



NFHS EQUIPMENT, FACILITIES, UNIFORM AND RULES CHANGES

CHANGES EFFECTIVE IN 2010-11

Baseball:

For the 2010-11 academic school year the following types of bats will be legal:

1. Any aluminum Ball Exit Speed Ratio (BESR) baseball bat.
2. Any aluminum barrel BESR baseball bat.
3. Select approved composite BESR baseball bats that can be found on the NFHS website, <http://www.nfhs.org/content.aspx?id=4155>.
4. BESR compliant non-hollow core composite bats are legal.
5. Any solid (one-piece) wood baseball bat.
6. Any aluminum or composite Batted Ball Coefficient of Restitution (BBCOR) baseball bat (anticipated delivery date to retail stores or online outlets late fall/early winter).

Basketball:

Rule 3-5-3a: The list of permissible headband and wristband colors now includes any single solid school color.

Field Hockey:

Rule 1-5-2: The home team shall wear single solid white uniform tops and the visiting team shall wear single solid black or dark-colored uniform tops. Effective January 1, 2011.

Boys Lacrosse:

Rule 1-2-1: If the field of play has a logo in the center or at any other part of the field of play, the logo should not obstruct the visibility of the lines and other required field markings.

Rule 1-9-1-g-2: Side inserts may be of contrasting color(s), but no more than 3 inches wide, and extending vertically no more than the armpit to waistband. This revision to the jersey rule now specifies that the side inserts could be less than armpit to waistband which brings the wording of the rule in line with the interpretation previously in place.

Girls Lacrosse:

Rule 2 Section 10: Pockets must be attached to/anchored along the bottom rail of the head through stringing holes in the bottom rail of the sidewall. The top of the sidewall stringing hole shall not be more than 1.0 cm from the bottom of the sidewall.

Softball:

Rule 1-1-2b: Effective with the 2010-11 academic year, the pitching distance for female fast pitch is 43'.

Rule 1-3-3 Note 1: Dynamic stiffness of 11" softball shall not exceed 9,500 pounds/inch.

Swimming:

Rule 3-3-2: Includes the restriction under the construction of the suit that one post-construction impermeable school name and/or logo not exceeding 9 square inches is allowed to be placed on the suit. (NOTE: the restrictions on the school name and/or logo apply only to post-construction logos).

Track and Field/Cross Country:

Rule 4-3-3d: No longer considered jewelry, bobby pins, barrettes and hair clips that are no longer than 2 inches may be worn to control competitor's hair.

Volleyball:

Rule 3-2-1: All panels of the ball shall be solid white or a minimum combination of three colors (with each panel being a solid color) and of which at least one-third of the panels shall be solid white.

Water Polo:

Rule 2-2 Note: Goals purchased after July 1, 2011 must conform to the metric dimensions.

Rules 4-1: The white caps of field players may not be divided into thirds or alternating colored panels, or have stripes, stars, checkerboard pattern, etc. Caps for the field players and goalkeeper may have piping around the cap or on the seams of the cap.

CHANGES EFFECTIVE IN 2011-12

Baseball:

Rule 1-3-2: Effective January 1, 2012 the bat which may be a wood or non-wood product shall be a smooth implement, from the top of the cap to the top of the knob. All non-wood bats shall meet the Batted Ball Coefficient or Restitution (BBCOR) performance standard, and such bats shall be labeled with a silk screen or other permanent certification mark.

Girls Gymnastics:

Rule 6-1-3 Note: Vaulting – Beginning July 1, 2012, the landing area shall be a minimum of 18 feet by 8 feet.

Rule 8-1 Note: Balance Beam – Beginning July 1, 2012, the landing area at each end of the beam shall be at least 12 feet long and 8 feet wide. The working area under the beam is 15 feet wide by 15 ½ feet long.

Girls Lacrosse:

Shooting String Requirements: All field crosses must be in compliance with the shooting string specification by the 2011 season. Shooting strings may not be rolled, coiled or twisted more than twice between each thong.

CHANGES EFFECTIVE 2012-13

Football:

Beginning in 2012 new rules will take effect on football jerseys.

Beginning in 2012, football gloves and hand pads must meet the NOCSAE test standard at the time of manufacture.

Girls Lacrosse:

Rule 2-13: Uniform Requirements- Beginning in 2013, all shirts shall be of a single, solid color.

Ice Hockey:

Rule 3-3-2 and 3-3-3: Goalkeeper Equipment – Leg Pads will be a maximum 11 inches wide and maximum 38 inches long. Blocker glove padding will be a maximum 8 inches wide and maximum 15 inches long. Catching glove will be a maximum 45 inch perimeter and a maximum 18 inch length across. The wrist cuff will be a maximum 4 inches by a maximum 8 inches.

Soccer:

Rule 4-1-1: Shinguards must meet the National Operating Committee on Standards for Athletic Equipment (NOCSAE) specifications. The NOCSAE seal and the appropriate height range of the player shall appear on the shinguard. Beginning with 2012 fall season, the NOCSAE seal and height range shall be permanently marked on the front of the shinguard.

Rule 4-1-1b: Beginning with the 2013 fall season, the home team shall wear solid white jerseys and solid white socks.

Rule 4-1-1i1: Beginning with the 2012 fall season, all jerseys shall be numbered on the back with a different Arabic number at least 6 inches in height and on the front (jersey or shorts) with the same number which shall be at least 4 inches in height. Numbers shall be of contrasting color to the jersey (or shorts) and clearly visible.

Track and Field:

Rules 7-4-6, 7-5-11 new Note: High Jump/Pole Vault-Effective January 1, 2013, the crossbar shall be circular. Square with beveled edges or triangular crossbars shall no longer be legal for competition.

THE FOLLOWING SPORTS HAVE NO CHANGES IN THE AREA OF EQUIPMENT, FACILITIES OR UNIFORMS AT THIS TIME:

Boys Gymnastics; Spirit and Wrestling.

THE CHANGES ARE IN SUMMARY FORM. FOR COMPLETE RULES, CONSULT THE RESPECTIVE CURRENT NFHS RULES BOOK.