

## **2026 Football Rules Changes**

**(For comments on the 2026 rules changes, see page 95)**

**1-5-3c(9)** — The committee has approved the wearing of play cards on both the forearm/wrist and belt areas of the body.

**9-4-7** — The committee approved new rules language that no player may use the hand(s) to slap the opponent's head.

### **Rules Reminders:**

**1-5-1d(5)a - 4, 5** — The committee clarified and restricted attachments on tooth and mouth protectors, effective with the 2026 season.

**1-5-2d, 1-5-3c(6)** — New arm sleeve specifications developed to guide manufacturers, players and coaches effective with the 2027 season.