

### **Rolled Waistbands**

Rolled waistbands are legal as long as there are no exposed drawstrings and comply with the restrictions on logos.

### **Undershirts**

Undershirts must be a single, solid color similar to the color of the torso of the uniform shirt. • While not all members of the team must wear undershirts, undershirts worn by different members of the same team shall be similar in color with one another. • Exposed sleeves shall not be frayed or slit (ends must be hemmed), and the sleeve lengths for each individual player shall be the same length. • Sleeve lengths are not required to have the same sleeve lengths between them (i.e., some players may have short sleeves while other players may have longer sleeves).

### **Undershorts**

Visible compression shorts or tights must match the color of any/all accessories (or meet accessory color requirements, if no accessories are worn) for both the individual player and for all teammates.

### **Accessories**

Accessories such as sleeves (including neoprene compression garments for arms, legs, knees and elbows), headbands and wristbands must be a single, solid color of white, black, beige or other predominant color of the uniform shirt. • Any/all accessories worn by individual players must be the same color, and any accessory worn must be the same color for all teammates.

### **Headbands**

A non-abrasive material (e.g. cloth, elastic or pre-wrap) no more than 3" in width may be used as a band around the head. • Headbands with tails and knots are not permitted to be worn during contests.

### **Wristbands**

Moisture-absorbing wristbands no more than 4 inches wide may be worn only below the elbow and are limited to one per arm. This is considered a headband and not a hair restraining device because it encompasses the entire head. It is legal but must still comply with all color restrictions/requirements. This headband is illegal.

### **Hair Control Devices**

Hard and/or sharp items are not permitted. • There are no color restrictions/requirements. This only applies to items that are solely and specifically designed to restrict hair (not headbands).

### **Socks and Shoes**

Socks and shoes are exempt from any color or logo restrictions and individual players are not required to match their teammates'

### **Jewelry**

Jewelry is not allowed. Taping over jewelry does not satisfy this restriction. Jewelry is prohibited EVEN IF TAPED. • If an athlete is wearing a religious medal, it must be taped to the body and under the uniform. If an athlete is wearing a medical-alert, it must be taped to the body and visible. Both of these are not considered jewelry.

### **Protective Equipment Braces**

Manufactured knee and ankle braces are not subject to color and logo restrictions. Braces can be made of a variety of materials and include one or more devices or inserts to support the joint. It may include hinges, straps or an opening over the knee cap. NOTE: Padded compression sleeves are not considered braces and are subject to color and logo restrictions.