The Wrestler’s Uniform
Rule 4-1-1 thru 4-1-5

NFHS has approved wrestlers wearing low cut ankle socks during weigh-in. If a wrestler chooses to wear socks he/she must continue to weigh-in under the same conditions for each scale thereafter. The wrestler may not alter anything; such as cutting hair, cutting the under garment, removing socks, urinating or drinking fluids, etc. If the socks are high on the ankle, the officials must ask the wrestler to remove them. Only low cut socks are allowed to be worn during the weigh-in.

The alternative uniform: This is a tight fitting compression shirt with either tight or loose fitting shorts. The shorts should be designed for wrestling. Both the shirt and shorts have several specific requirements which are found in the NFHS rule book. All members of the team may wear any uniform they wish as long as it is a legal combination of uniform equipment and provided by the school. The tight fitting compression shirt may short sleeve or be sleeveless with an extra length in the tail to help keep the shirt tucked in the shorts. The shorts may be tight fitting or loose with a draw string inside the waist band. The inseam length may extend to the top of the knee (the knees must be visible).

NFHS RULE: 4-1-2 The manufacturer’s logo/trademark/reference may appear only once on each piece of apparel and be no larger than 2 ¼ inches in any dimension. This also includes the hair cover. No additional manufacturer’s logo/trademark/or promotional reference may appear on the uniform. The American Flag may be 2 X 3 inches.

Be Professional * Polite * Prompt * Direct * Decisive

Full length tights with stirrups may also be added to the combination of uniforms. That is, tights with stirrups may be worn with the one-piece singlet or with the alternative two-piece shirt and shorts. The tight fitting compression shirt may be worn under the one-piece singlet. As mentioned any combination of uniform may be worn and members of the team may wear different parts of the school issued uniform.

The undergarment has also been revised for the 2018-19 season. Since the tight fitting compression shirt may be
worn under the one-piece singlet, and the tight fitting shirt may be multi colored and adorned with a school name/logo/emblem, etc. The words “single colored and unadorned” have been removed. The tight fitting shorts many wrestlers wear under their singlet which is allowed to hang out below the length of the inseam is now allowed to be multi-colored. The undergarment shall consist of briefs which cover the groin and buttocks for both men and women, with our young ladies also wearing a sport bra to cover her breasts. Ohio women shall also wear a high neck cut under shirt if she is wearing a singlet.

**Rule 4-1-5** continues to stress the fact that all parts of the uniform must be worn as the manufacturer intended and designed. This means the wrestler may not alter any part of the uniform. Examples: One short sleeve may not be cut off of the undergarment, or one leg may not be cut off the tights w/ stirrups.

The OWOA clinic is set for Nov. 10th at our new venue. The Ohio Fire Academy will be our host. Start time is 8:30 AM registration.

**Special equipment**, braces, taping and pads, etc. are defined in **Rule 4-3-1** thru **4-3-3**. All body parts must have full normal range of movement and not be restricted in way whether it be taping or hard carbon-fiber braces. Any hard braces must be padded with ½ inch thick of slow recovery-foam. **Rule 4-3-2** defines pads that must be tight fitting, and that loose pads are prohibited. As knee pads are legal special equipment they shall be manufactured as a one-piece unit. If the elastic material is extended above and below the knee pad it is legal. Full length leg sleeves and/or arm sleeves, which are sometimes referred to as shooting sleeves, are not special equipment and therefore not legal. A wrestler would not be properly equipped if he/she comes to the table with a leg sleeve. A knee pad cannot be worn under or over a leg sleeve to make it legal. The item must be a one-piece knee pad to be legal.