

NFHS Uniform Rules

UNDER SHIRTS:

MUST be same color as prominent color of uniform

Ex: Home Jersey is white/under shirt must be white

Cannot have visible patterns or designs

Sleeves must be of equal length

ARM SLEEVES:

CANNOT BE WORN UNLESS IT IS MEDICALLY NECESSARY

LEG TIGHTS:

ALL TEAM MEMBERS wearing leg tights must be wearing same color

ACCEPTABLE COLORS: white, black, tan, or uniform color

NO DESIGNS/LETTERING ARE ALLOWED ON TIGHTS

****THESE RULES WILL BE ENFORCED BY COACHES****

****PLAYERS WILL REMOVE ANY ILLEGAL GEAR****