

2022-2023 – Summary of Uniforms, Equipment and Apparel Items



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

Rule changes highlighted in yellow

HEAD DECORATION

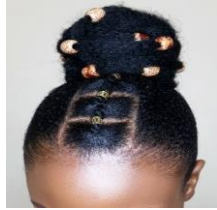
- Adornments made of hard material are permitted provided they are securely fastened close to the head and do not present an increased risk to the player, teammates or opponents.



LEGAL



LEGAL



LEGAL



ILLEGAL

HEAD COVERINGS

- Head coverings worn for religious reasons shall not be made of abrasive or hard materials.
- Must fit securely so it is highly unlikely to come off during play.



LEGAL

HEADBANDS

- May not be knotted or have extensions, even if extensions are tucked in.
- May only have one logo.
- May be up to 3 inches wide.



ILLEGAL



ILLEGAL



LEGAL

HEADWEAR

If a participant is required by a licensed medical physician to cover the head with a covering or wrap, the physician's statement is required before the state association can approve a covering or wrap.

LEGAL

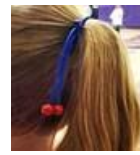
with approval from State Association



LEGAL

HAIR CONTROL DEVICES

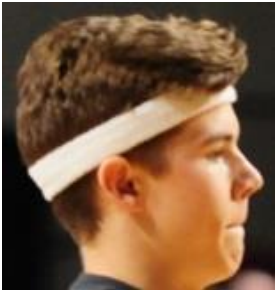
- Item that goes around hair only.
- No color restrictions.
- Must be of soft material.
- Beads are prohibited.



ILLEGAL

HEADBANDS, WRISTBANDS, ARM/LEG SLEEVES, COMPRESSION SHORTS and TIGHTS

- Must be a single solid color: white, black, beige, or the predominant color of the jersey.
- May only have one logo.



- All such articles for all teammates must be the same color.

UNDERSHIRTS

- Must be a single solid color similar to the torso of the jersey.
- Sleeves' edges may not be frayed and must be the same length per player.
- One teammate may have short sleeves, another may have long sleeves.
- Each individual must have sleeves that are the same length.
- May only have one logo.



LEGAL



ILLEGAL - color

MEMORIAL PATCH

- Only one patch allowed.
- Not a number.
- Above neckline or in side insert.
- No more than 4 in²



SCHOOL OR CONFERENCE LOGO/MASCOT

May be at apex of jersey neckline on front/back and/or either side insert.



AMERICAN FLAG

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



LOGOS

One visible manufacturer's logo is permitted on any apparel item, limited to 2¼ square inches.



LEGAL LEGAL LEGAL

LEGAL



SHORTS

- No color restrictions.
- May be folded or rolled at the natural waistband seam.
- Must comply with Rule 3-4-5 restricting uniform pants to only one visible manufacturer's logo.

ILLEGAL



RELIGIOUS and MEDICAL ALERT MEDALS

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



JEWELRY

- **Not** permitted.
- May **not** be taped.
- Must be removed.



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.



SHOES AND SOCKS



No color or logo restrictions.

WRISTBANDS

- Made of absorbent material.
- Must be worn below elbow.
- Only one per arm.



← ILLEGAL

Color of headband and leg sleeves do not match.



← ILLEGAL
Logo is too big.



↑ ILLEGAL →

Sleeves must be a single solid color.



Silicone bands

ILLEGAL ↓



LEGAL →

Color of headband and leg sleeves match.

