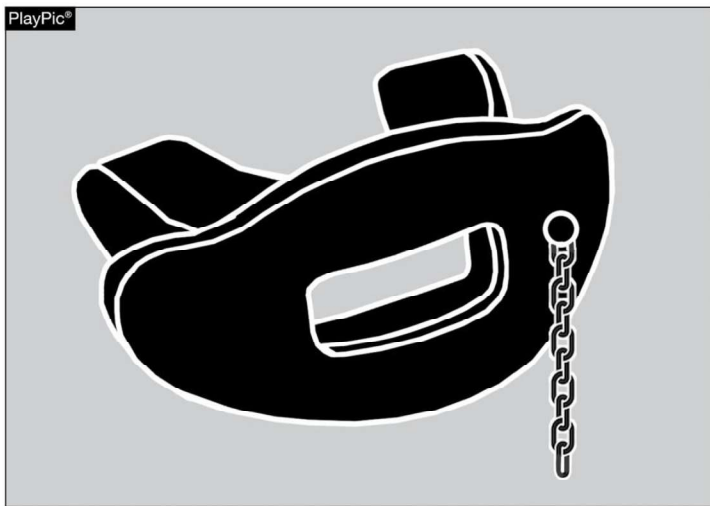




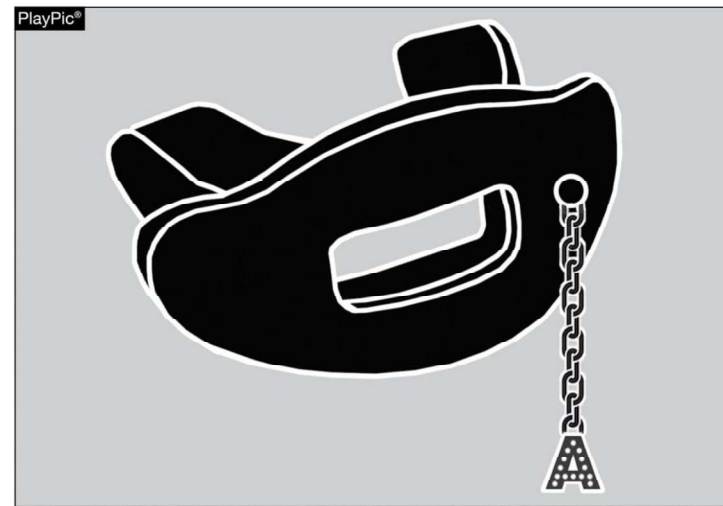
2026 NFHS FOOTBALL RULES REMINDERS

RULES REMINDERS

TOOTH & MOUTH PROTECTOR RULE 1-5-1d(5)a – 4



ILLEGAL

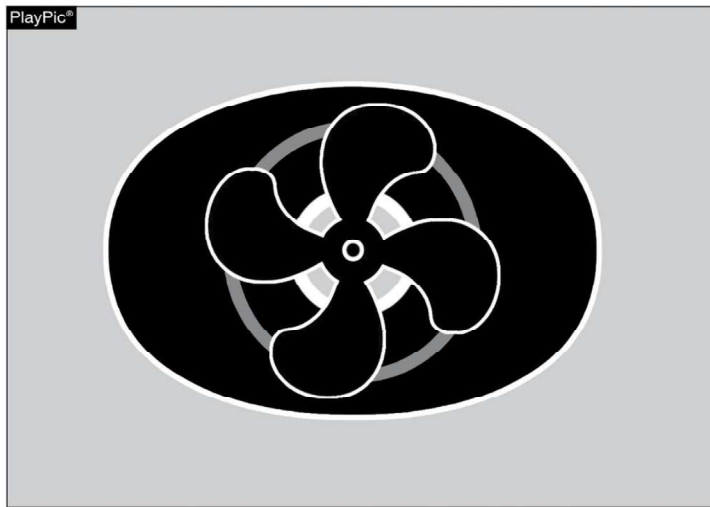


ILLEGAL

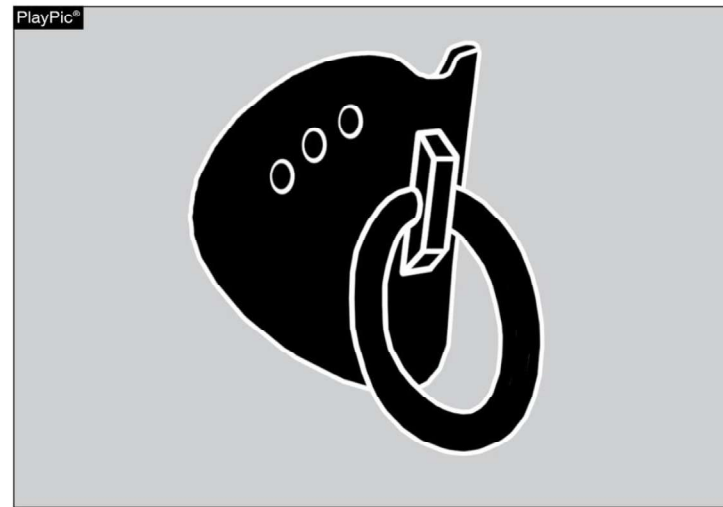
Effective 2026: Tooth and mouth protectors may not include any attachment(s) that do not serve a purpose and function in protecting the teeth or mouth.

RULES REMINDERS

TOOTH & MOUTH PROTECTOR RULE 1-5-1d(5)a – 5



ILLEGAL

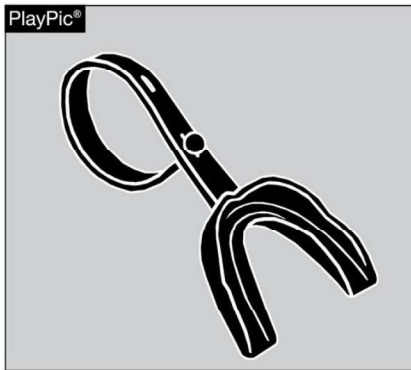


ILLEGAL

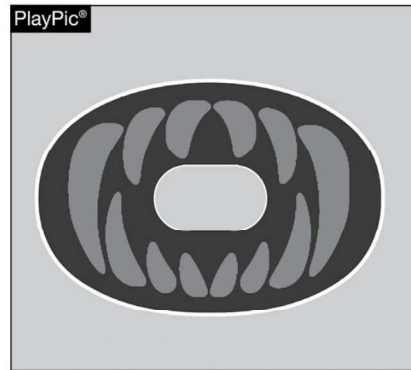
Effective 2026: Tooth and mouth protectors may not include anything on them that is a health or risk issue and can pose a danger to themselves or other players.

RULES REMINDERS

TOOTH & MOUTH PROTECTOR RULES 1-5-1d(5)a – 4, 5



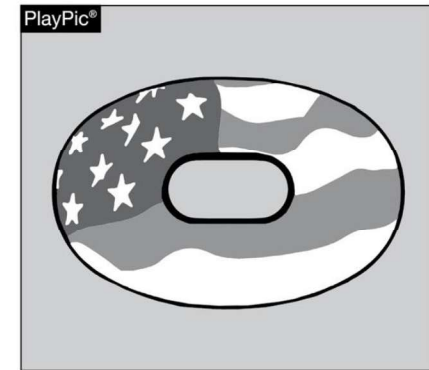
LEGAL



LEGAL



LEGAL



LEGAL

These tooth and mouth protectors neither include any attachment(s) that does not serve a purpose and function in protecting the teeth or mouth, nor anything that is a health or risk issue posing a danger and are not impacted by this rule change.

RULES REMINDERS

ARM SLEEVES

RULES 1-5-2d, 1-5-3c(6)



Effective 2027: Arm sleeves, whether attached to a shirt or unattached, manufactured to enhance contact with the football or opponent must meet the SFIA Specification at the time of manufacture.

RULES REMINDERS

ARM SLEEVES RULES 1-5-2d, 1-5-3c(6)



Effective 2027: Arm sleeves must have a permanent, exact replica of the SFIA arm sleeve seal (meets SFIA Specification), that must be visible and appear legibly on the exterior of the arm sleeve.

RULES REMINDER

ELECTRONIC SIGNS RULE 1-5-3c(2)

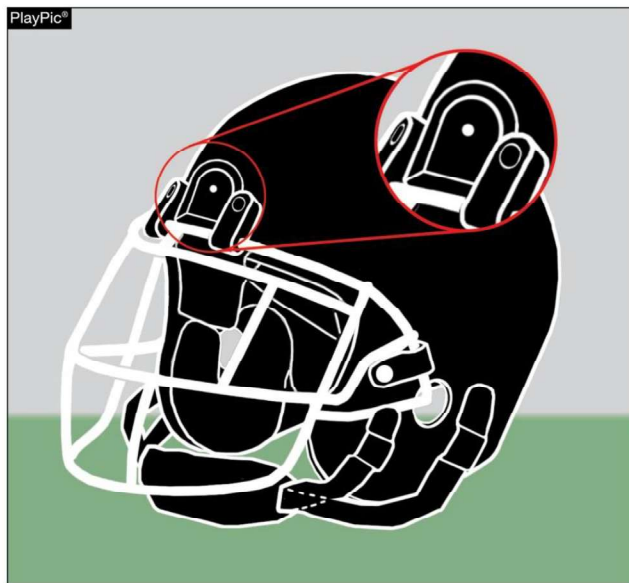


LEGAL

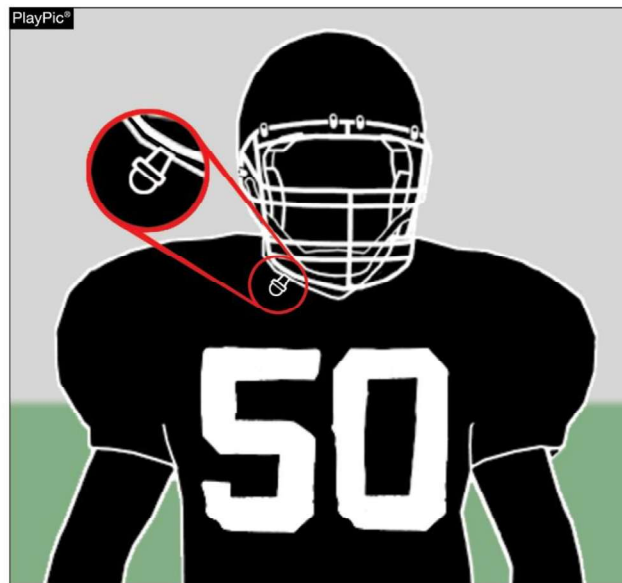
Fixed electronic signs (non-audio) with play signals are allowed to communicate from the sideline.

RULES REMINDER

ILLEGAL EQUIPMENT RULE 1-5-3c(3) (NEW)



ILLEGAL

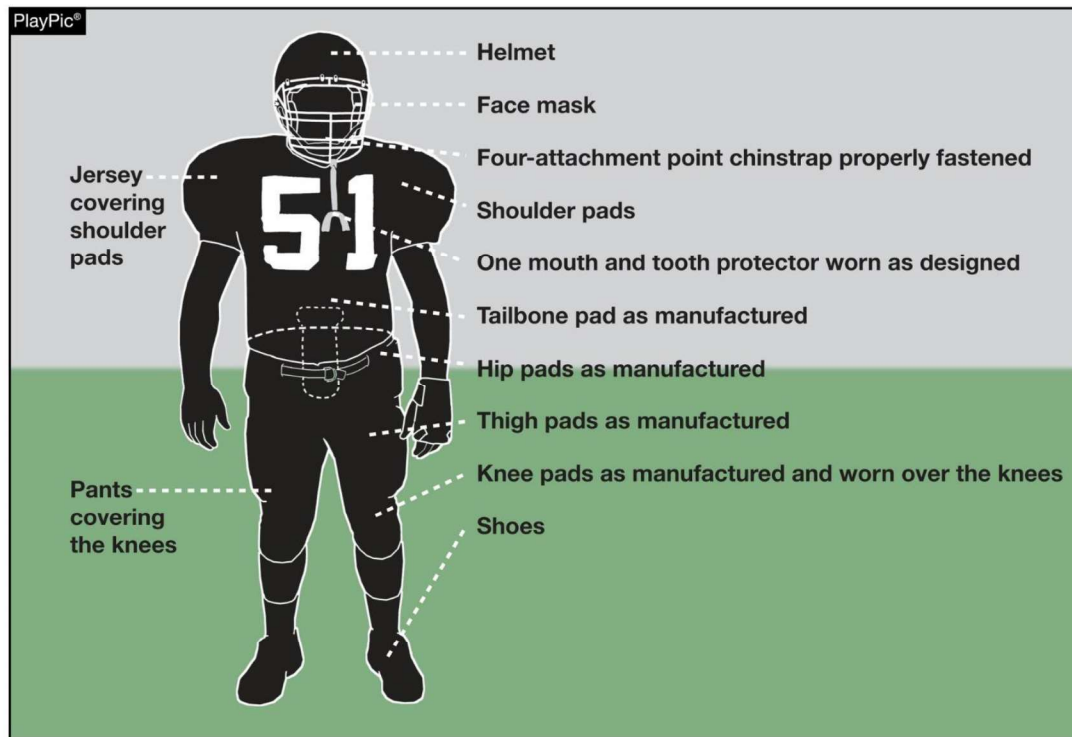


ILLEGAL

Any video (camera) device or audio (microphone) worn by a player during the game is illegal.

RULES REMINDER

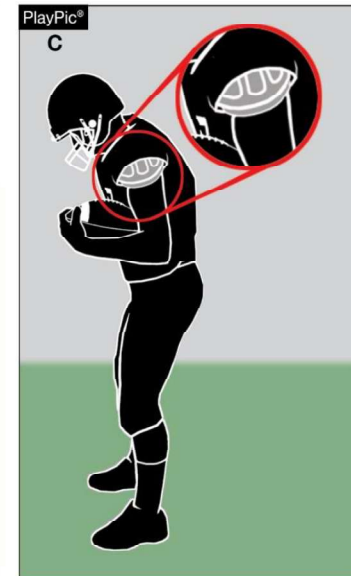
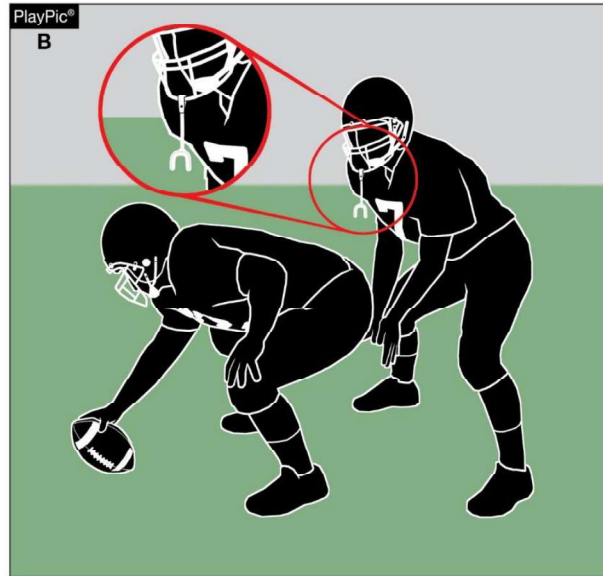
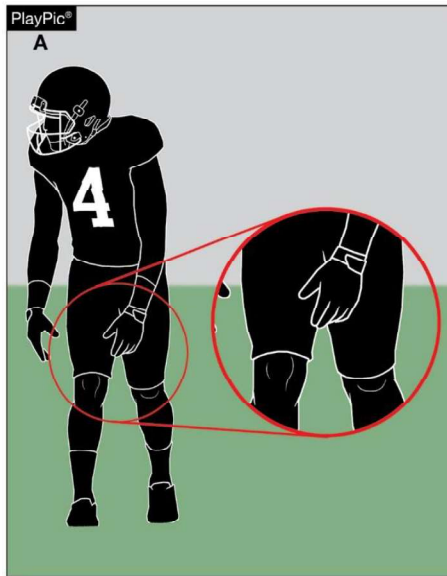
ILLEGAL AND IMPROPERLY WORN PLAYER EQUIPMENT



To support the safety of all participants, players must wear equipment and uniforms that are properly fitted and worn as intended by the manufacturer. Before starting each game, the head coach must verify that all players are properly and legally equipped. Allowing players to use illegal equipment or to wear required equipment improperly could subject the coach to a penalty.

RULES REMINDER

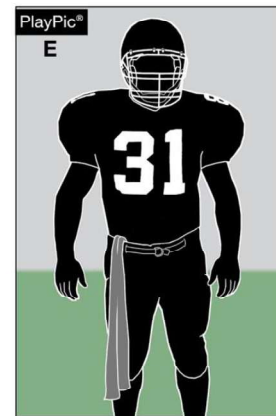
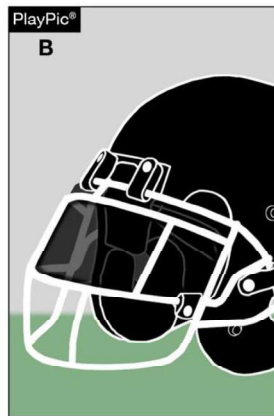
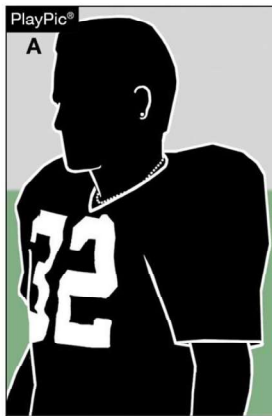
ILLEGAL AND IMPROPERLY WORN PLAYER EQUIPMENT



Improperly worn equipment pertains to all equipment that is otherwise legal but not worn as intended. Examples include pants not covering the knees, tooth and mouth protectors not being worn as play starts and shoulder pads not properly covered by the jersey.

RULES REMINDER

ILLEGAL AND IMPROPERLY WORN PLAYER EQUIPMENT



Illegal (prohibited) equipment includes jewelry (A), tinted visors (B), non-compliant eye shade (C), bands worn around the upper arm, neck or legs (D), and uniform adornments like towels that do not conform to rules (E).

RULES REMINDERS

POP-UP KICK RULES 2-24-10; 6-1-11; 6-1 PENALTY



- A pop-up kick is a free kick in which the kicker drives the ball immediately to the ground, the ball strikes the ground once and goes into the air in the manner of a ball kicked directly off the tee. Such kicks are penalized as a dead-ball foul.

