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**
- Headband must be worn without extensions.

**HAIR CONTROL DEVICES**
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**LEGAL**

**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.

**ILLEGAL**
- Too many logos

**LEGAL APPAREL**
- Headbands may be 3 inches wide

**ILLEGAL APPAREL**
- Headbands must be worn without extensions.

**LEGAL**

**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**

**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**

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

- Silicone bands

**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.

**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.

**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.

**JEWELRY**
- Is NOT permitted.
- Religious medals must be taped and worn under the uniform.
- A medical alert medal must be taped and may be visible.

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

**LEGAL APPAREL**

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

**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.

**SHOES AND SOCKS**
- Are not “apparel” items and have no color or logo restrictions.

**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.

**ILLEGAL APPAREL**

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

**ILLEGAL APPAREL**

- Arm sleeve must be a single solid color.

**ILLEGAL APPAREL**

- Silicone bands