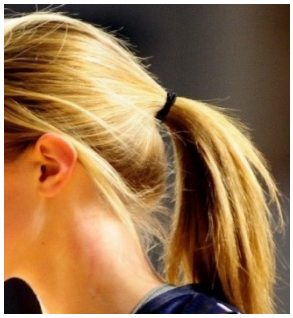
Summary of Uniforms, Equipment and Apparel Items

(Rule 3-4, 3-5,and 3-6)

✱ = Rule change for 2019-2020 season

LEGAL



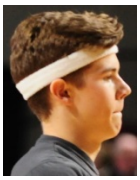
HAIR CONTROL DEVICES

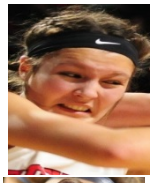
- Item that goes around hair only.
- No color restrictions.
- Must be of soft material.
- Beads are prohibited.

ILLEGAL

ILLEGAL APPAREL

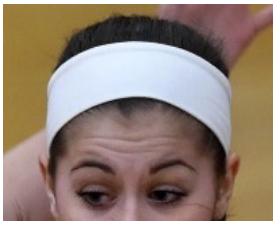
Headband must be worn without extensions.





HEADBANDS and WRISTBANDS

- Must be a single solid color: white, black, beige, or the predominant color of the jersey.
- All such articles for all teammates must all be the same color.



✱LEGAL APPAREL

Headbands may be 3 inches wide

ILLEGAL APPAREL

Too many logos

LEGAL APPAREL

UNDERSHIRTS

- Must be a single solid color similar to the predominant color of the jersey.
- Sleeve edges may not be frayed and must be the same length.
- One teammate may have short sleeves, another may have long sleeves.

ILLEGAL APPAREL

LEGAL APPAREL

✱ ROLLED WAISTBANDS

Players are permitted to fold or roll their shorts at the natural waistband seam.

Rolled waistbands do need to be in compliance with Rule 3-4-5 that restricts uniform pants to having only one visible manufacturer's logo.

ILLEGAL APPAREL

AMERICAN FLAG

May be worn anywhere on the jersey, provided it does not exceed 2 x 3 in. and interfere with visibility of number.

BRACES

- Manufactured knee and ankle braces do not need to meet any color restrictions.
- A brace is defined as anything worn for a medical purpose to increase stability.

SLEEVES, COMPRESSION SHORTS and TIGHTS, HEADBANDS and WRISTBANDS

- Must be a single solid color: white, black, beige, or the predominant color of the jersey.
- All such articles for all teammates must all be the same color.

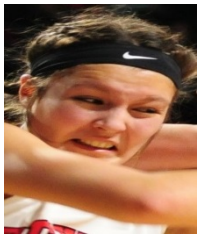
LEGAL APPAREL

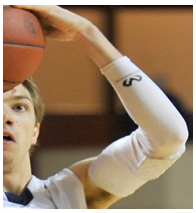
LEGAL APPAREL

LEGAL APPAREL

LOGOS

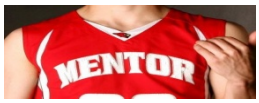
One visible manufacturer's logo is permitted on any apparel item, limited to 2.25 square inches.





SCHOOL OR CONFERENCE LOGO/MASCOT

May be located at the apex/opening of the neckline of jersey and the corresponding area on the back and/or in either side insert.

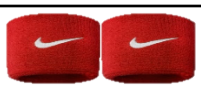


One **MEMORIAL PATCH** may be worn. It shall not be a number, must be located above the neckline or in the side insert and not exceed 4 square inches.

ILLEGAL APPAREL

Color of headbands and leg sleeves (knee pads) do not match.

WRISTBANDS



- Must be made of absorbent material.
- Worn below the elbow.
- Only one wristband per arm.

SHOES AND SOCKS

Are not "apparel" items and have no color or logo restrictions.

ILLEGAL APPAREL

- Logo is too big.
- Sleeves must be a single solid color.

JEWELRY is NOT permitted.

RELIGIOUS and MEDICAL ALERT MEDALS

- Are not considered jewelry.
- Religious medals must be taped and worn under the uniform.
- A medical alert medal must be taped and may be visible.

ILLEGAL APPAREL

Arm sleeve must be a single solid color.

ILLEGAL APPAREL

Silicone bands