


NFHS / IAABO Equipment and Apparel Matrix

| Item | Description / Requirements | Home Team | Away Team |
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| Dangerous, Confusing or Not Appropriate | In Referee's judgement. Will not permit any team member to participate wearing such items. |  | |
| Guard, Cast or Brace | If hard and unyielding shall not be worn on (or below) the elbow -- even if covered with soft padding. Permitted on upper arm / shoulder if padded (not less than ½" foam). | Must be removed prior to participation or warm-up. Applies to both teams. | |
| Knee or Ankle Braces | If unaltered from manufacturer's original design they require no additional padding . No color restrictions. Defined as anything worn for a medical purpose to increase stability . In general made of neoprene or elastic knit with an insert embedded to support the joint. | | |
| Sleeves, Compression Shorts or Tights | Anything worn on leg or arm is a sleeve - unless it's considered brace. Color and matching restrictions apply -- on each person and across team. | | |
| Headbands | Anything that goes around the entire head . No extensions permitted. Must be worn on the forehead / crown. Color and matching restrictions apply - on each person and across team. Maximum width: 2" . | All teammates must wear same color - black, white, beige or predominant color of jersey. Must match headband and wristband colors if worn. | |
| Wristbands | Maximum of one permitted on each wrist (or below elbow). Color and matching restrictions apply - on each person and across team. Maximum width: 4" | | |
| Hair Control Devices | Anything that goes around just the hair (and not entire head). Rubber, cloth, elastic bands, pre-wrap permitted to control hair. Hard items (bobby pins, barrettes, etc) are not permitted . | May be any color . Not limited by color restrictions. | |
| Head Decorations and Coverings | Generally prohibited (unless considered headband or hair control device). State associations may permit wearing a head covering for medical, cosmetic or religious reasons . Must not be dangerous. Refer to local and state regulations. | Must be removed unless permitted by state adoption. Applies to both teams. | |
| Jersey Color | Torso shall be the same single solid color for all team members. Note: The uniform shorts do NOT need to match the jersey color. | Home: White Only | Away: Contrasting Dark Color |
| Undershirts | Must be single solid color similar to the torso of the jersey . No frayed / ragged edges. Sleeves may be long or short but of equal length on same player. Teammates may wear mix of long / short sleeves. One logo permitted. | Home: White Only | Away: Must match predominant jersey color |
| Logos | Only ONE SINGLE visible manufacturer's logo / trademark / reference or school logo/ mascot permitted on wristbands, headbands, compression shorts, undershirts, and arm/leg sleeves. Multiple manufacturers logos on the waistband of the pants/skirts makes the item illegal. <i>NFHS Rule References: 3-4, 3-5 and 3-6</i> | All players: One visible permitted not to exceed 2 ½" square or 2 ½" in any dimension of logo. Additional must be removed or covered. | |