



Athletic Director

NFHS Uniform Guide For Girls' Wrestling

Stay Informed

- In 2013, 8,727 girls participated in NFHS wrestling nationwide and 3 states held a girls' state wrestling championships. In 2023, over 52,000 girls participated in NFHS Wrestling and 38 states held a girls' wrestling state championship.
- The NAIA is the first collegiate association to sanction women's collegiate freestyle wrestling, and the NCAA Divisions I, II & III granted women's wrestling "emerging sports" status. There are over 150 collegiate women's freestyle wrestling programs across the U.S. The University of Iowa has the first DI power five women's university wrestling team.
- Women's Freestyle Wrestling has been an Olympic Sport since 2004

Improving Uniforms For Girls in Wrestling

- Make sure you and your coaching staff understand the NFHS uniform rules for the one-piece singlet. The rule addresses that the sports bra is part of the uniform rule, and seeks to reduce or eliminate exposure issues during the course of the match.
- A sports bra is a necessary piece of sports equipment for females in a full contact sport like wrestling.
- There are vendors and wrestling brands that are committed to designing singlets specifically for girls. These girls'/women's cut singlets are the optimal choice for your female student athletes.
- Boys singlets are designed too low in the front and sides for the female wrestler.
- Always ask for singlet samples before purchasing team gear.
- Work with vendors to add a sports bra to your student gear package so girls have the option of purchasing at a reasonable price point.
- One sports bra will not work for every girl on your team's line-up. A traditional cut sports bra will work for some athletes while others will need different options.
- Become familiar with high-cut/high-neck sports bras. These are a great option for wrestling.
- There are organizations that can assist in acquiring sports bras for your team; consider holding a "Sports Bra" fundraiser to assist your wrestlers who have economic needs.
- Advocate for girls in wrestling with uniform vendors.

Safe and Effective Communication

- Your coaching staff may be new to coaching female athletes. They may experience discomfort in discussing the needs unique to female athletes, like sports bras.
- Work with your coach to address how all topics for female athletes can be done in a safe and effective manner.
- Asking female coaches of other sports, female athletic trainers, female physical educators, or an identified female teacher to assist with the discussions about the equipment needed to wrestle are reasonable strategies to address the team about what is needed during wrestling competition.
- Keep the conversation on optimal gear, and not issues about the individual girl.
- Provide parents with a reminder at the beginning of the season of the need to have a sports bra that works for their daughter, and also meets her needs during live competition.
- We have many first-time girls' wrestling parents that need education on how to purchase a sports bra that works for their daughter, and for the sport of wrestling.
- Support the male wrestling coach with their discussion regarding sports bras for their female wrestlers.