

SECTION 5 TEAM MEMBER'S EQUIPMENT, APPAREL

ART. 1 . . . The referee shall not permit any team member to wear equipment or apparel which, in the referee's judgment, is dangerous or confusing to other players or is not appropriate.

NOTE: Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities or unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.

ART. 2 . . . Guards, casts and braces shall meet the following guidelines:

- a. A guard, cast or brace made of a hard and unyielding substance, such as, but not limited to, leather, plaster, plastic or metal shall not be worn on the elbow, hand, finger/thumb, wrist or forearm; even though covered with soft padding.
- b. Hard and unyielding items (guards, casts, braces, etc.) on the upper arm or shoulder shall be padded with a closed-cell, slow-recovery foam padding no less than ½" thick.
- c. Knee and ankle braces which are unaltered from the manufacturer's original design/production are permitted and do not require any additional padding/covering nor do the braces need to meet the color restrictions.

NOTE: A brace is defined as anything worn for a medical purpose to increase stability. In general, it is made of neoprene or elastic knit with an insert embedded to support the joint. It may or may not have a hinge and/or straps or an opening over the kneecap.

- d. A protective face mask may be worn and made of hard material, but shall be worn molded to the face with no protrusions.
- e. Shall be worn for medical reasons.

ART. 3 . . . Arm sleeves, knee sleeves, lower leg sleeves, compression shorts and tights are permissible:

- a. Anything worn on the arm and/or leg is a sleeve, except a knee brace, and shall meet the color restrictions.
- b. The sleeves/tights and compression shorts shall be black, white, beige or the predominant color of the jersey and the same color sleeves/tights shall be worn by teammates.
- c. All sleeves/tights and compression shorts shall be the same solid color and shall be the same color as any headband or wristband worn.
- d. Meet the logo requirements in **Rule 3-6**.

ART. 4 . . . Wristbands and headwear shall meet the following guidelines:

- a. Headbands and wristbands shall be white, black, beige or the predominant color of the jersey and shall be the same color for each item and all participants. They shall be the same color as any sleeve/tights worn. See Rule 3-6 for logo requirements.
- b. A headband is any item that goes around the entire head. It shall be a circular design without extensions. If worn, only one headband is permitted, it shall be worn on the forehead/crown, it shall be nonabrasive and unadorned, and it shall be no more than 3 inches wide.
- c. If worn, only one wristband is permitted on each wrist, each shall be worn on the arm below the elbow, each shall be moisture-absorbing, nonabrasive and unadorned, and each shall be a maximum of 4 inches wide.
- d. Rubber, cloth or elastic bands may be used to control hair. Hard items, including, but not limited to, beads, barrettes, bobby pins and other adornments in the hair that are securely fastened to the head and do not present an increased risk to the player, teammates or opponents are allowed. Hair-control devices are not required to meet color restrictions.
- e. Head coverings worn for religious reasons shall not be made of abrasive or hard materials and must be attached in such a way that the coverings are highly unlikely to come off during play.

NOTE: The state association shall be notified, after the contest, if there is a concern about a head covering worn for religious reasons.

- f. Head decorations and headwear, except those specified above, are prohibited.
EXCEPTION: State associations may on an individual basis permit a player to participate while wearing a head covering if it meets the following criteria: For medical or cosmetic reasons – In the event a participant is required by a licensed medical physician to cover the participant's head with a covering or wrap, the physician's statement is required before the state association can approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely that it will come off during play.

ART. 5 . . . Equipment which is unnatural and/or designed to increase a team member's height or vertical reach or to gain a competitive advantage shall not be permitted. Equipment and apparel shall not be modified from the original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.

EXCEPTION: Provided the shorts are not in conflict with [Rule 3-4-5](#), no drawstring or other part of the shorts intended to maintain them in a normal position causes potential harm to the player or others and wearing of the shorts is not objectionable in exposing the anatomy, there is no restriction on folding or rolling the shorts at the natural waistband seam.

ART. 6 . . . Undershirts, if worn, must adhere to the following:

- a. Shall be a single solid color similar to the torso of the jersey or be solid black (under visiting team dark jerseys only) and shall be hemmed and not have frayed or ragged edges. Visiting team members may wear either a single solid color similar to the torso of the jersey or black, but not both.
- b. If the undershirt has sleeves, they shall be the same length.
- c. Only one visible logo is permitted. See Rule 3-6 for logo requirements.

ART. 7 . . . Jewelry is prohibited. Religious and medical-alert items are not considered jewelry. Religious items shall be taped and worn under the uniform. A medical-alert item shall be taped and may be visible.