

2026 NFHS  
Rules  
Update



# Training Committee

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# Testing Dates

## Virginia

- Test is open, closes March 14<sup>th</sup>, 2026
- Clinic is coming soon

## Maryland

- Test opens February 12<sup>th</sup>, 2026
- Clinic available February 5<sup>th</sup>, 2026

# Upcoming Test Review

- Will be conducted as part of the next membership meeting on March 1<sup>st</sup> @ 7pm
- Will also provide an interactive Zoom Q&A prior to test(s) closing

# Double First Base

- Neither VA nor MD Public Schools will be using the double first base in 2026
- If a school has a double first base and it can't be removed, safety base is ignored
- Association is in contact with private schools to determine their use of a double first base, information will be provided at a later date

# Running Lane Violation

Rule 8-4-1(g): The batter-runner is out when:

Old rule:

*g. The batter-runner runs outside the three-foot running lane (last half of the distance from home plate to first base), while the ball is being fielded or thrown to first base; or*

- 1. This infraction is ignored if it is to avoid a fielder who is attempting to field the batted ball or if the act does not interfere with a fielder or a throw.*

New (2026 rule):

*g. The batter-runner runs outside the three-foot running lane (last half of the distance from home plate to first base), while the ball is being fielded or thrown to first base; or*

- 1. This infraction is ignored if it is to avoid a fielder who is attempting to field the batted ball.*

**Per VHSL: Enforcement of the rule has not changed, there must be interference for RLI to be called; awaiting clarification from MPSSAA**

# Player to Player Meetings

## New Rule 3.4-6 Player to Player Meetings

*Each team, when on defense, may be granted not more than one player-to-player meeting during an inning to permit players to confer with defensive personnel. The umpire shall deny any subsequent player-to-player defensive team requests for meetings for that half-inning.*

**Awaiting clarification from VHSL and MPSSAA on implementing this rule when the catcher is crossed up**



NO RUN

2026

2026

HIGH SCHOOL BASEBALL

RULES CHANGES

PART

3

PLAYER-TO-PLAYER MEETINGS

