the Rules Review Committee's judgment, is materially consistent with the NFHS rules philosophy of supporting education, minimizing risk, maintaining an appropriate balance between offense and defense and preserving the sound traditions of the sport in question.

AR = Administrative rules are those rules that do not directly have an effect on the playing of a contest. They would include, but are not limited to, coach's attire in baseball and softball, requiring knee pads in volleyball, changing overtime procedure in soccer, withholding an individual from competition or automatic ejection for taunting.

Administrative rules modifications will not disqualify a state from representation on sports rules committees.

PR = Playing rules are those that pertain directly to the contest and the manner in which the game is contested. They would include, but are not limited to, number of events per athlete in track and field, use of shot clocks in basketball, using different weight classes in wrestling and changes in the playing time of a contest.

<u>Playing rule modifications restrict states from representation on that sports rules committee, unless a "special situation" is approved.</u>

BASEBALL

California: AR - Adult base coaches must wear a protective helmet.

Florida: AR - Coaches are required to wear helmets while occupying the

first and third base coach's boxes.

(Baseball Continued)

PR - The starting pitcher can be listed as the P/DH on the lineup card.

Georgia: AR - Does not recognize designated media area.

Illinois: AR - Allows 5 inning double headers.

AR - Game ends when 15 run differential are after 3 ½ or 4 innings.

Iowa: AR - Game ends with 15 run differential after 3 ½ or 4 innings.

AR - Uses double first base.

Louisiana: AR - A coach shall not be required to dress in uniform.

AR - Coaches are required to wear helmets while occupying the first and third base coach's boxes.

Maine: AR - Base coaches must wear helmets.

Massachusetts: PR - Uses other rules. Major League Baseball rules.

Michigan: AR - Three conferences use six inning double headers.

PR* - One league uses three balls, two strikes.

Minnesota: AR - The starting pitcher returns to the mound once in relief; if pitcher

does not start they may make two relief appearances.

Missouri: AR - Modify Rule 4-2-2 to adopt a "10 Run Rule" for all regular season games

and tournaments including the state series.

AR - Modify Rule 4-2-4 to adopt an optional 2 1/2-hour time limit, game-

ending procedure that may be instituted only for regular season

tournament games.

North Dakota: PR - Allows 5 inning double headers. (Changed to a PR)

Oklahoma: AR - Recommended coaches adhere to prescribed uniform attire.

(12-3-1)

Pennsylvania: AR - Modify Rule 4-2-2, to include 15 runs after 3 innings.

^{*}Special situation approved by the Rules Review Committee.

(baseball continued)

AR - Modify Rule 4-2-2 to permit a time for those contests played in community/public parks that prohibits a new inning from starting after a predetermined time, at all levels (varsity, junior varsity, or otherwise) of competition.

South Carolina: PR - Does not use appeal rule.

AR - Allows 5 inning double headers.

Utah: AR - One region double header 7 and 5 innings.

Virginia: AR - Allows 5 inning double headers.

BASKETBALL

California: PR - Girls use 30 second clock.

PR - No 10 second rule in back-court.

PR - Utilization of a 5 second count for holding the ball only.

PR - Boys use 35 second clock.

DC PR - Boys use 35 second clock; Girls use 30 second clock.

Florida: AR- The official score keeper is required to wear a grey pin-striped

shirt.

Illinois: AR - Provides blanket waiver to the NFHS uniform rule in boys and girls

basketball.

Maryland: PR - Girls use 30 second clock.

PR - 35 Second Boys Shot Clock

Massachusetts: PR - Boys/Girls use 30 second clock and girls no 10 second backcourt.

PR - Use 5 full 60 second timeouts.

Minnesota: PR - Plays 18 minute halves.

PR - Uses video replay in limited situations.

(Basketball Continued)

PR - Allow shot-clock for non-conference games if both schools agree.

AR - Home teams wears dark uniforms, visitors white.

New Hampshire: AR - Mouth protector is required.

New York: PR - Boys use 35 second clock.

PR - Girls use NCAA rules.

North Dakota: PR - Boys use 35 second clock.

PR - Girls use 30 second clock.

PR - Plays 18 minute halves in Class A.

PR - Uses 4-foot block/charge arc.

Rhode Island: PR - Boys play 30 second clock and Girls 30 second clock.

2 – 16 minute halves4 timeouts per game2 – 30 seconds per game.

South Dakota: PR - Boys and Girls use a 35 second shot clock.

PR - Some varsity play permitted in halves.

AR - Pre-wrap is not allowed as a headband and/or hair control device.

PR - Allow multiple manufacturers' logos/trademarks on visible undergarments with a logo maximum restriction of 2 ¼ X 2 ¼.

PR - All sublimated or printed logos around the color of the undershirt.

Washington: PR - 30 second shot clock used for girls' basketball.

PR - 35 second shot clock used for boys' basketball.

PR - No 10 second rule in back-court.

PR - Utilization of a 5 second count for holding the ball only.

Wisconsin: PR - Boys and Girls play in 18 minute halves.

FIELD HOCKEY

Delaware: AR - Goal differential of 5 at any time in the second half of play results in the use of a running clock.

AR - Regular season tie-breaker overtime of one 15 minute sudden

victory period of reduced player play is used.

AR - Water Stoppage Policy

New Jersey: AR - Running clock if score differential is five or more.

New York: AR - Waiver of the uniform rules 1-5-1, Section K and 1-5-1 Section L

which pertains to the side inserts only through the 2017 season.

FOOTBALL

Massachusetts: PR - Uses NCAA rules.

Texas: PR - Uses NCAA rules.

GIRLS GYMNASTICS

Michigan: AR - Maximum of 10 minutes allowed to submit an inquiry.

New York: PR - Uses USA Jr. Olympics rules.

Ohio: PR - Does not use National Federation rules.

South Dakota: AR - Coaches have a maximum of 10 minutes instead of 5 to submit

an inquiry.

Vermont: PR - Uses FIG rules.

Washington: PR - Combines USA Gymnastics and NFHS rules.

Wisconsin: AR - Judges may sit together.

ICE HOCKEY

Connecticut: AR - During the regular playing season any penalties determined

annually by the Ice Hockey Committee and published in the Ice

(Ice Hockey continued)

Hockey Tournament Regulations adding up to four (4) will lead to a team being placed on probation. Over six (6) will lead to a team being declared ineligible for participation in the State Tournament.

Maine:

AR - Fighting ejection carries a two-game suspension and subsequent fighting ejections is four game suspension.

Michigan:

- AR Throat/neck protection shall be required for each player. (AR)
- AR The MHSAA penalty for a player or coach game disqualification in the same season is as follows: First game disqualification two game suspension; second game disqualification -four game-suspension and the coach may not coach in the MHSAA tournament; third disqualification the coach or player is suspended for the remainder of the season.
- AR Helmets must be worn at all times by players and officials while on the ice except while standing for the National Anthem or during an award ceremony.

Minnesota:

- AR Amended sportsmanship enforcement: The second and subsequent violations carry a four regularly scheduled game ineligibility penalty.
- **New Jersey:** AR Throat/Neck protectors shall be required for each player.
- **New York:** PR A minor penalty shall be 1.5 minutes, a major 4 minutes, and a misconduct 7.5 minutes.

BOYS LACROSSE

Massachusetts:

- AR Players may wear helmets of different colors.
- AR Running clock rules apply only after 3 quarters.
- AR Sticks checked randomly twice per half.

Minnesota:

- AR Once a contest has begun either the officials or Tournament Manager may suspend a contest and cannot be overruled by the other party. When in doubt, err on the side of safety.
- AR If it is determined that play cannot be resumed at the end of the suspension, and three (3) periods of play have been completed, it shall be considered a complete game with a winner determined.

(Boys Lacrosse continued)

AR - If a game is suspended before the completion of the first three (3) periods, or if it is tied at the point of suspension, the game shall be continued from the point of interruption.

GIRLS LACROSSE

Florida: AR - Anyone receiving a red card will be suspended from further

participation in that game and will be prohibited from participating in the team's next two games minimum, with possible further suspensions to follow.

- AR- Mandatory Water Break: The referee must call an uncharged, one-minute timeout at a natural stoppage of play nearest to the half-way point of each half. Coaches may meet with their players during this timeout.
- AR All players are required to wear headgear as approved by the FHSAA.

Massachusetts:

- AR Girls will wear protective goggles approved by the Sports Medical Committee.
- AR If a player receives two yellow cards, she is suspended from further participation in the game, but does not have to sit out next contest. Anyone receiving a red card will be suspended from further participation in that game and will be suspended one game. Red card violations will be written up on the game suspension form.

Michigan:

- AR The MHSAA maintained the previous overtime procedure involving six minutes of overtime. The team which is ahead at the end of six minutes wins the game. If still tied, additional six minute sudden victory overtime periods will be played until a goal is scored.
- AR Modified Rules 12-6, 12-7 to be consistent with Michigan Handbook Regulations relating to consequences arising from disqualifications from a contest for unsportsmanlike conduct.

Minnesota:

- AR Uses the US Lacrosse Rules Book and the Tournament Manager may suspend a contest and cannot be overruled by the officials.
- AR A coach who receives two yellow cards is disqualified for that game plus the next game.

(Girls Lacrosse continued)

Maine:

New York: AR - Waiver of Rule 2-13, 3-inch side panel and trim around the neck

through the 2015 season.

Pennsylvania: AR - Modify Rule 4-7, overtime procedures, when the score is tied at

the end of regular playing time during regular season contests, the winner will be decided on a "sudden victory" stop-clock overtime of

no more than six minutes in length with the team changing ends after 3 minutes, with no delay for coaching. If the six-minute "sudden victory" stop-clock overtime expires without a goal, the game remains a tie.

AR - Modified Rule 7-27 to be consistent with the PIAA By-Laws relating to consequences arising from disqualifications from a contest for unsportsmanlike conduct.

SOCCER

Delaware: AR - Water Stoppage Policy

AR -

Florida: AR - Required hydration timeout after 20 minutes.

Iowa: AR - Player who receives a yellow card must sit out five

consecutive minutes. A substitute is allowed to participate for the yellow carded player during the five-minute penalty.

Mouth protector required.

Massachusetts: AR - Currently does not enforce the white uniform requirement.

AR - Time-outs allowed

Michigan: AR - The team not complying with the correct uniform color is

responsible for wearing whatever options are used for

attaining different jersey colors.

PR - Delay implementation of the NFHS soccer rules change to require the exposed undergarments on arms to match the predominant uniform

jersey color and the exposed leggings to match the predominant color

of the uniform pants.

Missouri: AR - Goal differential (NFHS Rule 7-1-5) adopted a point

differential (10 goals) whereby at the end of the first half if one team

has gained the established point differential or if

it secures such differential during the second half the game

shall be terminated.

(Soccer continued)

New Hampshire: AR - Mouth protector is required.

North Carolina: AR - Approved 4-30-14 by NCHSAA BOD, a state adoption of a penalty

kick for the tie-breaking procedure in Soccer.

Pennsylvania: AR - Modify Rule 12-8 PENALTY, to provide for a 5-minute playing

time sit out following the issuance of a yellow card to a player, with the opportunity for that player's team to substitute for that player. A cautioned player may return to the field as a substitute, following the 5-minute playing time sit out period.

Vermont: AR - Mouth protector is recommended.

Washington: PR - Washington will follow FIFA playing rules.

Wisconsin: PR - Play two 45 minute halves.

SOFTBALL

California: AR - Adult base coaches must wear a protective helmet.

Georgia: AR - Does not recognize designated media area.

lowa: PR - Offense and defense allowed 3 conferences per game plus one

additional for extra innings.

AR - Chin straps are required on all batting helmets and must be

snapped and worn properly.

Massachusetts: PR - Uses ASA Pitching Rules.

Michigan: PR* - Three conferences use six inning double headers.

PR* - One league uses three balls, two strikes.

Minnesota: AR - Requires all on-deck batters to use the on-deck circle

located behind the batter.

Missouri: AR - Allow game ending procedure of 15 run differential after 3 innings.

AR - Allow a 1 hour 30-minute time limit for games in tournaments.

^{*}Special situation approved by the Rules Review Committee.

(Softball continued)

AR - Require pitchers to wear a fielder's mask.

AR - Recommend that participants playing $\mathbf{1}^{st}$ and $\mathbf{3}^{rd}$ base wear a fielder's

mask.

New York: PR - Uses ASA rules.

Oklahoma: AR - Recommend coaches adhere to prescribed uniform attire. (3-5-3).

South Carolina: AR - Allows 5 inning double headers.

PR - Does not use the appeal rule.

Virginia: AR - Allows 5 inning double headers.

West Virginia: AR - Pitching limit – 14 innings per day.

SPIRIT

Florida: AR - Requires all Competitive Cheerleading coaches to have AACA

certification.

Kansas: AR - Does not allow basket toss.

Maine: AR - Requires all coaches to have AACCA certification.

AR - Rhinestones are not permitted on the uniform.

Michigan: PR - Does not use NFHS Rules.

Minnesota: AR - Requires coaches to have AACCA Safety and Stunt Progressions I.

Utah: AR- Does not allow head stands.

Washington: AR - WIAA stunt certification required for cheer and dance/drill

coaches.

West Virginia: AR - Basket tosses are not permitted on any surface.

AR - Participant must not move under or be under a partners stunt or

pyramid.

AR - Rhinestones are not permitted on uniforms.

- AR A base must not hold objects or props nor can an inverted top person hold any objects.
- AR Airborne Twisting Tumbling Skills are illegal in WV on any surface (exception aerials, cartwheels, and round-offs).
- AR No artificial nails.
- AR "Up & Overs" must have a continuous hands-on back spotter if/when the top person passes through the extended level.
- AR Suspended rolls may not be performed over a post, base or spotter.

SWIMMING & DIVING

Florida:

AR - In pools with a water depth at the starting end of less than five feet, the start for all swimming events for all contestants must begin in the water.

Michigan:

AR - In pools with a water depth at the starting end of less than five feet, the start for all swimming events for all contestants must begin in the water.

Pennsylvania:

- AR Modify Rule 2-7-7, to provide for the optional use of back-up manual timing devices whenever automatic electronic timing is used.
- AR Modify Rule 9-5-1, to further clarify the start position of a forward dive.
- AR Modify Rule 9-5-3, to further clarify the start position of a backward dive.

Wisconsin:

AR - During competition, athletes shall not perform the pike dive (scoop or hole in the water) forward start. The penalty for the first violation shall result in disqualification of the swimmer from that event. A second violation results in disqualification from the remainder of the meet.

TRACK & FIELD

Arkansas: PR - Competitors may enter more than four events.

Georgia: PR - Competitors may enter more than four events.

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New Mexico:

Ohio:

AR -Competitors prohibited from wearing jewelry. Hawaii: PR -Competitors may enter more than four events. Idaho: AR -Certification required for pole vault coaches. Illinois: AR -Athletes are prohibited from wearing watches during competition. lowa: AR -Rule 4-3, Iowa will require undergarments to be unadorned, except for a single manufactures logo or school logo and of single solid color. AR -Undergarments worn by relay team members do not have to be the same color either under the uniform top or bottom. Massachusetts: AR -Certification required for pole vault coaches. Distance for intermediate hurdles are 400 m. AR -Minnesota: AR-Use of pole vault safety helmet required. Maximum four events, but not in excess of three track or field AR events in arriving at combination of four. AR -If competitor competes in 3 running events, only 2 may be longer than 800 m. Montana: PR -Competitors may enter more than four events. **New Hampshire:** AR -No jewelry allowed. No warnings will be given, directly to disqualification. **New Jersey:** AR -Watches are considered jewelry and therefore not permitted. AR -Distance for intermediate hurdles are 400 m instead of 300 m.

Competitors may enter more than four events.

Certification required for pole vault coaches.

New York: AR - Distance for intermediate hurdles are 400 m instead of 300 m.

North Dakota: AR - Use of safety helmet in pole vault required.

PR -

AR -

AR- In the pole vault, whereby the Head Event Judge may also inspect and verify the legality of pole provided he/she is a registered,

(Track & Field continued)

Vermont:

certified official, and the Field Referee or Head Field Judge is

unavailable.

Oregon: Oregon runs 1500m instead of 1600m and 3000m instead of 3200m. AR -

> AR -A contestant shall not enter or compete in more than two distance races - 800, 1500, and 3000. If a contestant does enter or compete in all three distance events, that contestant's school shall forfeit the meet.

Pennsylvania: AR -Continues to prohibit jewelry, including watches.

> AR -Modify Rule 3-2-6, to provide for contests interrupted because of events beyond the control of the responsible administrative authority to be either continued from the point of interruption or terminated with the existing team scores.

> AR -Modify Rule 4-2-4c, to authorize District Committees to permit more than three contestants from the same school to be entered, but not participate, in individual events in their respective qualifying meets.

> AR -Modify Rules 4-3-3c and 9-6-7c to reclassify watches as "jewelry".

South Carolina: AR -Distance for boys/girls Intermediate Hurdles is 400 m.

South Dakota: PR -Distance for girls 100 M hurdles:

Start to 1st Hurdle – 13 M

Distance between hurdles - 8 M Last hurdle to finish - 15 M

AR -Pre-wrap is not allowed as a headband and/or hair control device.

AR -Allow multiple manufacturer's logos/trademarks on visible undergarments with a logo maximum restriction of 2 ¼ X 2 ¼.

Texas: PR -Competitors may enter five events (if no more than 3 are running events).

> AR -Coaches certification required for pole vaulting.

Virginia: PR-No limit on field events; allow three running events unless

entered in both 1600 and 3200.

Washington: AR -WIAA coach's certification required for pole vaulting.

CROSS COUNTRY

Georgia: AR - Competitors prohibited from wearing jewelry.

Montana: AR - Competitors cannot wear jewelry.

Pennsylvania: AR - Competitors prohibited from wearing jewelry.

AR - Modify Rule 9-6-3c to reclassify watches as "jewelry".

Nevada: AR- In the small school classification only, we allow for a "ghost

runner".

New Jersey: AR - Watches are considered jewelry and therefore not permitted.

VOLLEYBALL

Alaska: AR - Modified rules for coed volleyball.

Hawaii: AR - Scorekeeping methodology follows USA Volleyball (USAV);

line-ups are recorded in starting position versus serving order.

Illinois: AR - Use of line judges mandatory only in state series.

Massachusetts: PR - Uses NCAA Women's Rules plus MIAA mixed gender rules.

New Hampshire: AR - Use of line judges required only in state tournaments.

New York: PR - Boys and girls use NCAA Rules.

Oklahoma: AR - Recommends two officials for varsity contest unless mutual

agreement.

Rhode Island: AR - Line judges required only in state series.

South Carolina: AR - Permits regular season matches and regular season tourneys to

be officiated with only one game official.

South Dakota: AR - Pre-wrap is not allowed as a headband and/or hair control device.

Headbands if worn, must be black, white or the predominate color similar to that of the torso of the uniform (excluding the libero) and

must be the same for all participants.

Virginia: AR - Use of line judges for regular season matches is optional.

AR- Allows alternative color officials shirts.

(Volleyball continued)

West Virginia: AR - Use of line judges required only for state tournament series.

WATER POLO (NONE)

WRESTLING

Alaska: PR - Weigh-in procedure.

Florida: AR - Proper uniform must be displayed while you are in public view.

Hawaii: AR - Boys weight classifications (at scratch weight) are:

 1.
 106 lb
 6. 138 lb
 11. 182 lb

 2.
 113 lb
 7. 145 lb
 12. 195 lb

 3.
 120 lb
 8. 152 lb
 13. 220 lb

 4.
 126 lb
 9. 160 lb
 14. 285 lb

5. 132 lb. 10.170 lb

Girls weight classifications (at scratch weight) are:

 1.
 97 lb
 6. 122 lb
 11. 155 lb

 2.
 102 lb
 7. 127 lb
 12. 168 lb

 3.
 107 lb
 8. 132 lb
 13. 184 lb

 4.
 112 lb
 9. 138 lb
 14. 225 lb

5. 117 lb. 10.145 lb

Idaho: PR - Weigh-in procedure – permits weigh-ins on the evening before

competition the next day.

PR - Different weight classifications.

Kansas: PR - Weigh-in procedure.

Louisiana: AR - Schools are allowed to enter more than one team in a regular

season tournament.

Massachusetts: PR - No tie-breaker for dual-meet competitions.

PR - Weigh-in procedure.

Michigan: PR - Weigh-in procedure.

PR - Different weight classifications.

Minnesota: PR - Weigh-in procedure.

(Wrestling continued)

Montana: PR - Different weight classes.

PR - Weigh-in procedure.

New York: PR - Weigh-in procedure.

PR - Different weight classes.

AR - Permits multiple entries in tournaments.

Ohio: PR - Weigh-in procedure.

Rhode Island: PR - Weigh-in procedure.

PR- Does not use tie-breaker rule in dual meets.

South Dakota: PR - Weigh-in procedure for regular season tournaments.

PR - Allow third person in wrestler's corner during tournaments

(must be a student manager).

Virginia: PR - Permits additional pound of weight allowance.

West Virginia: AR - Straps must be up at all times in gymnasium.

Wisconsin: PR - Permits additional growth allowance.

PR - Additional injury time allowed.

GENERAL MODIFICATIONS APPLYING TO ALL SPORTS

Delaware: AR - When a fight breaks out, the head coach is considered to have been beckoned onto the floor automatically.

AR - Any player who leaves the team bench area and enters the playing field, court, or mat during a fight or other physical confrontation and is identified by the game officials shall also be ineligible for the next contest at that level of competition and all contest at any other level of competition in the interim. Additional penalties may be imposed if a player leaving the bench area becomes involved in the altercation.

AR - Mouth guard required for players wearing braces.

Massachusetts: AR - Officials will be required to remain at the team competition site

until the handshake ceremony has concluded.

Michigan: AR - Taunting is considered a flagrant act in all sports.

(Warning may be given).

New Hampshire: AR - Taunting is considered a flagrant act in all sports.

New York: AR - Waived requirement to use Authenticating Mark.

Vermont: AR - Taunting is considered an unsportsmanlike act in all sports.

AR - Has supplementary sportsmanship rules in all sports.

Virginia: AR - Taunting is considered an unsportsmanlike act in all sports.

Washington: AR - Allow schools to protest a misapplication misinterpretation of

a playing rule.

HOW RULES ARE CHANGED

The staff liaison receives requests for changes from state associations, committee members and individuals. These changes are evaluated by the staff liaison in concert with the state association staff from states where proposals are made prior to being placed on the rules committee agenda.

Once the preliminary agenda is prepared copies are sent to all state association offices for their evaluation and input. The final agenda is then prepared prior to the meeting.

Once the item is placed on the agenda there must be a motion to adopt by one of the committee members before it will be given consideration. After a proper motion and second the rules are discussed by the committee. In order to come out of the committee it must pass by a margin of two votes.

All rule changes are then discussed by the National Federation Rules Review Committee which consists of all administrative staff members involved with the writing of rules. If there are no objections by the Rules Review Committee, the changes are then sent to the National Federation Board of Directors for final approval.

The Rules Review Committee and the Board of Directors will not change the rules but they may refer any changes back to the committee for further discussion.