



NFHS GIRLS GYMNASTICS UNIFORM RULES

RULE 3-3-1 THRU 8

NOTE 1: Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities or unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.

NOTE 2: The revised requirements in Rule 3-3 regarding school names, nicknames, logos, mascots, and competitor names will be reinforced beginning with the 2030-31 and 2031-32 NFHS Girls Gymnastics Rules Book.

ART. 1 . . . The proper uniform shall be:

- a. a one-piece leotard of moderate proportions with matching clear, skin-colored or black undergarments.
- b. an ankle-length unitards, with or without sleeves.
- c. a unitard, ankle length leggings, tights, or fitted shorts (black, a solid color matching the leotard, or skin-colored) worn with the leotard.
- d. a head covering worn for religious reasons, made of non-abrasive, soft material and fitting securely so as not to create a safety hazard to the gymnast.

ART 2 . . . Logos/flags/patches shall adhere to the following:

- a. One American flag, not to exceed 2 inches by 3 inches, may be worn anywhere on the uniform.
- b. By state association adoption, one commemorative/memorial patch, not to exceed 4 square inches, may be worn on the competition uniform.
- c. A single visible manufacturer's logo/trademark/reference no more than 2¼ square inches in size with no dimension exceeding 2¼ inches is permitted on each item of the uniform (leotard, unitard, ankle-length leggings, tights or fitted shorts).

ART. 3 . . . The leotard, unitard, ankle-length leggings, tights or fitted shorts may display the school's name, school nickname, school logo, school mascot and/or the competitor's name.

- a. Any advertising or names not allowed under Rule 3-3 are prohibited.

ART. 4 . . . Gymnastics footwear, if worn, shall be a neutral color.

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

ART. 5 . . . 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. 6 . . . 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. 7 . . . Casts or splints on any body parts are prohibited.

ART. 8 . . . Hand, wrist, elbow, knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding.

ART. 9 . . . Body paint and glitter are prohibited.