

# Everything you ever wanted to know about Uniforms



*Presented by: Joe Spagnolo, IHSA Clinician  
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# **Uniform Colors**

**Home Team = White Solid Color Jerseys**

**Visiting Team = Darker than White Solid Color**

**The color of the short does not have to match  
the color of the jersey.**

**Exceptions may be granted in tournaments or  
on special event days.**

# **Uniform Numbers**

**The following numbers are legal:**

**0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, 55.**

**A team member list shall not have both numbers 0 and 00.**

**Numbers cannot be obscured on the uniform.**

# **Manufacturer's Logo**

**Size limitation is 2-1/4" x 2-1/4"**

**Only one logo per garment**



# **Illegal Uniform Penalty**

**The penalty for an illegal UNIFORM is a direct technical foul issued to the head coach.**

**Rules for uniforms must be followed by the school and the adults making those decisions will be subject to the penalty of a technical foul if the rules are not followed.**

# **Team Member's Apparel**

**Wearing apparel and equipment beyond the uniform is the responsibility of the player.**

**Players will not be able to participate unless they have the proper equipment and apparel.**

# **Undergarments**

**T-Shirts shall be a single color similar to the torso of the jersey. Sleeves must be the same length.**

**Compression shorts shall be a single color similar to the torso of the shorts.**

**T-Shirts and exposed shorts must match the color of the uniform.**

PlayPic™

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**Illegal undershirt - must be same color as uniform**

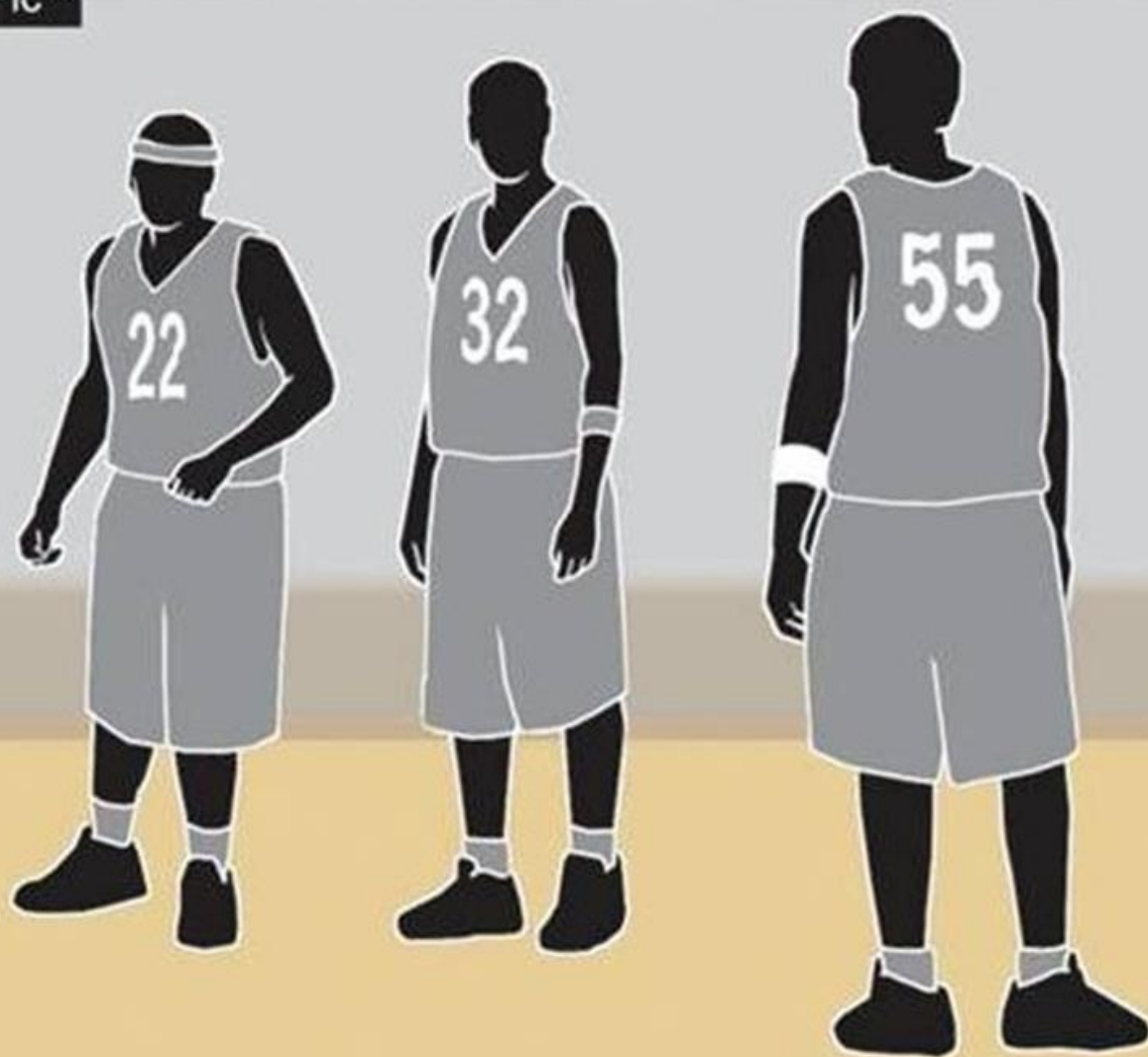


# **Player Apparel**

**Arm sleeves, knee sleeves, lower leg sleeves, tights, headbands and wristbands are allowed.**

**Allowable colors are either white, black, beige or the predominant color of the jersey.**

**All must be the SAME SINGLE COLOR and match that of all teammates.**



**Illegal - Must be same color for all players**

# **Improper Apparel Penalty**

**If a player has more than one color of different apparel items on their person, or if they do not match that SAME SINGLE COLOR of their teammates, they will not be allowed to participate.**

**No technical fouls are ever issued to players for uniform/apparel issues.**

# **Hair Control Devices**

**Rubber, cloth or elastic bands may be used to control hair. Hard items, including, but not limited to, beads, barrettes and bobby pins, are prohibited.**



# Headbands and Hair-Control Devices

## 3-5-3



Goes  
around the  
entire head  
= Headband



Goes around  
the hair only  
= Hair-Control  
Device

# **Medical & Religious Reasons**

**Head coverings are allowed for religious reasons.**

**Religious and Medical-Alert medals are not considered jewelry. Religious medals must be taped and worn under the uniform.**

**Medical-Alert medals must be taped and may be visible.**

# **Guards, Casts and Braces**

**These items have their own set of rules.**

**They must be made of a hard material and covered with soft padding.**

**Face masks must be molded to the face with no protrusions.**

**Knee and ankle braces do not need to meet the color restrictions.**

# Jewelry is Prohibited

No jewelry. For any reason.







# Review

## UNIFORMS

**Legal colors. Legal numbers.**

**Penalty = Technical Foul to head coach.**



# **Review**

## **APPAREL**

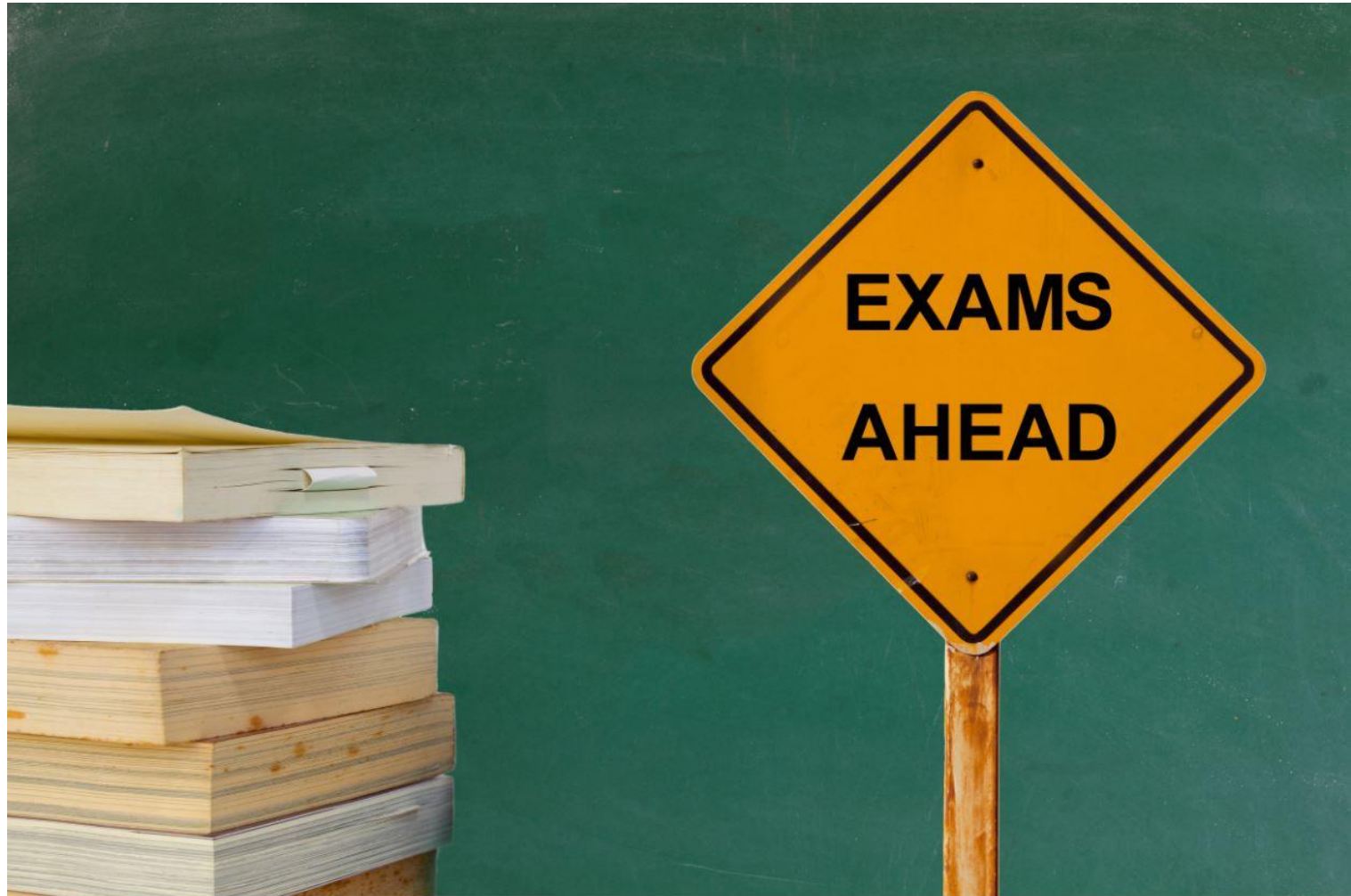
**T-Shirts and exposed shorts must match the uniform/shorts color.**

**Sleeves and Bands must be white, beige, black or the predominant color of the jersey.**

**One color per player. Every player must match his/her teammates.**

**Penalty = Player cannot play until corrected.**

# Now It's Your Turn



# You Make The Call

**Identify if there is anything wrong with the uniform / apparel that these players are wearing as per NFHS Rules.**

















































































# How Did You Grade?

