

## High School Soccer Uniform Compliance - Shin Guards

Please forward to all your soccer coaches

I hope this email finds you well. I am writing to bring your attention to the updated regulations regarding high school soccer uniforms as outlined in the attached flyer. It is crucial that we adhere to these guidelines to ensure our team's compliance with the National Federation of State High School Associations (NFHS).

### Shin Guards:

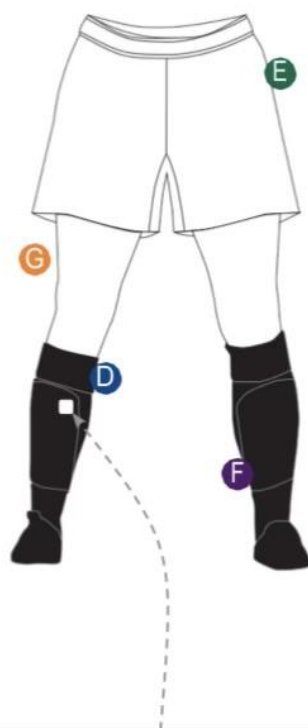
- Professionally manufactured shin guards are required.
- They must meet NOCSAE (National Operating Committee on Standards for Athletic Equipment) specifications.
- [Look for the NOCSAE stamp on shin guards to ensure approval for high school play1.](#)
- [Shin guards should fit snugly \(but not uncomfortably\) and sit about two inches below the knee.](#)
- For maximum protection, consider full-length shin guards with ankle guards or removable ankle guards.
- Ankle protection is especially important for younger players to safeguard against wild kicks.

Please review the attached flyer with your teams to ensure that every player is properly outfitted with the correct gear. If you have any questions or need assistance, feel free to reach out.

Thank you for your attention to this matter and your commitment to our athletes' safety.

# NFHS SOCCER UNIFORMS

## Other Items



Manufacturer Certifies



PO Box 690 | Indianapolis, IN 46206  
Phone: 317-972-6900 | Fax: 317.822.5700  
www.nfhs.org

## D SOCKS

- Home Team:
  - Dark color contrasting white
  - Single dominant color
  - Does not need to match the jersey color
  - Both socks shall be the same color
- Visiting Team:
  - Solid white
- If tape or stays are used externally, it should be the same color as the socks.
- Manufacturer's logo on both sides of the socks is legal.

## E SHORTS

- May be of a color unlike that of the jersey.
- May have an appropriately sized manufacturer's logo applied.
- Only names, patches, emblems, logos or insignias referencing the school are allowed on the shorts.

## F SHINGUARDS

- Professionally manufactured.
- Age- and size-appropriate.
- Worn under socks.
- Worn with bottom edge no higher than 2 inches above the ankle.
- Must meet NOCSAE Standards at time of manufacture.
- NOCSAE seal and height range permanently marked on front of shinguard.
- May not be altered.

## G UNDERGARMENTS: TIGHTS/LEG/KNEE & ARM SLEEVES

- If worn, similar length for an individual.
- Solid color, all alike for the team, if worn.

## H HEAD COVERINGS

- Goalkeeper may wear soft-billed baseball-type hat or soft-billed visor.
- Soft-padded headgear is permitted.
- Medical or cosmetic required head coverings must be approved by state association.
- Religious required head coverings must be approved by the state association.

## I MISCELLANEOUS

- Manufacturer's logo may not exceed 2¼ square inches or exceed 2¼ inches in any dimension.
- American flag may not exceed 2 inches by 3 inches.
- By state association adoption, commemorative or memorial patches placed on the jersey may not exceed 4 square inches.
- Armbands shall be worn on the upper arm by the team captain.
- Substitutes should wear distinguishing pinnies when warming up outside the team area.