NFHS EQUIPMENT, FACILITIES, UNIFORM AND RULES CHANGES

CHANGES EFFECTIVE IN 2009-2010

Basketball:
Rule 1-14: Backboard – Red or LED light permitted to signal the expiration of time.

Softball:
Rule 1-3-3: Softballs - Dynamic stiffness of 12” softball shall not exceed 7,500 pounds/inch. Circumference maximum increased from 11 ¼ to 12 ¼.
Rule 1-5-2: Bats – Taper must have smooth, solid surface and a conical shape (no holes).
Rule 1-1-2b Note: Pitching Distance – States may choose to move to 43’ for female fast pitch.

CHANGES EFFECTIVE IN 2010-2011

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.

Softball:
Rule 1-1-2b Note: Pitching Distance – States must move to 43’ for female fast pitch.

Volleyball:
Rule 3-2-1: All panels of the ball shall be solid white or a maximum 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.

CHANGES EFFECTIVE IN 2011-2012

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 8-1-3Note: 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 2012-2013

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

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.

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; Boys Lacrosse; Spirit; Swimming and Diving and Wrestling

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