



2026 NFHS FOOTBALL RULES CHANGES



NFHS FOOTBALL RULES

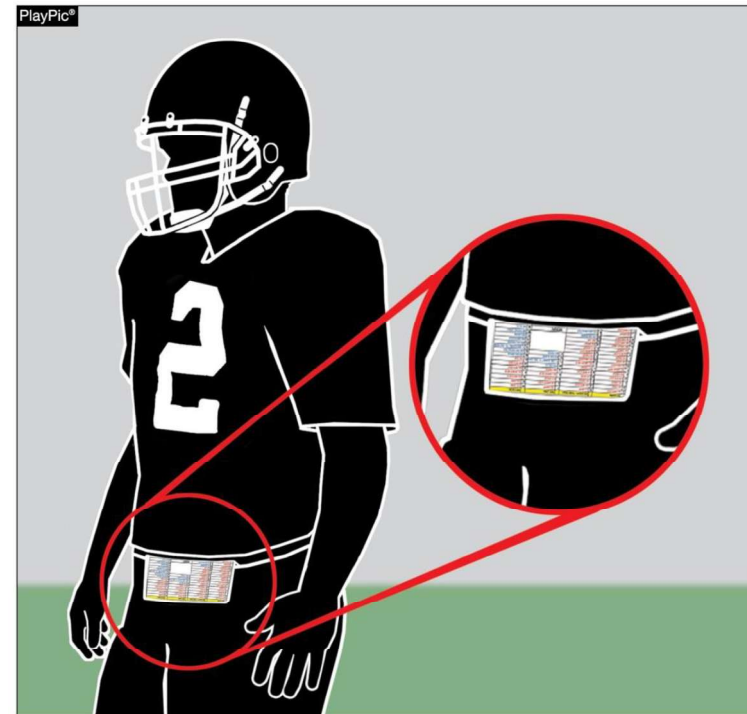
Each state high school association adopting these NFHS football rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS football rules should contact the football rules interpreter designated by the respective state high school association.

The NFHS is the sole and exclusive source of model interpretations of NFHS football rules. State rules interpreters may contact the NFHS for model football rules interpretations. No other model football rules interpretations should be considered.

RULES CHANGES

PLAY CARDS RULE 1-5-3c(9)

- “Illegal equipment shall always include but is not limited to:
9. Play cards not worn on the wrist, arm or belt.”

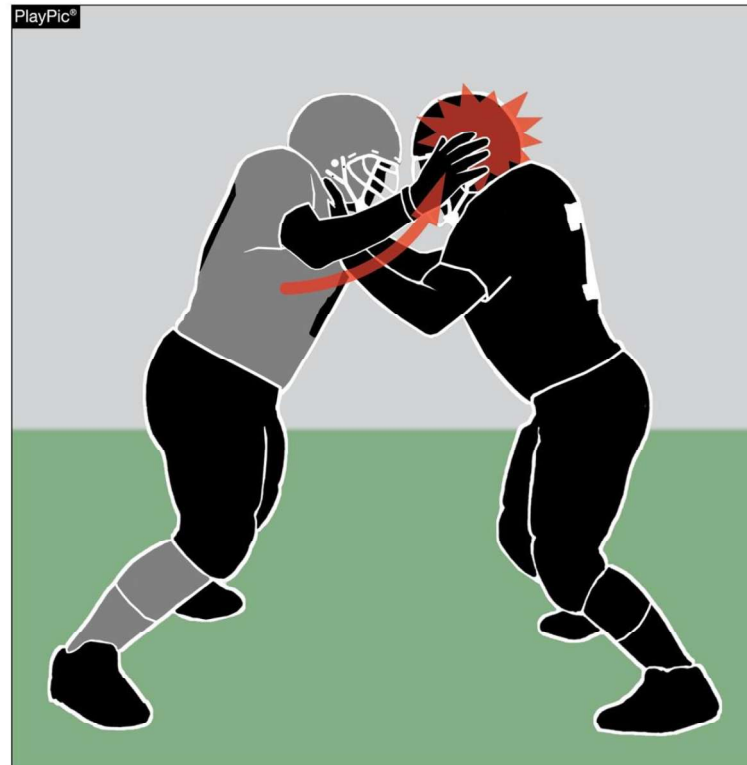


LEGAL

RULES CHANGES

HEAD SLAP RULE 9-4-7

- “No player may use the hand(s) to slap the opponent’s head.”



ILLEGAL

