

Illustrations Regarding Uniforms

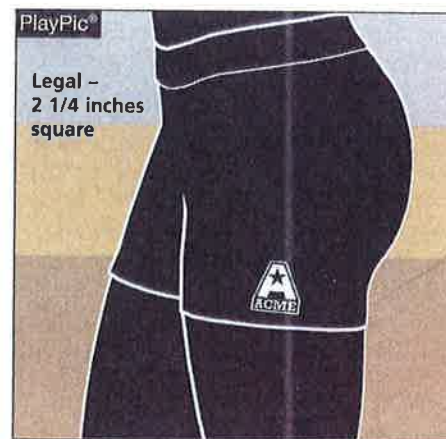
In conjunction with the story on uniform changes found on pages 1-2, here are illustrations to aid understanding of Rule 4-1-1. □



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

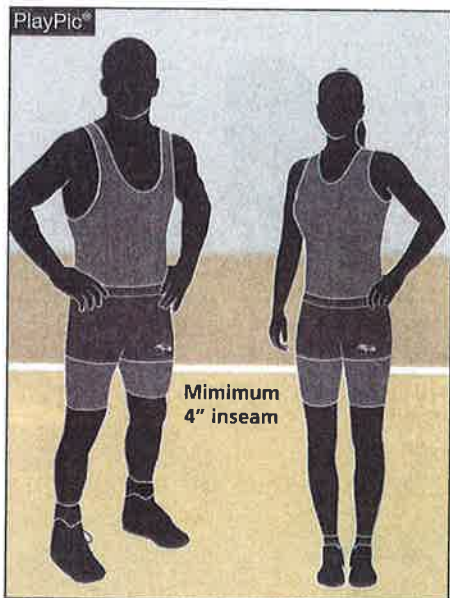


Illegal – not 2 1/4 inches square



Legal – 2 1/4 inches square

Manufacturer's logos may not be larger than 2 1/4" square.



Minimum 4" inseam

Shorts designed for wrestling may be worn over the singlet but must be school-issued. The inseam must be at least 4" in length. Logos may not be larger than 2 1/4" square.



Minimum 4" inseam

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.



Minimum 3" tail



Minimum 3" tail

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.

All two piece shorts must comply with all of these criteria to be legal per NFHS rule 4-1-1b