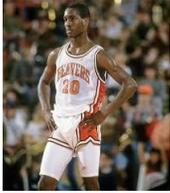


# Basic Summary – “Apparel” Items -- NFHS and MHSAA Rules



**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).



**Sleeves for arms, knees, and legs, and compression shorts, 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.



**Headbands:** A band that goes around the head and may be of any non-abrasive material (cloth, elastic, pre-wrap). Knots are allowed, but may not have tails or “extensions” beyond the knot. Color restrictions stated above.



**Hair control devices:** Item that goes around hair only. No color restrictions. Hard and sharp items not allowed.

**Wristbands:** moisture-absorbing, 4” wide max., one on each arm, worn below the elbow. Color restrictions stated above.



**Logos:** One visible manufacturer’s logo or school logo is permitted on any apparel item, the size limited to 2-1/4 inches and not exceeding 2-1/4 square inches in any dimension on any item. Other than the player number on the jersey, numbers are not allowed.



**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. In general, it is made of neoprene or elastic knit with an insert embedded to support the joint. It may or may not have a hinge and/or straps or an opening over the knee cap.” Sleeves with pads sewn in are not considered braces and are subject to the color restrictions.



**Shoes and Socks** are not “apparel” items and have no color or logo restrictions.

**\*\*\* ROLLED WAISTBANDS - ILLEGAL:** New this year is the MHSAA’s direction that “...equipment and apparel...shall be worn in the manner the manufacturer intended it to be worn” (Rule 3-5-5). Therefore, a player should not be allowed to play with “rolled waistbands” on pants. (2018,19 NFHS Interpretation #9)



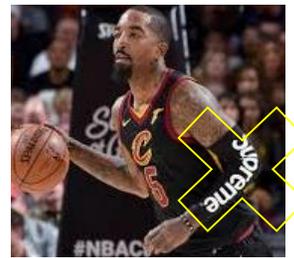


Jewelry is not permitted

Wristband must be worn below elbow



Hair restraining devices must not be of a hard or sharp material



Logo larger than legal



Wristband must be made of absorbent material



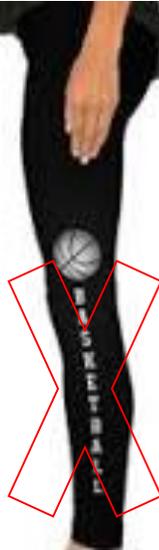
A knot is currently not illegal, but tails or "extensions" beyond the knot are not permitted.



No "extensions" on hair restraining devices either.



Logo larger than legal



Sleeves must be a single solid color



Rolled waistbands are now illegal. Pants must be worn as the manufacturer intended.



Sleeves with sewn-in pads are not considered "braces", but sleeves, which are subject to color restrictions.

Exposed pants strings can be a significant safety issue . . .

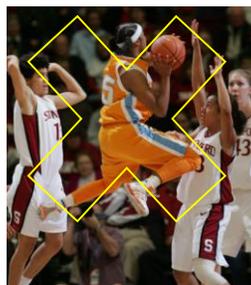


. . . Keep them inside the pants as the manufacturer intended

This substitute should not be allowed to enter the game with dissimilar colored tights and headband.



#20's undershirt is illegal. It must be a similar color as his jersey.



Color or headband and compression pants do not match – illegal apparel. A sub should be requested the next dead ball.



Non-absorbent Wristband is not Permitted.

Wristband not wider than 4" ... legal color ... Worn below elbow = legal.