

Is any type of jewelry allowed in 2024?

NFHS rule 4-1-7: Allows small, secured stud or post jewelry to be worn above the chin.

NOTE:

Hoop-style earrings that dangle and other jewelry worn below the chin (such as necklaces and watches) are still ILLEGAL and must be removed.



NFHS Rule Changes

- **2-1-9 (NEW), 12-2-5**: Creates a coaching zone defined by the libero replacement zone extending beyond the end line and sideline extended.
- **4-1-7**: Allows small, secured stud or post jewelry to be worn above the chin.
- **4-2-4b**: Eliminates the use of uniform numbers with a leading zero (01, 02, 03, etc.) beginning in 2028.
- **10-2-1**: Allows requests for substitution by the head coach to be signaled or verbalized.
- **12-2-6**: Establishes that one assistant coach may stand within the coaching zone to provide instruction during dead-ball situations only.