



MHSAA RULES/INTERPRETATIONS REGARDING PROTECTIVE EQUIPMENT AND OTHER MISCELLANEOUS DEVICES

Each sport may have additional provisions that apply to playing equipment, safety protocols and uniforms not listed on this page.

UNIVERSAL APPLICATION

- All medical devices and protective equipment described in this document must be accompanied by a physician's note. This note is not required to be presented to the officials, as long as the AD, head coach or athletic trainer attests that the note is on file with the school. (See Swim exception)
- Medical appliances (e.g., *insulin pumps, medical heart monitors, etc.*) are permitted provided the device is securely padded and attached to the player's body under the uniform and the school has secured a medical device waiver from the MHSAA. Devices connected to the head such as hearing aids and cochlear implants do not need to be padded but should be securely attached.
- Padded headgear is permitted as each sport's playing rules permit or if accompanied by a physician's note and a medical device waiver from the MHSAA.
- Religious medals may be worn only if covered by the uniform and taped to the body. (See Swim and Ice Hockey for exceptions)
- Medical-alert medals may be worn uncovered and taped to the body. (See Swim exception)
- Hair adornment devices which are prohibited by rule because they are hard or unyielding will be addressed in the following manner:
 - If the hard or unyielding adornment can be easily removed, it must be removed before the athlete can return to competition.
 - If the hard or unyielding adornment cannot be easily removed, the player must secure the hair adornment to the head in a way that will not pose a risk to the athlete or her teammates.

NOTE: The wearing of a hard or unyielding adornment close and secure against the head of the player will not be deemed a risk to the player or her teammate.

BASEBALL

- A face mask/guard may be attached to batting helmets at the time of manufacture. All face mask/guards shall meet the NOCSAE standard. A face mask/guard specifically designed for a particular helmet model may be attached after manufacture, provided that procedure is approved by the manufacturer and meets the NOCSAE standard.
- Defensive players may wear face/head protection in the field. The equipment must have a non-glare surface.
- Any hard/unyielding items must be covered and padded with a closed cell, slow recovery foam no less than 1/2" thick.
- Knee and ankle braces, if unaltered, do not require additional padding.

BASKETBALL

- No rigid material item may be worn on the hand (including thumb/fingers), wrist, forearm or elbow even if padded.
- Any hard/unyielding item on the upper arm or shoulder must be padded with a closed cell, slow recovery foam no less than 1/2" thick.
- Knee and ankle braces, if unaltered, do not require additional padding.
- A protective face mask may be worn and made of hard material but must be worn molded to the face with no protrusions.
- Headbands must be non-abrasive and cannot be more than 2" wide.

- Arm sleeves, knee sleeves, lower leg sleeves and tights are permissible. The sleeves/tights shall be black, white, beige or the predominant color of the jersey and shall be the same solid color.

BOYS LACROSSE

- Any hard/unyielding item on the hand, wrist, forearm, elbow or upper arm or shoulder used exclusively to protect an already-injured area are permitted, if padded with a closed cell, slow recovery foam no less than 1/2" thick.
- Knee and ankle braces, if unaltered, do not require additional padding.

COMPETITIVE CHEER

- Hair control/adornment devices must be secure and made of a soft material.
- Bows may be used if a single-solid color, non-metallic and unadorned.

FOOTBALL

- Any hard/unyielding item on the hand (including thumb/fingers), wrist, forearm, elbow or upper arm must be padded with a closed cell, slow recovery foam no less than 1/2" thick.
- Knee and ankle braces, if unaltered, do not require additional padding.
- Knee braces cannot be worn over the pants.
- Rib pads and back protectors must be fully covered by the jersey.
- Eye shields on helmets must be 100% clear and tint free.

GIRLS LACROSSE

- Any hard/unyielding item on the hand, wrist, forearm, elbow or upper arm or shoulder used exclusively to protect an already-injured area



MHSAA RULES/INTERPRETATIONS REGARDING PROTECTIVE EQUIPMENT AND OTHER MISCELLANEOUS DEVICES

Each sport may have additional provisions that apply to playing equipment, safety protocols and uniforms not listed on this page.

are permitted, if padded with a closed cell, slow recovery foam no less than 1/2" thick.

- Knee and ankle braces, if unaltered, do not require additional padding.

GYMNASTICS

- Hair devices are permitted if securely fastened and do not pose a risk of injury.
- Casts and splints are prohibited.
- Braces for the hand, wrist, elbow, knee or ankle are permitted.

ICE HOCKEY

- Any hard/unyielding item on the hand (including thumb/fingers), wrist, forearm, elbow or upper arm must be padded with a closed cell, slow recovery foam no less than 1/2" thick.
- Knee and ankle braces, if unaltered, do not require additional padding.
- Both religious and medical alert medals must be taped to the body and worn under the uniform.

SOCCER

- Any hard/unyielding item on the hand (including thumb/fingers), wrist, forearm, elbow, upper arm or shoulder must be covered and padded with a closed cell, slow recovery foam no less than 1/2" thick.
- Knee and ankle braces, if unaltered, do not require additional padding. If ankle braces with metal or other unyielding material are used, they must be worn under the sock.
- Artificial limbs must be padded with a closed cell, slow recovery foam no less than 1/2" thick.
- A protective face mask may be worn and made of hard material but must be worn

molded to the face with no protrusions. A medical release signed by an appropriate health-care professional shall be available at the game site.

SOFTBALL

- A face mask/guard may be attached to batting helmets at the time of manufacture. All face mask/guards shall meet the NOCSAE standard. A face mask/guard specifically designed for a particular helmet model may be attached after manufacture, provided that procedure is approved by the manufacturer and meets the NOCSAE standard.
- Defensive players may wear face/head protection in the field. The equipment must have a non-glare surface.
- Any hard/unyielding items must be covered and padded with a closed cell, slow recovery foam no less than 1/2" thick.
- Knee and ankle braces, if unaltered, do not require additional padding.

SWIM & DIVE

- Tape may be used by a swimmer to treat a documented medical condition. The referee must be presented signed documentation from an appropriate healthcare professional before permitting the athlete to compete.
- Divers may wear tape or wraps for support.
- Medical-alert medals are not required to be taped to the body. It is recommended the medical alert itself is visible to assist in care by a health-care professional.

TRACK & FIELD/CROSS COUNTRY

- If a guard, cast, brace, splint, etc. (hard or unyielding items) is worn and determined by the referee that padding is required, such

padding shall be closed-cell, slow-recovery foam no less than 1/2" thick.

- Knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding.

VOLLEYBALL

- No rigid material item may be worn on the hand (including thumb/fingers), wrist or forearm even if padded.
- Any hard/unyielding item on the elbow, upper arm or shoulder must be padded with a closed cell, slow recovery foam no less than 1/2" thick.
- Elbow braces cannot extend more than half-way down the forearm.
- Knee and ankle braces, if unaltered, do not require additional padding.
- Any hair devices, including headbands, must be soft and cannot be more than 2" wide.

WRESTLING

- Any equipment which does not permit normal movement of the joints, and which prevents one's opponent from applying normal holds/maneuvers shall not be permitted.
- Any protective equipment which is hard and/or abrasive must be covered and properly padded with a closed cell, slow recovery foam no less than 1/2" thick.
- Taping or strapping which substantially restricts the normal movement of a joint shall be prohibited.