

2025-26 Uniforms, Equipment & Facilities
New & Recent Rules Changes and Reminders as of July 2025
See 2025-26 Handbook Pages 113-121 for MHSAA Adoptions
► First time noted on this document.

BASEBALL: Uniforms: players may now wear jewelry if it is not determined to be distracting or dangerous to the player or an opponent. Rule 1-5-12.

Wrist cards must be worn on a player's wrist/forearm. They cannot be worn on the belt. Pitchers must wear the cards on their non-throwing wrist.

A dugout-to-catcher electronic communication system is now legal.

BASKETBALL: Uniforms: 3-4-3-e-(1) Effective 2024 - The style of the number shall be clearly visible. Numbers must be a solid contrasting color with no more than two solid color ¼-inch borders around the entire number. If the team jersey color is used as a border, it shall be counted as one of the allowed colors. A solid contrasting color with a "shadow" trim of a contrasting color on part of the number not to exceed ½ inch in width and may be used with one ¼-inch border.

3-4-4a — Allows the use of a school logo/mascot image to be centered directly above the uniform number in place of an identifying name, removing the restriction of allowing only lettering on the front of the jersey.

3-4-5: Requires uniform bottoms on teammates to be like-colored while allowing different styles of uniform bottoms among teammates.

3-5-6: Allows undershirts worn under visiting team jerseys to be black or a single solid color similar to the torso of the jersey. All teammates wearing undershirts must wear the same solid color.

4-1-7 ... Jewelry is prohibited. Religious and medical-alert items are not considered jewelry. Religious items shall be taped and worn under the uniform. A medical-alert item shall be taped and may be visible.

BOWLING: ► Girls are permitted to wear shorts, skirts, and skorts. Girls bowlers wearing a skirt are required to wear shorts or spandex underneath the skirt. Yoga/spandex pants worn under shorts, skirts, or skorts are permitted. Yoga/spandex pants worn alone, without shorts, skirts, or skorts over top remain prohibited. Boys are not allowed to wear shorts.

COMPETITIVE CHEER: ► If bows are worn, the bow must be of a solid color, non-metallic and may include a heat transfer item of a school-approved logo and lettering. Adornments may not include glitter, mesh, overlays, rhinestones, sequins and/or studs.

FIELD HOCKEY: ► **1-5-1-b:** The home team shall wear single solid dark-colored uniform tops front and back on the torso, and the visiting team shall wear single solid white uniform tops front and back on the torso.

► **1-5-1-b-(1):** Players are permitted to wear a single-color undershirt, short or long-sleeved. If worn, the undershirts for the home team shall match the color of the jersey or be a dark color, and the visiting team's undershirts shall be white. All players on the same team who choose to wear an undershirt shall wear the same color.

► **1-6-5-c:** A wire-caged face mask that is smooth and rounded may be worn for defending penalty corners. Players shall remove the wire-caged masks at the completion of the penalty corner. If no suitable opportunity to remove the mask arises, they may continue to wear it within the 25-yard area. Again, Rule 1-6-5 allows a wire-caged face mask to be worn when defending a penalty corner, but it should be noted that players are not required to wear the wire-caged face mask; they are optional.

FOOTBALL: ► Effective 2026: Tooth and mouth protectors may not include any attachment(s) that do not serve a purpose and function in protecting the teeth or mouth.

► Effective 2027: Arm sleeves must have a permanent, exact replica of the SFIA arm sleeve seal (meets SFIA Specification), that must be visible and appear legibly on the exterior of the arm sleeve.

GYMNASTICS: Uniforms: the proper uniform shall be a one-piece leotard of moderate proportions with matching, clear or skin-colored or black undergarments.

Unitards that are ankle length with or without sleeves are acceptable. Unitards, ankle-length leggings, tights, or fitted shorts (black, solid matching color to the leotard, or skin-colored) may be worn with the leotard. Head covering worn for religious reasons must be made of non-abrasive, soft material and must fit securely, not to impose a safety hazard to the gymnast.

Rule 3-3-4 has been modified to permit stud earrings not to exceed one per ear.

ICE HOCKEY: The longstanding MHSAA Ice Hockey playing rule adaptation (since 1992) that requires neck laceration protectors has now been confirmed by the NFHS and is now a required piece of playing equipment as of the 2024-25 hockey season. The new NFHS rule states that neck laceration protectors, in their original manufactured state and as intended by the manufacturer, must be worn during competition.

LACROSSE (GIRLS): Eye Protection: All field players must properly wear eye protection that meets the current ASTM standard (F3077) for women's lacrosse. All ASTM women's lacrosse eyewear and headgear that are legal for play are listed on the US Lacrosse website. All eyewear on the playing field must be SEI certified and will be listed on the SEI website. All eyewear must bear the SEI mark for certification by 01/01/25.

►Only school related or player identifying names (school's name, nickname, logo, mascot and/or team member's name) will be allowed on the team jersey above the uniform number beginning in 2027.

LACROSSE (BOYS): Fields must have a clearly marked center line that runs the entire width of the field, AND continuous sidelines and end lines. A failure to have continuous centerline, sidelines, and end lines (i.e., lacrosse field markings broken/obscured by midfield or end zone logos) will result in an illegal procedure penalty assessed against the home team to start the game.

The protective helmet chin strap must be worn under the chin and remain firmly attached at all the helmet's manufactured attachment points, securely enough so that the helmet is unable to be removed without detaching the chin strap from the attachment point(s) (Rule 1-9-1a). The rule further specifies that protective gloves and arm pads must be designed for lacrosse.

The home team will be required wear white jerseys and the away team will be required to wear non-white jerseys.

Beginning in 2027, jersey numbers must be a single solid color that clearly contrasts with the body color of the jersey.

SOFTBALL: Jewelry can now be worn during gameplay. Umpires still have the authority to rule out anything that is considered a distraction or increases risk to any player.

►Coaches may use one-way electronic communication devices to communicate with the catcher while on defense.

►Rule 1-8-6 has been modified to prohibit players from transmitting or recording audio and/or video from the playing surface.

SWIMMING & DIVING: ►Swimmers may now make use of the backstroke ledge in pools that are legally equipped, in pools with a minimum of 6 feet (1.84 meters) water depth measured from the starting end through 16 feet 5 inches (5 meters) from the end wall.

►The swimsuit and/or cap may display the school name, school nickname, school mascot, school logo, and/or the competitor's name.

TRACK & FIELD/CROSS COUNTRY: The MHSAA adaptation that limited what type of head attire was allowed during competition was eliminated. Athletes may wear any hat or head covering during competition.

The MHSAA adaptation that did not allow temporary body adornment in competition was eliminated. Athletes may have or wear temporary body adornment (painted or fastened) during competition.

VOLLEYBALL: Teams will remain on the same benches throughout the match. In the event there is a clear and distinct disadvantage, teams may switch sides. At the pre-match conference, teams shall assume benches will remain the same throughout the match, UNLESS a coach requests, for consideration, a disadvantage on their side of the court. If officials determine a CLEAR disadvantage exists, officials will determine that teams will exchange sides of the court after each set until the conclusion of the match. The visiting team calls the coin flip and chooses to serve or receive.

►Rule 4-2 now states that team members may wear black, white or gray undergarments in addition to undergarments that match the predominant color of the uniform top/bottom under the uniform top and/or bottom. All team members, other than the libero, wearing an undergarment must wear the same color.

►Beginning July 1, 2029, the number on the front of the uniform must be centered on the upper half of the uniform top, eliminating the measurement requirements from the shoulder seam and neckline.

ALL SPORTS – Head Adornments, Hair Length. MHSAA Handbook Int. 203 e. Schools may permit the wearing of head adornments such as a hijab or leggings covering the legs because of firmly held religious reasons by the student without advance MHSAA approval. Head adornments must be securely fastened and not affixed with non-yielding fasteners (i.e., pins). Hijabs and leggings must be of a single color and not be a safety risk for the student or opponents. This is in accord with recent NFHS regulations that eliminate the need for officials to remove securely fixed items (e.g., beads) from an athlete's hair or regulate the hair length of a participant.