



## **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.

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

**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.

**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.

**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.