

2024-25 Capsular Summary of Uniform Requirements

The chart below 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 <i>(Rule Reference)</i>	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	Undergarments
Baseball (1-4)		Required on back		at least 8"	1/4"				Required		Required		Pitcher - No White or Gray Home - White Away - Black or same color as jersey
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 lights)		Only for medical or religious reasons	Above Hips	No tacky materials
Football (1-5)	Home - Dark Away - White	Centered horizontally	8"	10"	Minimum 1/4"	0 thru 99	1-1/2" Wide	Reach top of pants	Required		Helmet Required	Cover Knees	
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 Stockings Required	Soft caps, for weather/medical/ religious reasons		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					
Track & Field/ Cross Country (4-3)								Full - must reach top of bottoms	Required		Hats and bandanas are not permitted	Waist Band Above Hips	
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"	May not start with zero (ex: 02)	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				