



NFHS FOOTBALL JERSEY RULES

(July 2011)

RULE 1-5-1:

ART. 1 . . . Mandatory Equipment. Each player shall participate while wearing the following pieces of properly fitted equipment, which shall be professionally manufactured and not altered to decrease protection:

b. Jersey:

1. A jersey, unaltered from the manufacturer's original design/production, with clearly visible and legible Arabic numbers 1-99 inclusive on the front and back which shall be long enough to reach the top of the pants and shall be tucked in if longer.
2. The numbers shall be centered horizontally at least 8 inches and 10 inches high on front and back, respectively, and with bars or strokes approximately 1½-inches wide.
3. The color and style of the number shall be the same on the front and back.
4. The body of the number shall be either a color(s) contrasting with the jersey color, or the same solid color(s) as the jersey with a minimum of one border that is at least ¼-inch in width of a single solid contrasting color.
5. **Through 2011**, players of the opposing teams shall wear jerseys of contrasting colors. Players of the home team shall wear dark jerseys and players of the visiting team shall wear light-colored jerseys. The visiting team is responsible for avoidance of similarity of colors, but if there is doubt, the referee may require players of the home team to change jerseys.

NOTE: An American flag, not to exceed 2 by 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with written state association approval, may be worn on the jersey provided neither the flag nor the patch interferes with the visibility of the number.

6. **Beginning in 2012**, players of the **visiting team** shall wear jerseys, unaltered from the manufacturer's original design/production, that meet the following criteria: The body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey) shall be white and shall contain only the listed allowable adornments and accessory patterns in a color(s) that contrasts to white:
 - (a) as the jersey number(s) required in 1-5-1b(1) or as the team and/or player name within the body and/or on the shoulders,
 - (b) either as a decorative stripe placed during production that follows the curve of the raglan sleeve or following the shoulder seam in traditional yoke construction, not to exceed 1 inch at any point within the body of the jersey; or as decorative stripe(s) added in the shoulder area after production, not to exceed 1 inch per stripe and total size of combined stripes not to exceed 3.5 inches,
 - (c) within the collar, a maximum of 1 inch in width, and/or
 - (d) as a side seam (insert connecting the back of the jersey to the front), a maximum of 4 inches in width but any non-white color may not appear within the body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey). The exception to (d) would be what is stated in (b) above.
 - (e) The visiting team is responsible for avoidance of similarity of colors, but if there is doubt, the referee may require players of the home team to change jerseys.

NOTE: An American flag, not to exceed 2 by 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with written state association approval, may be worn on the jersey provided neither the flag nor the patch interferes with the visibility of the number.

7. **Beginning in 2012**, players of the **home team** shall wear jerseys, unaltered from the manufacturer's original design/production, that meet the following criteria: The body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey) may not include white, except as stated below. If white appears in the body of the jersey of the home team, it may only appear:
- (a) as the jersey number(s) required in 1-5-1b(1) or as the team and/or player name within the body and/or on the shoulders,
 - (b) either as a decorative stripe placed during production that follows the curve of the raglan sleeve or following the shoulder seam in traditional yoke construction, not to exceed 1 inch at any point within the body of the jersey; or as decorative stripe(s) added in the shoulder area after production, not to exceed 1 inch per stripe and total size of combined stripes not to exceed 3.5 inches,
 - (c) within the collar, a maximum of 1 inch in width, and/or
 - (d) as a side seam (insert connecting the back of the jersey to the front), a maximum of 4 inches in width but any white color may not appear within the body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey). The exception to (d) would be what is stated in (b) above.
 - (e) The visiting team is responsible for avoidance of similarity of colors, but if there is doubt, the referee may require players of the home team to change jerseys.

NOTE: An American flag, not to exceed 2 by 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with written state association approval, may be worn on the jersey provided neither the flag nor the patch interferes with the visibility of the number.

- c. **Pads and Protective Equipment** – The following pads and protective equipment are required of all players:
3. Shoulder pads and hard surface auxiliary attachments, which shall be fully covered by a jersey.

RULE 1-5-3:

ART. 3 . . . Illegal Equipment. No player shall participate while wearing illegal equipment. This applies to any equipment, which in the opinion of the umpire is dangerous, confusing or inappropriate. Illegal equipment shall always include but is not limited to:

- a. The following items related to the **Game Uniform:**
 1. Jerseys and pants that have:
 - (a) A visible logo/trademark or reference exceeding 2¼ square inches and exceeding 2¼ inches in any dimension.
 - (b) More than one manufacturer's logo/trademark or reference on the outside of either item. (The same size restriction shall apply to either the manufacturer's logo/trademark or reference).
 - (c) Sizing, garment care or other nonlogo labels on the outside of either item.
 3. Tear-away jerseys or jerseys that have been altered in any manner that produces a knot-like protrusion or creates a tear-away jersey.
- c. The following items related to **Other Illegal Equipment:**
 1. Ball-colored helmets, jerseys, patches, exterior arm covers/pads, undershirts or gloves.
 5. Jerseys, undershirts or exterior arm covers/pads manufactured to enhance contact with the football or opponent.
 8. Equipment not worn as intended by the manufacturer.