

# NFHS SOCCER UNIFORM REQUIREMENTS

## Front View



### A GAME JERSEY

- Home Team:
  - Dark color contrasting white
  - If gray is used, darkest color
- Visiting Team:
  - Solid white
  - No colored trims
- All jerseys shall be tucked into shorts, unless manufactured to be worn outside.
- All team members shall wear the same color and style of uniform.
- Appropriate-sized manufacturer's logo allowed.
- Only names, patches, emblems, logos or insignias referencing the school are allowed on the jersey.
- GOALKEEPER'S jersey must be distinctly different in color from that of team members and the opposing team.

### B FRONT GAME JERSERY NUMBER

- All jerseys, including the goalkeeper, shall be numbered. Numbers shall not be duplicated.
- There shall be a 4-inch number on the front (jersey or shorts).
- The color of the number shall contrast with the color of the jersey or pants and be clearly visible.

## Back View



### C BACK GAME JERSERY NUMBER

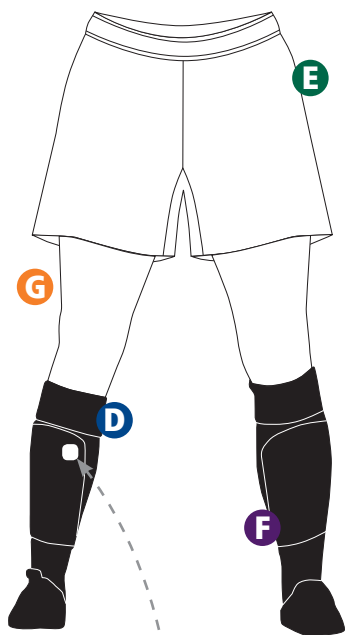
- All jerseys, including the goalkeeper, shall be numbered. Numbers shall not be duplicated.
- There shall be a 6-inch number on the back.
- The color of the number shall contrast with the color of the jersey or pants and be clearly visible.

National Federation of State  
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## OTHER ITEMS



Manufacturer Certifies

**MEETS  
NOCSAE**



**STANDARD®**

National Federation of State  
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### **D** SOCKS

- Home Team:
  - Dark color contrasting white
  - Single dominant color
  - Does not need to match the jersey color
  - Both socks shall be the same color
- Visiting Team:
  - Solid white
- If tape or stays are used externally, it should be the same color as the socks.
- Manufacturer's logo on both sides of the socks is legal.

### **E** SHORTS

- May be of a color unlike that of the jersey.
- May have an appropriately sized manufacturer's logo applied.
- Only names, patches, emblems, logos or insignias referencing the school are allowed on the shorts.

### **F** SHINGUARDS

- Professionally manufactured.
- Age- and size-appropriate.
- Worn under socks.
- Worn with bottom edge no higher than 2 inches above the ankle.
- Must meet NOCSAE Standards at time of manufacture.
- NOCSAE seal and height range permanently marked on front of shinguard.
- May not be altered.

### **G** UNDERGARMENTS: TIGHTS/LEG/KNEE & ARM SLEEVES

- If worn, similar length for an individual.
- Solid color, all alike for the team, if worn.

### **H** HEAD COVERINGS

- Goalkeeper may wear soft-billed baseball-type hat or soft-billed visor.
- Soft-padded headgear is permitted.
- Medical or cosmetic required head coverings must be approved by state association.
- Religious required head coverings must be approved by the state association.

### **I** MISCELLANEOUS

- Manufacturer's logo may not exceed 2¼ square inches or exceed 2¼ inches in any dimension.
- American flag may not exceed 2 inches by 3 inches.
- By state association adoption, commemorative or memorial patches placed on the jersey may not exceed 4 square inches.
- Armbands shall be worn on the upper arm by the team captain.
- Substitutes should wear distinguishing pinnies when warming up outside the team area.