



NFHS GIRLS GYMNASTICS UNIFORM RULES

(April 2016)

RULE 3-3-1:

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 or skin-colored briefs. Bra shall not be exposed.

A single partial/whole manufacturer's logo/trademark (not more than 2 ¼ square inches in size with no dimension exceeding 2 ¼ inches) is permitted on the leotard.

ART. 2...Gymnastics footwear, if worn, shall be a neutral color.

ART. 3...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. 4...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. 5...Casts or splints on any body parts are prohibited.

ART. 6...Hand, wrist, elbow, knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding.

ART. 7...Body paint and glitter are prohibited.