



March 11, 2026

NFHS Soccer Weekly Rule Interpretations

VISTING TEAM

The visiting team jersey shall be **solid** white.



Illegal



Illegal



Legal



Illegal

HOME TEAM:

NFHS rules state that the home team jersey shall be dark (dark is defined as any color which contrasts with white).



Illegal



Illegal

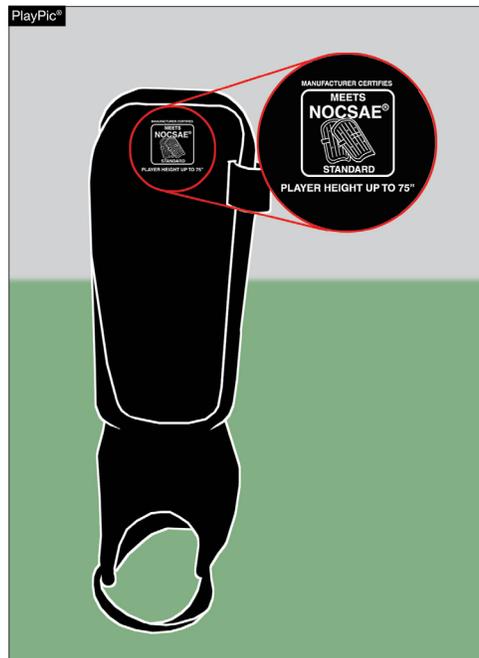
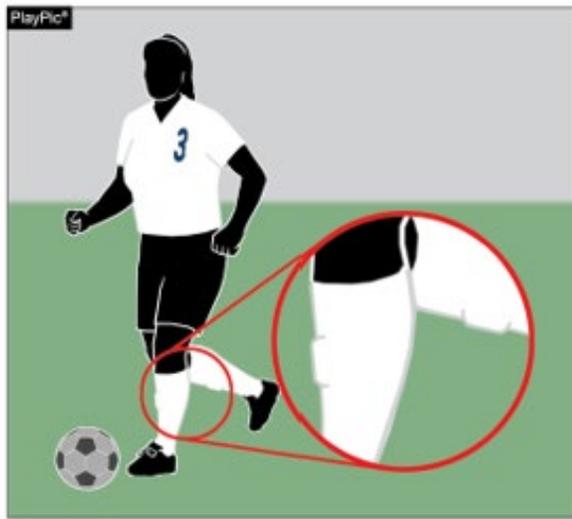


Legal

SHORTS:

SITUATION: The visiting team arrives on site in solid white jerseys and black shorts. The official notifies the team they must be in all white. **RULING:** Incorrect procedure. **COMMENT:** Only the visiting team jersey must be solid white. Visting team shorts shall be similar in design and color, but do not have to be white. [4-1-2, 4-1-3]

SHINGUARDS:



SITUATION: During the pregame warm-up the referee notices that several of the players on Team B do not have shinguards on or are wearing micro shinguards. The referee notifies the head coach of Team B that they must have appropriate equipment to play the game. The coach has the player add or change their shinguards and the game is played. **RULING:** Correct procedure. **COMMENT:** Ensuring student-athlete safety is a top priority, and proper equipment plays a key role in maintaining a safe and fair playing environment. NFHS Rule 4 provides clear guidelines on required player equipment, including shinguards, which are essential for protecting athletes during competition. Given that high school players are still in their developmental stages, shinguards must be age- and size-appropriate, meeting NOCSAE safety standards. Each shinguard must display the NOCSAE seal, permanently marked, indicating the approved height range for that model.