

# Points of Emphasis

1. Flagrant and Unsportsmanlike Fouls
2. Helping the Runner
3. Sideline Management and Control
4. Identification of the NFHS Authenticating Mark on Game Balls



**PLAY.  
PERFORM.  
COMPETE.  
TOGETHER.**

## Rules Revisions

1. Play cards may be worn on both the forearm/wrist and belt areas of the body.
2. No player may use the hand(s) to slap the opponent's head.

Sport image provided by Visual Image Photography, Illinois.



# 2026 FOOTBALL

**NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS**

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