

RULE CHANGES

APRIL 1, 2025

BASKETBALL

- Updated the rule for players in Levels 1-3 not properly guarding man-to-man, including a first-time warning and a second time a free throw is awarded, and maintained possession for the offensive team (page 14).
- Added further definition to providing help defense against an offensive player in the lane so that both the defensive help player and the player with the ball are in the lane and now reads: If a defender is in the lane and the player they are guarding is within arm's length, they may provide help defense against another player who is inside the lane area. This allows a defense to properly defend the lane (page 14).
- Further clarified stealing the ball off a pass is not allowed for Level 1 (K5) but does not include an errant pass. Players at this age sometimes throw a pass directly to the defense (page 17).
- Included information for a flagrant foul and technical foul (page 33).

FLAG FOOTBALL

- Interceptions may now be returned and are awarded six points. Interceptions not returned for a score are spotted where the play ends (page 24).
- Clarification about fumbles added. Fumbles are dead balls and may not be recovered by the defense as this prevents players from diving for the ball (page 25).
- The rush line has been increased from 7 yards to 10 yards (page 25).

SOCCER

- Further defined rules around where defensive players may be positioned during play. It now includes: Defensive players may stand/play near the shooting arc as long as they do not touch or cross the line (page 15).
- Added clarity for how to call offsides for 7v7 and 11v11 versions of soccer (pages 19 and 23).
- Each team will now have 5 penalty kicks if the score is tied after overtime instead of 3 and added a definition for "sudden death" (page 24).

VOLLEYBALL

- Each team may now use one timeout per match (page 15).

BASEBALL, SOFTBALL, & CHEERLEADING

- No rule changes at this time.