NFHS UNIFORM RULES SUMMARY (8-27-13)

SPORT (Rule Reference)	HOME JERSEY COLOR	NUMBER LOCATION	FRONT NUMBER SIZE	BACK NUMBER SIZE	BARS OR WIDTH OF NUMBER	NUMBER BORDER WIDTH	NUMBER RANGE	JERSEY LENGTH/ UNIFORM	SHOES	SOCKS	HATS HEAD-GEAR	PANTS	Under-Garments
Baseball (1-5)				At Least 8”		¼”			Required		Required		Pitcher – no white or gray
Basketball (3-4)	White Required	Centered Vertically & Horizontally on visible portion	At Least 4”	At Least 6”	Not less than ¾”	2 Solid contrasting ¼” limit or shadow ½”	0,1,2,3,4,5 (no 6, 7, 8,9)	Tucked in Pants (if designed)			Only for Medical Or Religious	Above Hips	Same primary color as Uniform
Football (1-5)	Dark	Centered Horizontally	8”	10”	1 ½” wide	Minimum ¼” at least	1 – 99	Reach top of Pants	Covers Foot		Helmet Required	Cover Knees	Not tacky materials
Field Hockey (1-5)	White		3” – 6”	6” – 8”			00 – 99			Knee Length Required	Knitted Caps or Soft Headgear		White for home team, black/dark for visiting team
Ice Hockey (2-1)	White/Light	Both Sleeves 4”		At Least 10”					Skates Required		Helmet Required	Pants Rec.	
Girls Lacrosse (2)	Coaches Agreement	Centered Horizontally & Vertically	At Least 6”	At Least 8”		1 inch			Shoes, No Spikes		Soft Headgear Allowed not required		Black, gray, White or Same as Uniform
Boys Lacrosse (1-9)	Light	Centered Horizontally & Vertically	At Least 8”, Required	At Least 12”, Required		2 inches	0-99	Reach Belt of Pants	Required		Lacrosse Helmet		White, Gray or Same as Uniform
Soccer (4-1)	Solid White		At Least 4”	At Least 6”				Tucked in Shorts (if designed)	Required	Stockings Required, Logos permitted	Soft Caps in weather, Padded Headbands		Single Color, same length
Softball (3-2)	Same color and style for team members			At Least 6”		¼”			Required		Optional (Caps, Visors, Headbands-same color)		Black, White, Gray or School Colors
Track & Cross Country (4-3)								No mid riff,hang below waist or tuck in	Required		Permitted unless games committee prohibits	Waist Band Above Hips	Single,solid Color if extended below knees
Volleyball (4-2)	2016 – Libero or teammates wear solid color top home and away	Not more than 5” below shoulder seam, 5” below bottom edge of neckline	At Least 4” Contrast color to top	At Least 6” Contrast color to top	Not less than ¾” at narrowest point	Not Exceed ½” at widest point, trim solid color, may have 2 colors	Not More Than 2 Digits	No midriff, may tuck in or hang below waist	Required		Headbands 2” permitted	Number same as Top if used on bottoms	Single color, same as predominant color of top/bottom
Water Polo (4)		Both sides of cap and middle panel front and back	At Least 3”					Only one suit may not be transparent			Cap required with earguards/white for visitor		
Swimming								Male- waist to knees; Female-shoulders to knees, must be textile & permeable			Wearing of caps is permitted		Not permitted
Wrestling (4-1)								One-piece singlet	Above Ankles heelless		Ear Guards Required		Single, Solid Color, Unadorned