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Legal Competition Uniform Requirements

Per NFHS Wrestling Rule 4-5-7 all wrestlers are required to weigh-in for events wearing a legal competition uniform. This same rule will be applied when performing initial assessments to determine a body fat percentage used to calculate the wrestlers minimum wrestling weight.

NFHS Rule 4-5-7 is below followed by a series of FAQ's:

ART. 7 . . . All contestants shall weigh-in wearing a legal uniform (4-1-1) and a suitable undergarment that completely covers the buttocks and the groin area. Contestants shall not weigh-in wearing shoes or ear guards. For female contestants wearing a compression shirt under a one-piece singlet in order to comply with the definition of a legal uniform (4-1-1), if the compression shirt is part of the legal uniform, the contestant shall weigh-in wearing the compression shirt. Contestants may wear socks that cannot be removed or added if the wrestlers do not make weight.

NOTE: No additional weight allowance shall be granted for weighing-in wearing a legal uniform.

NOTE: Low-cut socks may be worn during regular season and post season weigh-ins but will not be allowed during the assessment to determine a body fat percentage.

Q: What is the definition of a legal competition uniform?

A: NFHS Wrestling Rule 4-1-1 outlines the specifics regarding legal competition uniform. A one-piece singlet or two-piece uniform that meets the specifications outline in Rule 4-1-1 would be considered legal.

Q: Do wrestlers get an additional weight allowance because they are now required to wear a legal competition singlet during the assessment and regular/post season weigh-in process?

A: No

Q: Under this policy where should weigh-ins take place?

A: Weigh-ins shall take place in the designated weigh-in area. Since no wrestler will be removing any part of their clothing, all wrestlers will be weighed-in in the same location, unless special circumstances dictate otherwise.

Q: What will be the process to complete the required skin disease evaluation?

A: All wrestlers will participate in the required skin disease evaluation wearing a legal competition uniform. The process is outlined below:

- All wrestlers will remain in full uniform (straps stay up, and compression tops remain on).
- Wrestlers will not be allowed to add or remove additional clothing once weigh-in begins.
- No special equipment may be worn.

NFHS Wrestling Rule 4-1-1

ART. 1 . . . A legal uniform consists of:

- a. one-piece singlet cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and belt line. A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under a one-piece singlet. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee. The one-piece singlet may be worn with full-length form-fitted tights (non-modified, both legs intact). The one-piece singlet shall be school-issued.

NOTE: Female contestants wearing a one-piece singlet shall wear a form-fitted compression suitable undergarment that completely covers their breasts.

- b. compression shorts or shorts designed for wrestling shall have a minimum 4-inch inseam that shall not extend below the knee; shorts designed for wrestling shall have an elastic waistband and a drawstring that is not exposed. Compression shorts or shorts designed for wrestling shall not have exposed drawstrings, belt loops, zippers, snaps, buttons or pockets. A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under shorts designed for wrestling and compression shorts. Shorts designed for wrestling may be worn over the singlet. Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. Compression shorts or shorts designed for wrestling shall be school-issued. Compression shorts or shorts designed for wrestling may be worn with full-length form-fitted tights (non-modified, both legs intact).
- c. form-fitted compression shirt which shall not cover or extend below the elbow and shall have a minimum 3-inch tail; the form-fitted compression shirt may be worn under a singlet or with compression shorts or shorts designed for wrestling. The form-fitted compression shirt shall be school-issued. (Photo 1)

NOTE: Female contestants wearing a one-piece singlet shall wear a sports bra that completely covers their breasts and minimizes the risk of exposure. Compression shirts worn underneath a one-piece singlet are permitted but not required for female contestants unless needed to ensure complete coverage.

Form-fitted tights are acceptable under a one-piece uniform. Any other undergarment that extends beyond the inseam of a one-piece uniform shall be tight-fitting and shall not extend below the knee.

ART. 2 . . . The school's name, school nickname, school logo, school mascot, weight classification and/or the player's name are permitted on the uniform top and/or bottom. Any manufacturer's logo/trademark/reference that appears on the wrestling uniform, including legal hair covering can be no more than 2¼ square inches with no dimension more than 2¼ inches and may appear no more than once on each item of uniform apparel. No additional manufacturer's logo/trademark/or promotional reference shall be allowed on the wrestling uniform.

NOTE: 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 uniform without compromising its integrity.

ART. 3 . . . Wrestlers shall wear light heelless wrestling shoes, reaching above the ankles. If visible, the laces shall be secured in an acceptable fashion. If the shoelaces come untied or shoe comes off, the penalty would be an automatic stalling call.


NOTE: An acceptable secure fashion could be double knotting of the laces.


ART. 4 . . . Wrestlers shall wear wrestling ear guards designed by the manufacturer for the sport of wrestling that are rigid and padded, which provide:

- a. adequate ear protection;
- b. no injury hazard to the opponent; and,
- c. an adjustable locking device to prevent it from coming off or turning on the wrestler's head.


Any manufacturer's logo/trademark/reference that appears on the wrestling ear guards (one on each ear cup), including legal hair covering, can be no more than 2¼ square inches with no dimension more than 2¼ inches and may appear no more than once on ear guards. No additional manufacturer's logo/trademark/reference, promotional or advocacy references shall be allowed on the wrestling ear guards.

ART. 5 . . . The uniform shall be worn as intended/designed by the manufacturers.

**UNIFORM
RULE 4-1-1a**

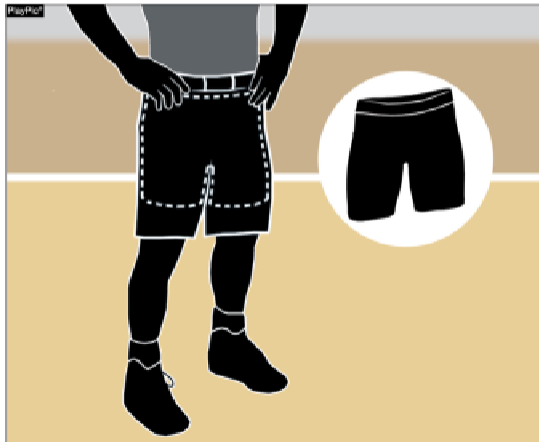


Female contestants wearing a one-piece singlet shall also wear a form-fitted compression suitable undergarment that completely covers their breasts.



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UNIFORM RULE 4-1-1b

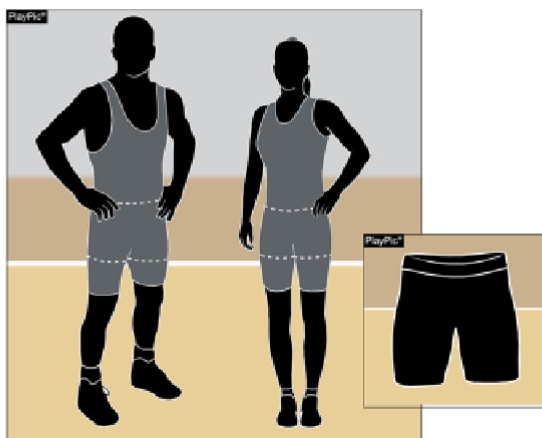


A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under shorts designed for wrestling and compression shorts.



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UNIFORM RULE 4-1-1a, 4-1-1c NOTE



A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under a one-piece singlet. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee.



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