

### Quick Guide to NFHS Uniform Rules

As you begin to purchase uniforms for your soccer teams, here is a quick summary of the NFHS rules for soccer uniforms.

Requirements for all uniforms:

Numbers:

**Back of Jersey:** A number at least 6 inches in height must be on all jerseys including that of the goalkeeper.

**Front of uniform:** A number at least 4 inches in height must be on the front of the uniform – either on the jersey or shorts. It may be one or both, but it must be on the front of shirt or shorts.

**Contrast:** The number must clearly contrast with the color of jersey.

Away Uniforms:

**Jersey:** MUST be solid white. The numbers, name of school or other school references (logo, nickname, etc.) and manufacturers logo are permitted on the jersey in a contrasting color that is easily visible.

**TRIM:** Not permitted, no color is permitted on the collar, sleeves, or body of the jersey.

**Socks:** MUST be solid white except for manufacturers logo. No other color is permitted on the sock (i.e., no stripes, piping, etc.)

Home Uniforms:

**Jersey:** Shall be dark color that clearly contrasts with white. The numbers, name of school or other school references (logo, nickname, etc.) and manufacturers logo are permitted on the jersey in a contrasting color that is easily visible.

**TRIM:** Permitted, - trim on the collar, sleeves, or body of the jersey, etc. as long as it does not interfere with the visibility of the number.

**Socks:** Shall be a single dominant color but is not required to be the color of the jersey. Piping, stripes etc. may also be part of the sock design.

Shorts:

Shorts may be any color and do not need to be the same as the jersey.

*It is permitted to have the same shorts for both home and away uniforms to assist with cost saving. All shorts should have the same design or be of one color with no design, but all players must have the same shorts. (for example, if the team selects to have all black shorts with no design, they can wear any combination adidas, Nike and Under Armor shorts as long as the shorts are all black. The manufacturer of the shorts does not have to be the same)*

Alterations:

No alterations of the uniform are permitted except for the following.

**Socks:** Some players cut the feet of the socks for a better fit. If this is done, and socks underneath are exposed they must match exactly the uniform socks. For example, for away uniforms, players only a solid white under the exposed from sock is permissible.

