

NFHS Wrestling Uniform Decorum

The proper use of a uniform is paramount in high school wrestling. Cleanliness, color selection, fit, and style all go into what constitutes the proper decorum of use by the wrestler. A dirty, poorly sized, unbecoming colored uniform is an impediment that interferes with wrestling. We cannot afford for the wrestler's attention to be distracted from the business at hand...to wrestle! Keeping the uniform washed and clean reduces risks of transmitting skin disease which protects the opponent, referee and provides comfort for the wearer.

When looking to purchase new or replacement uniforms, consider your color selection and placement. Today's young people do not want to be placed in a situation where a white or light uniform (top or bottom) when wet reveals more of their body than they are comfortable having exposed. They can become easily embarrassed and self-conscious. With cell phones ever present and everything and/or everybody possibly being the next social media post that goes viral, we want to do our best in avoiding any unfortunate situations.

Similarly, it is imperative that a uniform (singlet or two-piece) should be issued to a student that best fits their size, weight and gender. It is disconcerting to have a wrestler wearing a stretched out uniform while wrestling and the back of their uniform is touching the mat during competition. The referee has no other option but to award a fall to their opponent. Whereas a properly fitted uniform would not have placed the wrestler in jeopardy.

With an increase of more than 30,000 girls entering our sport this last school year and more expected to join our ranks this year, girls being issued a boy's uniform is no longer practical or reasonable. Obviously, boys and girls have different anatomies and require different types of uniforms. It is highly recommended that girls are issued girls' cut singlets/ two-piece uniforms.

The design of the girls' cut style uniforms reduces the risk of exposure during wrestling competition. We cannot expect a girl to perform her best if she has to be concerned whether her uniform will support her while she is competing. A sports bra and suitable undergarment that completely covers the groin and buttocks are not just items of modern-day convenience. They are significant in high school wrestling because they are part of the uniform.

Proper fit and sizing (to minimize the risk of exposure) should be considered when the female wrestler is on her feet or in various positions during competition. Coaches and parents/guardians have a collaborative role in helping the wrestler to maintain their modesty with proper fitting undergarments and allow them to compete at their optimum best!

While a wholesale overhaul of your uniform stock is not necessary, you should inspect what you have and if it is financially (or when your school's uniform rotation occurs) feasible replace your inventory with newer and properly fitting uniforms designed for all the wrestlers on your team. It will encourage the morale and confidence of your wrestlers.

{ See Page 2 for the rule. }

NFHS Wrestling Rulebook 2023-24

4-1-1a, 4-1-1b SECTION 1 WRESTLERS' UNIFORM:

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

a. 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. The one-piece singlet shall be school-issued (for high school competition).

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.

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, button 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 may be worn with full-length form-fitted tights.