



## MHSAA WRESTLING UNIFORM / EQUIPMENT RULES & REMINDERS

### 1. Shoes & Laces:

- The ONLY tape allowed on the shoes is to secure the LACES.
  - Allowed on laces themselves, or around the upper ankle (securing the laces).
- ANY TIME laces become unsecured during the match (even if they were properly secured to start) and this causes a delay in the match, this shall be a stalling violation.
- If able to secure laces without delaying the match, no stalling shall be called.
  - EXCEPTION: Stalling shall not be called if laces become unsecured as caused by their OPPONENT.
    - **There are no exceptions if the shoe comes off. This is an automatic stalling call.**

### 2. Mouthpiece:

A wrestler with braces MUST have a mouth guard that covers the braces. This may be the traditional style OR may be the newer device where the guard fits directly over the braces. The newer devices are not required to cover the occlusal area.

### 3. Wrestler's Equipment:

The head coach has the obligation to ensure that each wrestler is properly equipped and in proper uniform.

The head coach is the adult who is responsible for ensuring that each wrestler's skin and nails are suitable and compliant for competition. Regarding the uniform and wrestler's appearance, both genders shall wear suitable undergarments that completely cover their buttocks and groin area.

**4. Special Equipment:** Special equipment is defined as any equipment worn that is not required by rule. Any equipment which does not permit normal movement of the joints, and which prevents one's opponent from applying normal holds/maneuvers shall not be permitted. Any equipment which is hard and/or abrasive must be covered and padded. Electronic communication equipment that permits communication between coach and contestant during competition is not permitted. Special equipment includes, but is not limited to, hair coverings, face masks, braces, supports, eye protection, and socks (NF WR Rule 4-3-1).

### 5. Uniform Rule 4-1-1a NOTE:

- **1a. NOTE:** Female contestants wearing a one-piece singlet shall wear a sports bra that completely covers their breasts and minimizes the risk of exposure. Compression shirts worn underneath a one-piece singlet are permitted **but not required** for female contestants unless needed to ensure complete coverage.

### 6. Rule 4-1-1a & 4-1-1b: Uniforms

Any other undergarment worn under the one-piece singlet that extends beyond the inseam shall be tight-fitting and shall not extend below the knee.

- The one-piece singlet may be worn with full-length form-fitted tights.
- **Tights no longer require stirrups to be legal.**
- Wrestlers are NOT allowed to wear leg sleeves.

### 7. Legal Uniforms (Rule 4-1-1):

The compression shorts or shorts designed for wrestling shall be school-issued/approved and shall have a minimum 4-inch inseam that does not extend below the knee. The form-fitted compression shirt shall not cover or extend below the elbow

and shall have a minimum 3-inch tail. The shirt may be worn under a singlet or with compression shorts or shorts designed for wrestling.

**ART. 1. A legal uniform consists of:**

**a.** A one-piece singlet shall be cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and the belt line. The one-piece singlet may be worn with full-length tights with stirrups. Any other undergarment worn under the one-piece singlet that extends beyond the inseam shall be tight-fitting and shall not extend below the knee. The one-piece singlet shall be school issued/approved.

**b.** Compression shorts or shorts designed for wrestling shall not have exposed drawstrings, belt loops, zippers, snaps, buttons, or pockets. A suitable undergarment that completely covers the buttocks and groin area must be worn under shorts designed for wrestling. Shorts designed for wrestling may be worn over the singlet. Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. Compression shorts or shorts designed for wrestling shall be school issued/approved.

**c.** A form-fitted compression shirt that shall not cover or extend below the elbow and shall have a minimum 3-inch tail. The form-fitted compression shirt may be worn under a singlet or with compression shorts or shorts designed for wrestling. The form-fitted compression shirt shall be school-issued/approved.

The MHSAA defines a legal uniform as the following: ***A school-issued and approved singlet or two-piece uniform as produced by the manufacturer (unaltered) that will be worn during MHSAA competitions while representing your school.***

**7. Special Equipment (Rule 4-3-):**

Wrestlers shall not wear wristbands, sweatbands, bicep bands or arm sleeves that do not contain a pad during a match. Leg sleeves are now allowed. **(Leg sleeves are allowed).**

**FAQ's – 2-Piece Uniform:**

**Q.** Is a school *(or the person responsible for school purchases)* REQUIRED to buy new uniforms this year to comply with the 2-piece uniform rule?

**A. NO.** Schools are NOT required to purchase or wear 2-piece uniforms.

**Q.** May half of a team wear singlets and the other half wear two-piece uniforms in the same event?

**A. YES.** *It would be difficult to not allow this as oftentimes schools have multiple uniforms in their inventory, especially with wrestlers moving up and down from varsity to JV. Many times, schools have wrestlers who compete in different singlets due to inventory, sizes available, etc. Many teams bring extra singlets to tournaments and meets in the event of blood, rips, or for hygiene purposes, not to mention "finals" singlets. Schools are encouraged to have the uniforms look similar regarding color, logos, and design if possible. In general, they should look like they are from the same team, if possible, but this is not required.*

**Q.** May a wrestler wear the SAME compression shirt used in the 2-piece uniform under their singlet?

**A. YES.**

**Q.** May a wrestler wear "shorts designed for wrestling" over the traditional singlet?

**A. YES.**

**Q.** If a wrestler chooses to wear a compression shirt under the singlet, and the team does NOT have members that wear the 2-piece uniform (*not a school-issued uniform*), does the compression shirt still have to be a single color with no markings?

**A. YES.** *If you are purchasing your own compression shirt (and it is not school issued), the compression shirt must be a single color with no markings. If that were not the case, the individual's shirts would then be personalized, which is not allowed.*

**Q.** May a wrestler wear MMA-style fight shorts with a compression shirt?

**A. YES.** *The rule indicates "compression shorts or shorts designed for wrestling." MMA-style shorts would fall under the category of "shorts designed for wrestling." These shorts MUST meet the guidelines listed in the NFHS interpretation.*

**Q.** May a wrestler wear a traditional uniform for one match and then change into a 2-piece uniform for other matches?

**A. YES.**

**Q.** What other guidelines do we need to follow regarding this rule?

**A.** *The rules must follow the SAME rules that apply to wrestling singlets:*

- *The competitor's uniform MUST be school issued.*
- *The uniform may ONLY be personalized with the wrestler's given last name and or weight class.*
- *The uniform may NOT be personalized, adorned, or altered in any other way, shape, or form.*

**Q.** If a team (school) purchases the two-piece uniform, can we embellish it like we do our traditional uniform?

**A. YES,** *as long as the embellishment and design are not personalized to an individual student other than the same rules stated above:*

- *The competitor's uniform MUST be school issued.*
- *The uniform may only be personalized with the wrestler's given last name and or weight class.*
- *The uniform may NOT be personalized, adorned, or altered in any other way, shape, or form.*

**Q.** To help with expenses, can I include advertising, or put a sponsor's name on the uniform?

**A. NO.**

**Q.** Currently, a vendor may only have one (1) branding mark on a singlet. Will vendors be allowed to have two (2) branding marks, one on the shorts and one on the shirt, as the uniform is now in two pieces (*like volleyball*)?

**A. YES.** *A vendor may place a branding mark on each piece of the uniform. The dimensions of the branding marks must still follow NFHS specifications.*

**Manufacturer Logo Specifications:**

Section 1, Article 2 of the NFHS wrestling rules states: "Any manufacturer's logo/trademark/reference that appears on the wrestling uniform, including legal hair covering, can be no more than 2 1/4 square inches with no dimension more than 2 1/4 inches and may appear no more than once on each item of uniform apparel."

**Q.** Is my female wrestler required to wear a compression shirt underneath a one-piece singlet?

**A. NO.** *By rule, female contestants wearing a one-piece singlet shall wear a sports bra that completely covers their breasts and minimizes the risk of exposure. See Rule 4-1-1a NOTE.*