

NFHS / IAABO Equipment and Apparel Matrix

Item	Description / Requirements	Home Team	Away Team
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 sleeve color if sleeves are 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.	