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 of Restitution (BBCOR) performance standard, and such bats shall be labeled with a silk screen or other permanent certification mark.

Boys Lacrosse:
All hollow crosse handles must have their open end covered with a plastic or rubber end cap manufactured for a lacrosse stick.

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:
The goalkeeper’s stick may be 35.5” – 52” in length (previously 35.5” – 48”). The goalkeeper’s helmet must include a chin strap which must be fastened.

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 4-1-1i1: 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.

**CHANGES EFFECTIVE 2013 -14**

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

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.**

Revised 10-24-11