

Compression Garment Regulations

To ensure that teams have uniformity, if more than one player in a team is wearing compression gear all players must be in the same colour. For example, if one player is wearing black compression gear, any other player in the team must also wear black in any compression gear worn. Exception to this is for 'power shorts' and 'sleeveless tops' not extending past the neckline.

Sport Half Tight Skins



Power Shorts



Colour does not have to be the same as playing uniform

Compression knee pads



Power Sleeves, Powersox, Calf Tights



Full length lower body compression



Sleeveless Top



Colour **MUST** be the same as playing uniform if extending at neckline

The following compression garments are **NOT PERMITTED**



**Tops with sleeves
Full-body suits**