



NFHS GIRLS GYMNASTICS UNIFORM RULES

RULE 3-3-1 THRU 8

NOTE: Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage. Clear or skin-colored or black undergarments.

ART. 1 . . . The proper uniform shall be a one-piece leotard of moderate proportions with matching clear or skin-colored or black undergarments.

A single partial/whole manufacturer's logo/trademark (no more than 2¼ square inches in size with no dimension exceeding 2¼ inches) is permitted on the top and bottom or one-piece uniform.

1. Unitards that are ankle length with or without sleeves are acceptable.
2. Unitards, ankle-length leggings, tights, or fitted shorts (black, solid matching color to the leotard, or skin-colored) may be worn with the leotard.
3. Head covering worn for religious reasons must be made of non-abrasive, soft material and must fit securely, not to impose a safety hazard to the gymnast.

ART. 2 . . . One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the competition uniform without compromising the integrity of the uniform.

ART. 3 . . . Gymnastics footwear, if worn, shall be a neutral color.

NOTE: Tennis shoes (athletic sneakers) are NOT considered gymnastics footwear.

ART. 4 . . . Jewelry shall not be worn in competition.

- a. Medical alert medals are not considered jewelry and shall be taped to the body and the alert may be visible.
- b. Religious medals are not considered jewelry and shall be taped to the body.

EXCEPTION: Athletes may wear stud earrings not to exceed one per ear.

ART. 5 . . . Hair devices that do not pose a risk of injury and are securely fastened in the hair may be worn to keep the hair away from the gymnast's eyes and face.

ART. 6 . . . Casts or splints on any body parts are prohibited.

ART. 7 . . . Hand, wrist, elbow, knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding.

ART. 8 . . . Body paint and glitter are prohibited.