

# NFHS SOCCER UNIFORM REQUIREMENTS

## Front View



### A GAME JERSEY

- Home Team:
  - Dark color contrasting white
  - If gray is used, darkest color
- Visiting Team:
  - Solid white
  - No colored trims
- All jerseys shall be tucked into shorts, unless manufactured to be worn outside.
- All team members shall wear the same color and style of uniform.
- Appropriate-sized manufacturer's logo allowed.
- Only names, patches, emblems, logos or insignias referencing the school are allowed on the jersey.
- GOALKEEPER'S jersey must be distinctly different in color from that of team members and the opposing team.

### B FRONT GAME JERSERY NUMBER

- All jerseys, including the goalkeeper, shall be numbered. Numbers shall not be duplicated.
- There shall be a 4-inch number on the front (jersey or shorts).
- The color of the number shall contrast with the color of the jersey or pants and be clearly visible.

## Back View



### C BACK GAME JERSERY NUMBER

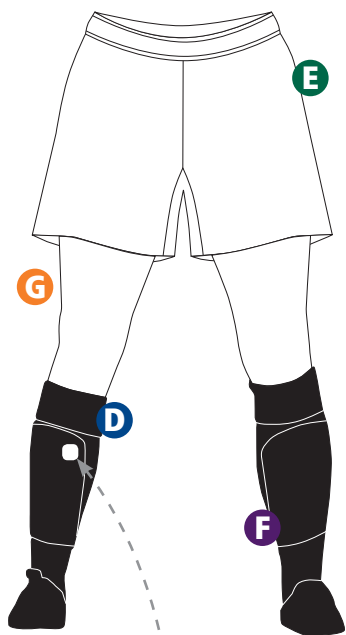
- All jerseys, including the goalkeeper, shall be numbered. Numbers shall not be duplicated.
- There shall be a 6-inch number on the back.
- The color of the number shall contrast with the color of the jersey or pants and be clearly visible.

National Federation of State  
High School Associations



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## OTHER ITEMS



Manufacturer Certifies



National Federation of State  
High School Associations



PO Box 690 | Indianapolis, IN 46206  
Phone: 317-972-6900 | Fax: 317.822.5700  
[www.nfhs.org](http://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.
- Head coverings worn for religious reasons shall not be made of abrasive or hard materials and must fit securely. Religious headwear meeting these criteria is allowed without state association approval.

### 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.



2018-19  
Capsular  
summary of  
uniform  
requirements

The chart at right details uniform requirements in rules written or followed by the National Federation of State High School Associations. The chart is not intended to take the place of the rules, but merely to provide a ready reference for your use. Consult the rules references listed on the chart for the complete uniform rules listed in the NFHS rules books.

United States flags may be 2" x 3" on all uniforms. Memorial patches may not exceed 4" square and require state association approval. One manufacturer's logo/trademark may be placed on uniforms providing it does not exceed 2-1/4" square inches and also does not exceed 2-1/4" inches in any dimension.

If used, lettering is limited to school name, school's nickname, school mascot/logo, player's name and/or abbreviation of official school name.

Sport (rule Reference)	Home Jersey Color	Number Location	Front Number Size	Back Number Size	Number Border Width	Number Range	Bars or Width	Jersey Length	Shoes	Socks	Hats/ Headgear	Pants	Under- garments
Baseball (1-4)		Required on back		At Least 8"	1/4"				Required		Required		Pitcher - No White or Gray
Basketball (3-4)	White Required	Centered Vertically & Horizontally	At Least 4"	At Least 6"	1/4" (Limit 2)	0, 1, 2, 3, 4 and 5 NO-6, 7, 8, 9	Not Less than 3/4"	Tucked in Pants	Required (no lighs)		Only for medical or religious reasons	Above Hips	Same primary color as jersey
Football (1-5)	Home - Dark Away - White in 2012	Centered Horizontally	8"	10"	Minimum 1/4"	1-99	1-1/2" Wide	Reach Top of Pants	Required		Helmet Required	Cover Knees	No tacky materials
Gymnastics									If worn, Gymnastics shoe - neutral				
Soccer (4-1)	Home - Dark/Contrasting Away - ALL White		At Least 4"	At Least 6"					Required	Home - Dark/Contrasting Away - ALL White Socks Required	Soft Caps, for Weather/medical/religious reasons (Goalie, only)		Similar length for an individual and solid-like color for the team
Softball (3-2)		Required on back		At Least 6"	1/4"				Required		Optional Cap, Visor, Headband		Black, White, Gray or school colors
Swim/Dive (3-3)								Suits Required					
T & F/Cross Country (4-3)								Full Must Reach Top of Bottoms	Required		None	Waist Band Above Hips	Full Length - Single Color - Above Knees Any Color
Volleyball (4-2)		5" from Shoulder Seam or centered 5" below neckline; Libero (see VB4-2-2)	At Least 4"	At Least 6"	Not to Exceed 1/2"	Not More Than 2 Digits	3/4"	Reach top of shorts	Required		Only for medical or religious reasons	Number Same as Top	Same Primary color as Uniform
Wrestling (4-1)								One piece singlet or two piece designed for wrestling, NFHS Rule 4-1	Wrestling shoe required		Headgear Required No Tape		Tight Fitting Single Solid Color Unadorned
Cheer/Dance (3-1)								Must cover midriff	Required				