1. **Bowling**: Starting in 2019, developmental individual and individual ramp will be eligible to advance to state. Individual and Ramp athletes will submit their average, and a handicap will be used. They will bowl only one 1 game.

2. **Alpine Skiing**: As of the 2021 season, all forerunners and competitors in official training and competition for Giant Slalom, Super-G and Downhill must wear a helmet that meets the new FIS standards. Under the new regulations, helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din1077, ASTM F2040, SNELL S98 or RS 98. In addition, helmets must have a conformity label affixed by the manufacturer in a non-removable way, at the back of the helmet, in a position where it is not covered by the goggle strap. The conformity label must contain the text “Conform to FIS Specifications RH 2013”. Helmets must cover the head and ears. Helmets with spoilers or edges that stick out are not permitted. Protective features, such as chin guards on SL helmets are permitted. Soft ear protection is only permitted for helmets used in SL. Helmet mounted cameras are not allowed on helmets during official training or competition.

3. **Winter Season Medical Deadline**: Due to Winter Games being held in February, the new medical deadline for all winter sports will be January 1, 2020.

4. **Athlete advancement policy for team sports**: As of 2019, if a player is absent at any level of competition they may not advance with the team to the next level of competition. All players present at a competition must be on the bench and listed on the scorecard. They must have the opportunity to play in one game. If a player is unable to play due to injury, the coach must tell the scorer so they can record the injury on the scorecard. Based on the severity of the injury, the player may be allowed to leave with the approval of the Tournament Director. If a
player is unable to play due to illness, the coach must tell the scorer so they can record the illness on the scorecard and must be present (on the bench if possible) at the tournament in order to advance to the next level of competition.

5. **Level 1 Skills Minimum Standards:** As of 2019, an athlete will need to have a minimum total score of 5 points or more in order to compete at the District/Regional Basketball Skills Competition. An athlete will need to have received a minimum score of 10 points or more in order to advance to the State Basketball Skills Competition.