



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION RULES ON WEARING SPECIAL EQUIPMENT, BRACES & CASTS FOR 2019-20

There are provisions in the National Federation rule books that pertain to the wearing of special equipment and braces. The purpose of this handout is to provide a summary of those provisions. Administrators, coaches, officials, and medical and paramedical personnel may use this handout as an easy reference. Coaches should familiarize themselves with the rules of their sport so they do not misinform athletes, parents, and/or medical personnel regarding what an injured athlete may or may not wear during competition. **Athletic administrators are encouraged to make copies of this handout available to medical personnel in their communities.**

BASEBALL

Rule 1 - Section 5 - Player Equipment

Article 8 – Hard and unyielding items (guards, casts, braces, splints, etc.) must be padded with a closed-cell, slow recovery foam padding no less than ½" thick. Knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding. Each state association may authorize the use of prostheses which in its opinion are no more dangerous to players than the corresponding human body part(s) and do not place an opponent at a disadvantage.

Article 9 - Any equipment judged by the umpire to be unreasonably dangerous is illegal.

Article 12 - Jewelry shall not be worn except for religious or **medical medals**. A religious medal must be taped and worn under the uniform. ***A medical alert bracelet** must be taped and may be visible.

BASKETBALL

Rule 3 - Players, Substitutes, and Equipment

Section 5 - Team Members' Equipment, Apparel

Article 1 - The referee shall not permit any team member to wear equipment or apparel which, in his/her judgment, is dangerous or confusing to other players or is not appropriate.

Article 2 - Guards, casts, braces, and compression sleeves must meet the following guidelines:

a. A guard, cast or brace made of hard and unyielding substance such as, but not limited to, leather, plaster, plastic, or metal shall **not** be worn on the elbow, hand, finger, wrist or forearm, even though covered with soft padding.

b. Hard and unyielding items (guards, casts, braces, etc.) on the upper arm or shoulder must be padded with a closed-cell, slow recovery foam padding no less than ½" thick.

c. Knee & ankle braces which are unaltered from the manufacturer's original design/production are permitted and do not require any additional padding/covering.

d. A protective face mask may be worn and made of hard material, but must be worn molded to the face with no protrusions.

e. Must be worn for medical reasons.

Article 3 – Arm sleeves, knee sleeves, lower leg sleeves and tights are permissible:

a. Anything worn on the arm and/or leg is a sleeve, except a knee brace, and shall meet the color restrictions.

b. The sleeves/tights shall be black, white, beige or the predominant color of the uniform and the same color sleeves/tights shall be worn by teammates.

c. All sleeves/tights shall be the same solid color.

d. Meet the logo requirements in 3-6.

Note: In general, a brace is defined as anything that contains hinges and/or straps or an opening over the knee cap.

Article 4 – Wristbands and headwear shall meet the following guidelines:

a. Headbands and sweatbands shall be white, black, beige, or a single solid **school** color provided all team members are wearing the same color for each item for each participant.

b. A headband is any item that goes around the entire head. If worn, only one headband is permitted, it must be worn on the forehead/crown, it must be nonabrasive and unadorned, and it must be a maximum of 2 inches.

c. If worn, only one wristband is permitted on each wrist, each must be worn on the arm below the elbow, each must be moisture absorbing, nonabrasive and unadorned, and each must be a maximum of 4 inches.

d. Rubber, cloth or elastic bands, may be used to control hair. Hard items, including, but not limited to, beads, barrettes and bobby pins, are prohibited.

e. Head decorations and headwear, except those specified above, are prohibited.

Exception: State associations may on an individual basis allow a player to participate while wearing a head covering, if it meets the following criteria:"

a. For medical or cosmetic reasons - In the event a participant is required by a licensed medical physician to cover his/her head with a covering or wrap, the physician's statement is required before the state association can approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely it will come off during play.

b. For religious reasons - In the event there is documented evidence provided to the state association that a participant may not expose his/her uncovered head, the state association may approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely it will come off during play.

Article 7 - Compression shorts may be worn if the length is above the knee and they are of a single color similar to the predominant color of the pants/skirt. Undergarment or tights shall not extend below the knee.

Article 8 - Jewelry is prohibited. Religious or **medical alert medals** are not considered jewelry. A religious medal must be taped and worn under the uniform. ***A medical alert bracelet** must be taped and may be visible.

FOOTBALL

Rule 1 - The Game, Field, Players, and Equipment

Section 5 – Player Equipment

Article 3 - Illegal equipment. No player shall participate while wearing illegal equipment. This applies to any equipment, which in the opinion of the umpire is dangerous, confusing or inappropriate. Illegal equipment shall always include but is not limited to:

a. The following items related to the Game Uniform:

1. Jerseys and pants that have:

(a) A visible manufacturer's logo/trademark or reference exceeding 2¼ square inches and exceeding 2¼ inches in any dimension.

(b) More than one manufacturer's logo/trademark or reference on the outside of either item. (The same size restriction shall apply to either the manufacturer's logo/trademark or reference).

(c) Sizing, garment care or other nonlogo labels on the outside of either item.

2. Slippery or sticky substance of a foreign nature on equipment, towel, uniform, opponent or on an exposed part of the body which affects the ball or an opponent.

3. Tear-away jerseys or jerseys that have been altered in any manner that produces a knot-like protrusion or creates a tear-away jersey.

4. Any transverse stripe on the sleeve below the elbow.

5. Uniform adornments, with the exception of:

(a) One moisture-absorbing solid-colored towel that is not ball- or penalty flag-colored; is no less than 4 inches in width and 12 inches in length; no greater than 18 inches in width and 36 inches in length; has no more than one visible manufacturer's logo/trademark reference that does not exceed 2¼ square inches in any dimension; and if worn by any player, must be the same solid color for all players wearing a towel.

(b) Moisture-absorbing sweatbands, when worn on the wrist beginning at the base of the thumb and extending no more than 3 inches toward the elbow.

b. The following items related to Pads and Padding:

1. Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow, or upper arm unless padded with a closed-cell, slow-recovery foam padding no less than ½" thick.

2. Knee and ankle braces which are altered from the manufacturer's original design/production. **NOTE:** Knee and ankle braces that are unaltered do not require any additional padding.

3. Knee braces worn over the pants.

4. Plastic material covering protective pads whose edges are not rounded with a radius equal to half the thickness of the plastic.

5. Rib pads and back protectors unless fully covered by a jersey.

6. Shin guards that do not meet the NOCSAE standard at the time of manufacture.

c. The following Other Illegal Equipment:

1. Ball-colored helmets, jerseys, patches, exterior arm covers/pads, undershirts or gloves.

2. Electronic communication devices used to communicate with a player except during an outside 9-yard mark conference (7-yard marks in nine-, eight- and six-player competition), including electronic signage to signal plays or information from the sideline.
3. Eye shade (grease or no-glare strips or stickers) that is not a solid stroke or includes words, numbers, logos or other symbols within the eye shade.
4. Eye shield attached to the helmet that is not:
 - (a) Constructed of a molded rigid material; or
 - (b) Clear without the presence of any tint. **NOTE:** Tinted eyewear worn on the face and under the face mask is legal.
5. Jerseys, undershirts or exterior arm covers/pads manufactured to enhance contact with the football or opponent.
6. Jewelry. Religious and ***medical alert medals** are not considered jewelry. A religious medal must be taped and worn under the uniform. A ***medical alert medal** must be taped and may be visible.
7. Metal which is projecting or other hard substance on clothes or person.
8. Play cards not worn on the wrist or arm.
9. Equipment not worn as intended by the manufacturer.

SOCCER

Rule 4 - Player Equipment

Section 2 - Other Equipment

Article 1 - Illegal equipment shall not be worn by any player. This applies to any equipment which, in the opinion of the referee, is dangerous or confusing. Types of equipment which are always illegal include the following:

- a. projecting metal or other hard plates, or projections on clothing or person;
- b. head, arm, thigh or hip pads containing sole leather, fiber, metal or any unyielding materials;
- c. hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow, upper arm or shoulder unless covered, and must be padded with a closed-cell, slow-recovery foam padding no less than ½ inch thick;
- d. shin guards which have exposed sharp edges or have been altered,
- e. spectacle guards;
- f. knee braces which are altered from the manufacturer's original design/production. Knee braces that are unaltered do not require any additional padding.
- g. ankle braces which are altered from the manufacturer's original design/production. Non-metal ankle braces that are unaltered are legal and may be worn outside the sock. Ankle braces of metal or unyielding material that are unaltered are legal if covered by a sock.
- h. helmets, hats, caps, or visors.

Exception 1: The goalkeeper may wear a soft-billed baseball type hat or soft-billed visor. If worn in conjunction with a head protector, it is to be worn outside and may not be attached to the head protector.

Exception 3: By state association adoption, players may wear soft and yielding caps during inclement weather. Caps must be alike in color.

Note: The wearing of illegal uniforms or equipment is prohibited even though the coaches of both teams approve it.

Article 2 - Hair control devices may be worn if made of soft material and not for adornment.

Article 3 - Sweatbands may be worn on the head or wrist if made of a soft material.

Article 4 - Jewelry shall not be worn except for religious or medical medals.

- a. A religious medal shall be taped & worn under the uniform.
- b. A ***medical alert** must be taped & may be visible.

Article 5 - All permissible artificial limbs must be padded with a closed-cell, slow recovery foam padding no less than a ½ -inch thick.

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, allow an otherwise illegal piece of equipment, create risk to the athlete /others, or place opponents at a disadvantage.

Article 6 - Hearing aids worn in or behind the ears are legal, provided that the device does not create the threat of injury.

Article 7 - A tooth and mouth protector (intraoral), if worn, shall include an occlusal and labial portion and covering the posterior teeth with adequate thickness, is legal. It is recommended that the protector be properly fitted and:

- a. Constructed from a model made from an impression of the individual's teeth.

- b. Constructed and fitted to the individual by impressing his teeth into the tooth and mouth protector itself.
- c. The tooth and mouth protector shall be of any readily visible color, other than white or clear.

Article 8 - A protective face mask may be worn by a player with a facial injury. The mask may be made of hard material, but must be worn molded to the face with no protrusions. A medical release for the injured player signed by an appropriate health-care professional shall be available at the game site.

Article 9- Soft-padded headgear is permitted.

Notes:

1. The use of soft-padded soccer headgear is permitted but not required. Schools, parents and students are free to make their own assessments relative to this piece of equipment. The relevant ASTM standard can be found at www.astm.org/Standards/F2439.htm
2. No headgear can stop athletes from suffering concussions, and all sports should be played, coached and officiated in recognition of that fact.

Article 10- In addition to the above permitted uses, state associations (or designee) may on an individual basis permit a player to participate while wearing a head covering if it meets the following criteria:

a. For medical or cosmetic reasons: In the event a participant is required by a licensed physician to cover his/her head with a covering or wrap, the physician's statement is required before the state association can approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely that it will come off during play.

b. For religious reason: In the event there is documented evidence provided to the state association (or designee) that a participant may not expose his/her uncovered head, the state association may approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely to come off during play.

SPIRIT/CHEERLEADING

Rule 2 - General Risk Management

Section 1 - General

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.

Section 3 - Participant Apparel/Accessories

ICCA/IHSAA ADDITION: All briefs should be devoid of any markings including but not limited to sequins, prints, wording, symbols, etc. In addition, no visible apparel may be worn under the uniform except bodysuits/spandex/briefs. Teams shall wear official school issued uniforms (including warm ups) that are of similar color and/or marking. All uniforms, including footwear, must be in compliance with the NFHS Spirit Rules Book.

Article 1- Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A *medical-alert medal must be taped and may be visible.

Article 2 - Fingernails, including artificial nails, must be kept short, near the end of the fingers. **ICCA/IHSAA ADDITION:** All nails, including artificial nails, must be cut to a length so that the nail is not visible when the cheerleader holds up her/his hands from the palm side.

Article 3 - Hair must be worn in a manner that is appropriate for the activity involved. Hair devices and accessories must be secure. **ICCA/IHSAA ADDITION:** All cheerleaders' hair must be pulled away from the face and off the shoulders: i.e. ponytail. This would be for both stunting and non-stunting squads. Bows may not be on the face and may not have large or hard objects (including sequins of any size) sewed or glued onto ribbons.

Article 7 - Glitter that does not readily adhere on the hair, face, body, uniform, or costume is not permitted. Glitter may be used on signs, props, or backdrops if laminated and sealed. **ICCA/IHSAA ADDITION: NO GLITTER** is allowed on the face, hair, or uniform. No spray on/roll on/lotion glitter. Glitter in eye shadow should be minimal."

Article 8 – Supports, braces, soft casts, etc. that are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half-inch thick if the participant is involved in partner stunts, pyramids, or tosses. A participant wearing a plaster cast or a walking boot must not be involved in a partner stunts, pyramids, or tosses.

ICCA/IHSAA NOTE: These rules are in effect for **ALL** Iowa school events (*grades 7-12*) including practices, pep rallies, performances, games, meets, tournaments, competitions and all other events in which school cheerleaders participate.

SWIMMING

Rule 3 - Team Personnel

Section 3 - Uniforms

Article 4 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, allow an otherwise illegal piece of equipment, create risk to the athlete /others, or place opponents at a disadvantage.

*Article 5 Religious and ***medical-alert medals** are not required to be taped to the body. It is recommended the medical alert itself is visible to assist in care by a health-care professional.*

TRACK & FIELD AND CROSS COUNTRY

Rule 4 - Competitors and Competition

Section 3 - Competitor's Uniform

Note: The wearing of a medical alert with alert visible is encouraged for risk minimization.

Section 4 – Braces, Concussion Management and Modifications to Equipment

Article 1 - If a guard, cast, brace, splint, etc. (hard or unyielding items) is worn and determined by the referee that padding shall be closed-cell, slow-recovery foam no less than ½” thick. Knee and ankle braces which are unaltered from the manufacturer’s original design/production do not require any additional padding.

WRESTLING

Rule 4 - Wrestlers' Classification and Weigh-in

Section 2 - Wrestlers' Appearance and Health

Article 1 - If an individual has hair longer than allowed by rule, it may be braided or rolled if it is contained in a cover so the hair rule is satisfied. The legal hair cover shall be attached to the ear guards. A bandanna is not considered a legal hair cover. The cover must be of a solid material and nonabrasive. The wrestler opting to wear a legal hair cover must wear it to the weigh-in procedure and be checked for grooming with it on.

If an individual has facial hair it must be covered with a face mask. All hair coverings and face masks are considered special equipment.

Article 6 - Each contestant who has braces, or has a special orthodontic device on their teeth, shall be required to wear a tooth and mouth protector. The protector must cover the teeth and all areas of the braces or special orthodontic device, including upper and lower teeth if braces are present on both.

Section 3 - Special Equipment

Article 1 - 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. Special equipment includes, but is not limited to:

a. Legal hair coverings attached to the ear guards, face masks, braces, casts, supports, eye protection and socks;

b. Any protective equipment which is hard and/or abrasive must be covered and properly padded with a closed-cell, slow-recovery foam padding no less than ½-inch thick;

Article 2 -All parts of a pad must fit snug against the wrestler's body. Loose pads are prohibited.

Article 3 - Taping or strapping which substantially restricts the normal movement of a joint shall be prohibited. The taping of fingers and thumb is not a violation.

***Coaches should be aware of student-athletes wearing medical bracelets/necklaces and be prepared to inform medical personnel. Medical personnel should be aware that tape on a wrist or on the chest area may indicate the presence of a medical bracelet/necklace.**

0719