

**STATE ASSOCIATIONS
MODIFICATIONS OF NFHS RULES
AND USE OF OTHER RULES**

5-19-15

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.

Playing rule modifications restrict states from representation on that sports rules committee, unless a “special situation” is approved.

BASEBALL

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

Florida: AR - No restricting to dugout with regards to NFHS rule 3-3-1; must be an ejection.

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

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

Georgia: AR - Does not recognize designated media area.

(Baseball Continued)

- 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 coaches boxes.
- Maine:** AR - Base coaches must wear helmets.
AR - Neoprene sleeves, if worn by a pitcher, must be covered by an undershirt and must be of a solid color, not white or gray. Both sleeves of the undershirt must be the same length.
- 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.
- North Dakota:** AR - Allows 5 inning double headers.
- 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.
AR - Modify Rule 4-2-2 to permit a time for those contest 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.

*Special situation approved by the Rules Review Committee.

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.
- Iowa:** AR - Does not use a coaching box.
- Maryland:** PR - Girls use 30 second 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.
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 shot clock changed from 30 seconds to 35 seconds.
PR - Plays 18 minute halves in Class A.
- Rhode Island:** PR - Boys play 35 second clock and Girls 30 second clock.
2 - 16 minute halves
4 timeouts per game
2 - 30 seconds per game.

(Basketball Continued)

- 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.
- AR - Headbands and wrist bands, if worn, must be white, black or the predominant color similar to that of the torso of the jersey and must be the same for all participants.
- AR - Allow multiple manufacturers' logos/trademarks on visible undergarments with a logo maximum restriction of 2 ¼ X 2 ¼.
- AR - Compression sleeves, if worn, must be white, black or the predominant color similar to that of the torso of the jersey and must be the same for all participants.
- 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.

FIELD HOCKEY

- 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

- Massachusetts:** AR - Exhibition performances are not permitted.
- Michigan:** AR - Maximum of 10 minutes allowed to submit an inquiry.

(Girls Gymnastics continued)

- 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 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.
- Massachusetts:** PR - A minor penalty shall be 1.5 minutes, a major 4 minutes, and a misconduct 7.5 minutes.
- Michigan:** AR - Throat/neck protection shall be required for each player. (AR)
- 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.

(Boys Lacrosse Continued)

- 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.
 - 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

- Delaware:**
- AR - Uses the following tie-breaking systems for regular season and state tournament (post-season) play.
 1. When the score is tied at the end of regular playing time (varsity level only), there will be a five minute rest and a coin toss for choice of ends.
 2. Six minutes of “sudden victory” stop-clock overtime will be played. If necessary, the teams will change ends after three minutes with no delay for coaching. The team who scores is the winner.
 3. During the regular season, if the teams are still tied after six minutes, the game will remain a tie. During the post season, the game will continue with six minute periods of stop clock “sudden victory” overtime periods until a team scores.During the regular season, if 80% of a tie game has been played, and the game cannot continue, the score will remain a tie. During post season, if 80% of a tie game has been played, and the game cannot continue, the game will be played from the point of interruption on another day. If less than 80% of the game has been played, it will be played from the beginning.
- 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.
- Michigan:**
- AR - Modified the delay of the implementation of Rule 2-13 (Uniform Standards) to 2014 per the unanimous vote at the NFHS Girls Lacrosse Committee Rules Meeting to delay implementation (which was later not adopted by US Lacrosse).

(Girls Lacrosse Continued)

- AR - Modified Rules 7-33, 7-34, 7-35 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.
- 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 - Modify Rule 4-5, suspended/interrupted game, restart from point of interruption any interrupted or suspended game.
- 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

- Florida:** AR - Required hydration timeout after 20 minutes.
- Iowa:** AR - Player who receives a yellow card must sit out ten consecutive minutes. A substitute is allowed to participate for the yellow carded player during the ten minute penalty.
- Maine:** AR - Mouth protector required.
- AR - Player who receives a yellow card must sit out the next 10 minutes (substitution allowed).
- 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.

(Soccer Continued)

- 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.
- New Hampshire:** AR - Mouth protector is required.
- New York:** AR - Waiver of white uniforms until 2015.
- 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.

SOFTBALL

- California:** AR - Adult base coaches must wear a protective helmet.
- Georgia:** AR - Does not recognize designated media area.
- Iowa:** 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.
- New York:** PR - Uses ASA rules.

*Special situation approved by the Rules Review Committee.

(Softball Continued)

- Oklahoma:** AR - Recommend coaches adhere to prescribed uniform attire. (3-5-3).
- South Carolina:** AR - No restricting to dugout; must be an ejection.
AR - Allows 5 inning double headers.
PR - Does not use the appeal rule.
- West Virginia:** AR - Pitching limit – 14 innings per day.
- Wisconsin:** AR - Requires all batters to use the on-deck circle behind the batter.

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 progress.
- South Dakota:** AR - No glitter hairspray.
- Utah:** AR - Does not allow head stands.
- 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.
AR - Spotter (head and shoulders) may not be on tip toes.
AR - No artificial nails.

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.
- Missouri:** AR - For championship meets and meets utilizing the championship format, relay cards are required to be turned in by the relay team at the block at the beginning of the event and the card shall include the correct order of relay participants. No relay cards are required for dual meets, however, changes in participating swimmers shall be reported verbally to the official scorekeeper prior to the beginning of the relay (changes in relay order need not be reported).
- 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.
- Florida:** AR - Competitors required to wear number on back of uniforms.
- Georgia:** PR - Competitors may enter more than four events.
- 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.
- Iowa:** AR - Rule 4-3, Iowa will require undergarments to be unadorned, except for a single manufacturer's 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.
- Maine:** AR - Use of safety helmet required.
- AR - Use of pole vault safety helmet required.
- Massachusetts:** AR - Certification required for pole vault coaches.
- AR - Distance for intermediate hurdles are 400 m.
- Minnesota:** AR- Use of pole vault safety helmet required.
- AR - Maximum four events, but not in excess of three track or field 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.
- New Mexico:** PR - Competitors may enter more than four events.
- AR - 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.
- Ohio:** 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, certified official, and the Field Referee or Head Field Judge is unavailable.
- Pennsylvania:** AR - Modify Rule 1-2-1, order of running events.
- 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

(Track & Field Continued)

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).

Vermont: 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.

CROSS COUNTRY

Pennsylvania: AR - Modify Rule 9-6-3c to reclassify watches as “jewelry”.

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.
- 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:** PR - If a defensive wrestler in a near-fall situation signals with the “tap-out” gesture, and the match is stopped because of the signal, then the wrestler will default the match, except if the tap-out gesture is due to an illegal hold on the part of the offensive wrestler.
- 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.

(Wrestling Continued)

- Michigan:** PR - Weigh-in procedure.
PR - Different weight classifications.
- Minnesota:** PR - Weigh-in procedure.
- 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 is 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.