

## **Description of NFHS Wrestling – Legal Competition Uniform**

ART. 1 . . . A legal uniform consists of:

a. a one-piece singlet cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and the belt line. The one-piece singlet may be worn with full-length tights with stirrups. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee. The one-piece singlet shall be school-issued.

NOTE: Female contestants wearing a one-piece singlet shall wear a suitable undergarment that covers their breasts.

b. compression shorts or shorts designed for wrestling shall have a minimum 4-inch inseam that shall not extend below the knee; shorts designed for wrestling shall have an elastic waistband and a drawstring that is not exposed. Compression shorts or shorts designed for wrestling shall not have exposed drawstrings, belt loops, zippers, snaps, buttons or pockets. A suitable undergarment, which completely covers the buttocks and groin area, must be worn under shorts designed for wrestling. Shorts designed for wrestling may be worn over the singlet. Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. Compression shorts or shorts designed for wrestling shall be school-issued.

c. a form-fitted compression shirt which shall not cover or extend below the elbow and shall have a minimum 3-inch tail; the form-fitted compression shirt may be worn under a singlet or with compression shorts or shorts designed for wrestling. The form-fitted compression shirt shall be school-issued.

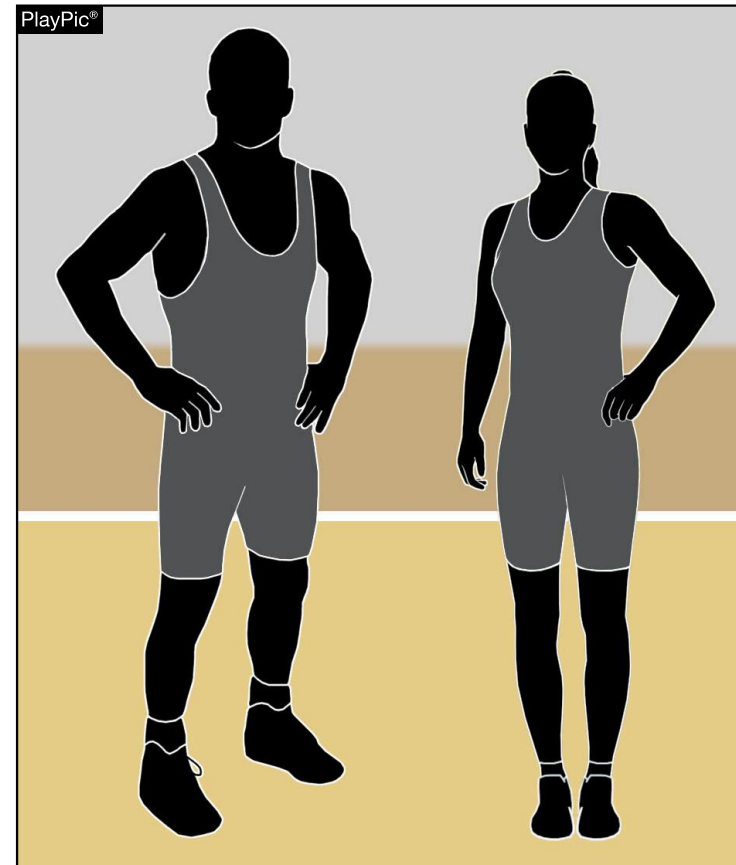
NOTE: Female contestants wearing a form-fitted compression shirt shall wear a suitable undergarment that covers their breasts.

Full-length tights with stirrups are acceptable under a one-piece uniform. Any other undergarment that extends beyond the inseam of a one-piece uniform shall be tight-fitting and shall not extend below the knee.

# UNIFORMS

## RULE 4-1-1a-c

The traditional one-piece singlet is still legal. The uniform for females will have an appropriate undergarment that covers the breasts.



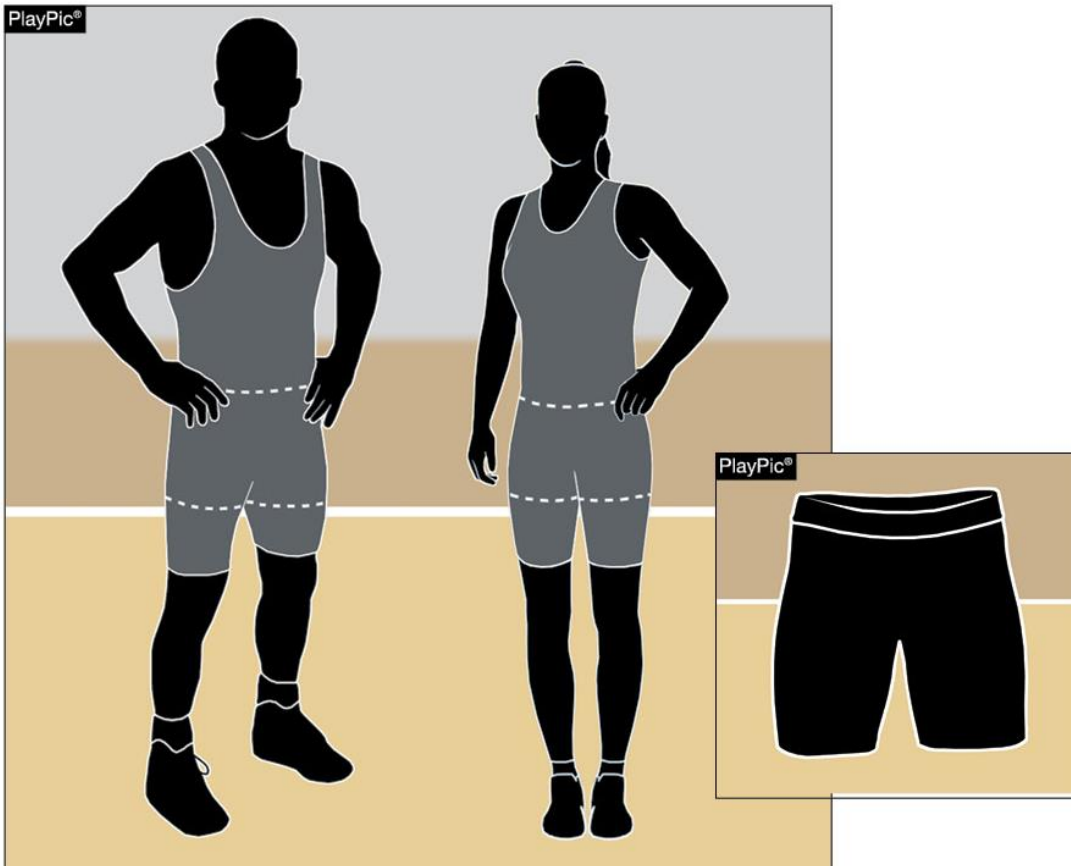
## UNIFORM RULE 4-1-1a



Female contestants wearing a one-piece singlet shall also wear a form-fitted compression suitable undergarment that completely covers their breasts.

# UNIFORM

## RULE 4-1-1a, 4-1-1c NOTE



A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under a one-piece singlet. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee.

## RULE 4-1-1c NOTE

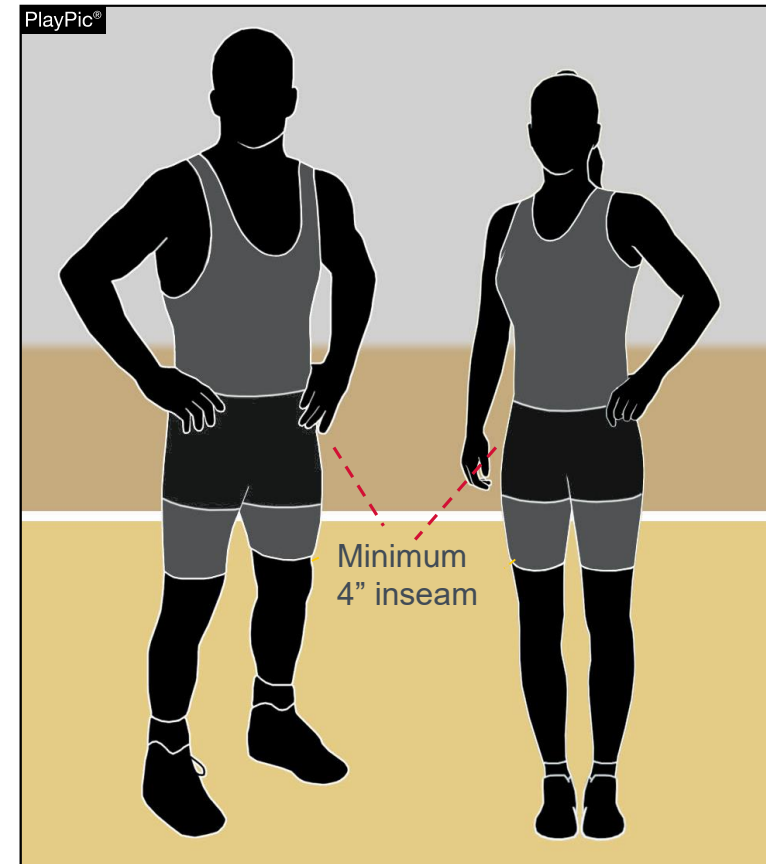
- **Change:**

NOTE: Female contestants wearing a one-piece singlet shall wear a suitable undergarment that covers their breasts and minimizes the risk of exposure. All contestants wearing a one-piece singlet shall wear a suitable undergarment which completely covers the buttocks and groin area.

# UNIFORMS

## RULE 4-1-1a-c

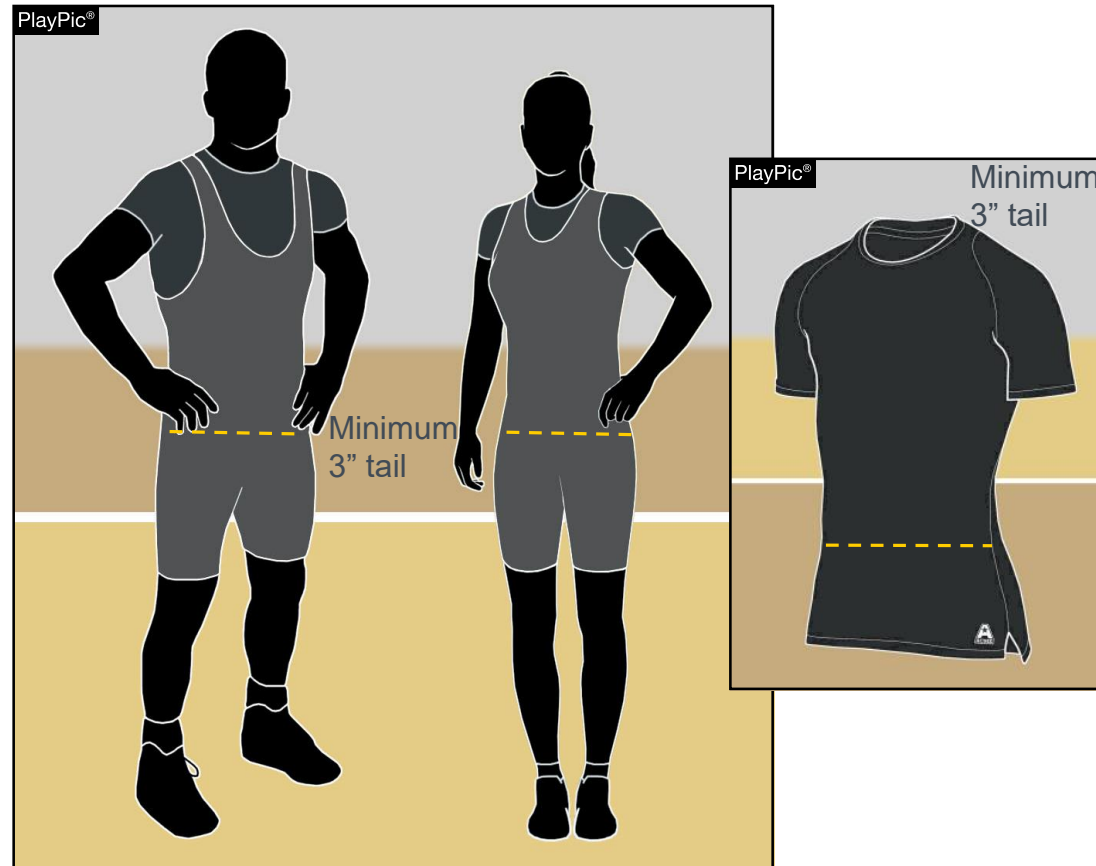
Shorts designed for wrestling may be worn over the singlet but must be school-issued. The inseam must be at least 4" in length.



# UNIFORMS

## RULE 4-1-1a-c

A form-fitted compression shirt which shall not cover or extend below the elbow and shall have a minimum 3-inch tail. The form-fitted compression shirt may be worn under a singlet or with compression short or shorts designed for wrestling. The form-fitted compression shirt shall be school-issued.

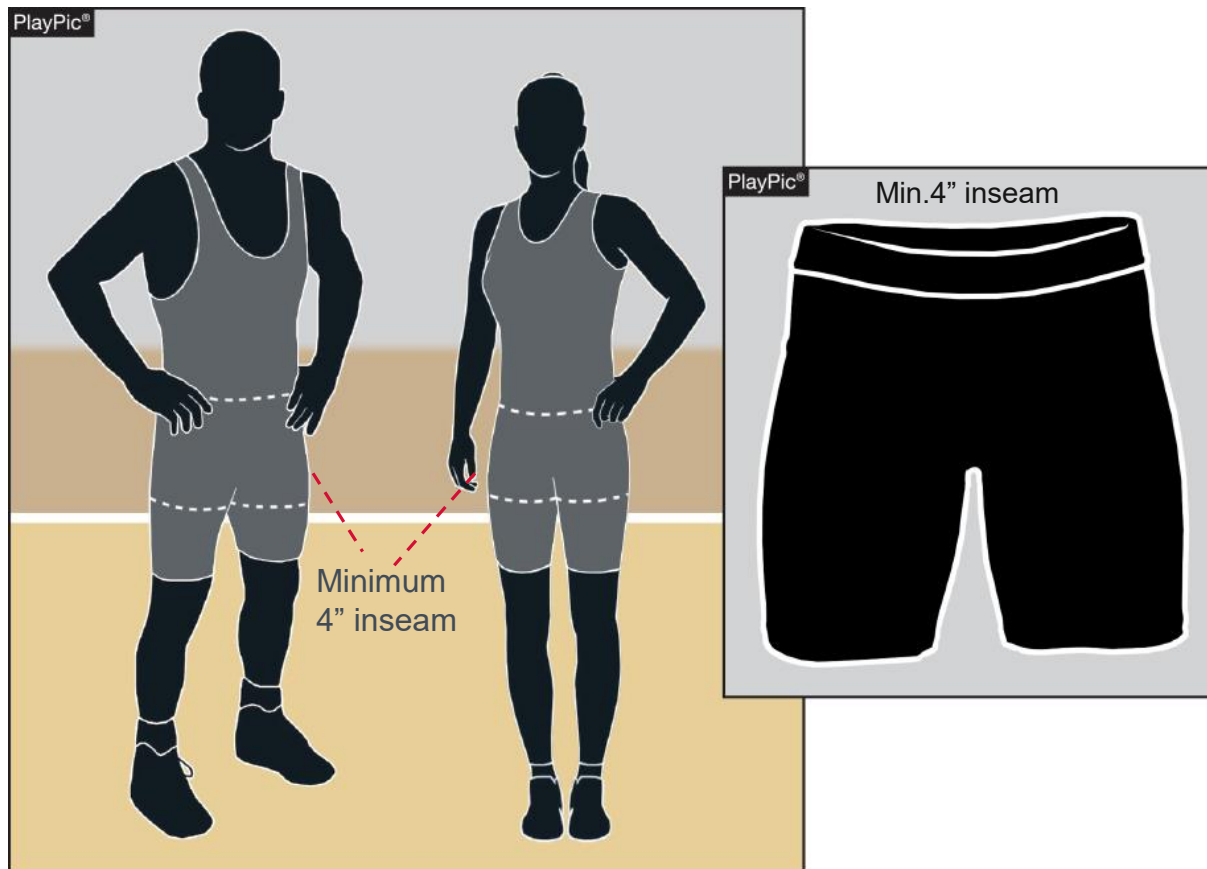


# UNIFORMS

## RULE 4-1-1a-c

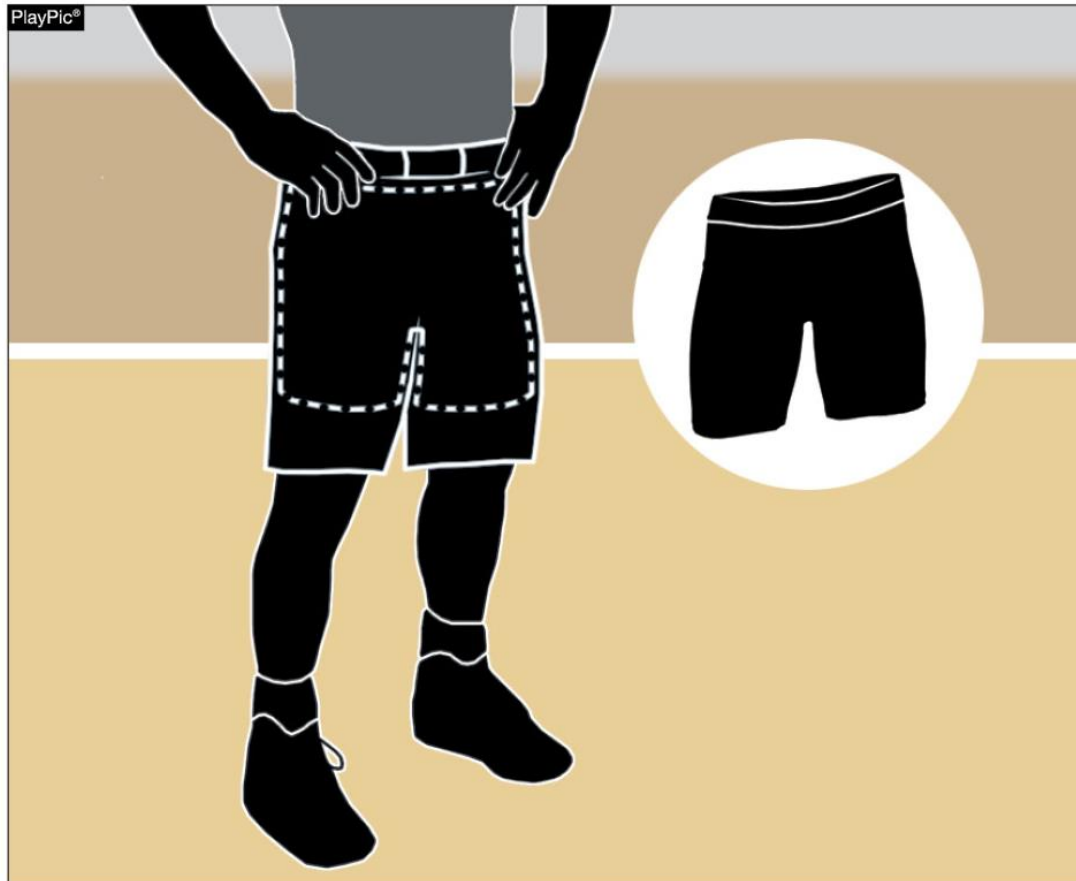
Compression shorts or shorts designed for wrestling:

- Minimum 4-inch inseam that shall not extend below the knee.
- Shall have an elastic waistband.
- Shall not have exposed belt loops, drawstrings, zippers, snaps, buttons, or pockets.
- Must be school-issued.





## UNIFORM RULE 4-1-1b



A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under shorts designed for wrestling and compression shorts.