

Sports	Hair Adornments	Cultural/Religious Items	Jewelry	Summary
<b>Baseball</b>	PERMITTED	PERMITTED	PERMITTED	Since the players are required to wear a cap, it would cover any hair adornments. We recently just approved jewelry.
<b>Basketball</b>	3-5-4d: Hard items, including, but not limited to, beads, barrettes, bobby pins and other adornments in the hair that are securely fastened to the head and do not present an increased risk to the player, teammates or opponents are allowed.	3-5-4e: Head coverings worn for religious reasons shall not be made of abrasive or hard materials and must be attached in such a way that the coverings are highly unlikely to come off during play. NOTE: The state association shall be notified, after the contest, if there is a concern about a head covering worn for religious reasons.	3-5-7: Jewelry is prohibited. Religious and medical-alert medals are not considered jewelry. A religious medal shall be taped and worn under the uniform. A medical-alert medal shall be taped and may be visible.	Hair control devices and adornments must be secured close to the head (i.e. in a bun if affixed to the end of braids). Hair charms are considered jewelry and not permitted. All communication regarding player equipment (hair adornment, head coverings and/or jewelry) should be with the head coach. Note: If hair adornments or religious head coverings become non-compliant during play the officials should let the athlete fix the situation on the court, and if they can't immediately correct, the athlete should go to the bench to fix the improper equipment.
<b>Cross Country</b>	PERMITTED	PERMITTED	PERMITTED	There are no rules prohibiting jewelry, hairbeads, religious or cultural hardware. Watches are also permitted.

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<p><b>Field Hockey</b></p>	<p>1-5-6: Hair-control devices and other adornments in the hair that are securely fastened and do not present an increased risk to the player, teammates or opponents are allowed.</p>	<p>1-5-4: Head coverings worn for religious reasons are not considered hair devices. The coverings must be made of non-abrasive, soft materials and must fit securely.</p>	<p>1-5-5 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.</p>	<p>Hair adornments, such as beads, secured to the end of braids must be contained within the “sphere of the shoulders” during play. Any hair adornment that swings outside of the shoulders must be secured closer to the head. All communication regarding player equipment (hair adornment, head coverings and/or jewelry) should be with the head coach. Note: If hair adornments or religious head coverings become non-compliant during play the officials should let the athlete fix the situation on the field, and if they can’t immediately correct, the athlete should go to the bench to fix the improper equipment.</p>
<p><b>Football</b></p>	<p>PERMITTED</p>	<p>PERMITTED</p>	<p>1-5-3: 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:  1-5-3c. The following Other Illegal Equipment: ...  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.</p>	

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<b>Gymnastics</b>	PERMITTED 4-3-5: Hair devices that do not pose a risk of injury and are securely fastened in the hair may be worn to keep the hair away from the gymnast's eyes and face.	PERMITTED 4-3-1 (3): 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.	PROHIBITED: 4-2-4: Jewelry shall not be worn in competition. a. A religious medal or other religious items must be taped to the body and worn under the uniform. b. A medical alert must be taped and may be visible.	Jewelry is still not permitted. All other items are permitted as long as they don't impose a risk to the gymnast.
<b>Ice Hockey</b>	PERMITTED	Rule 3-5-3: Jewelry shall not be worn, except for religious or medical medals which shall be taped to the body under the uniform.	Rule 3-5-3: Jewelry shall not be worn, except for religious or medical medals which shall be taped to the body under the uniform.	Helmets, additional equipment, and the uniform keep these items covered and/or make them a non-issue the extreme majority of the time on the ice.
<b>B Lacrosse</b>	PERMITTED	PERMITTED	1-10-1: No player shall participate while wearing illegal equipment. Such equipment shall always include but is not limited to:  a. Jewelry  NOTE: Medical-alert medals are not considered jewelry. The alert shall be taped to the body and may be visible. Religious medals are not considered jewelry. They shall be worn under the uniform and taped to the body.	

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<b>G Lacrosse</b>	2-7-5c: Barrettes and other hair adornments that are securely fastened and do not present an increased risk to the player, teammates or opponents are allowed.	2-7-7: Head coverings may be worn for religious or cosmetic reasons; must be made of non-abrasive and soft materials; and must fit securely.	2-7-5a: Jewelry shall not be worn by players during warm-ups and/or competition. a. Medic-alert medals are not considered jewelry and shall be taped to the body and alert may be visible.	Hair adornments, such as beads, secured to the end of braids must be contained within the “sphere of the shoulders” during play. Any hair adornment that swings outside of the shoulders must be secured closer to the head. All communication regarding player equipment (hair adornment, head coverings and/or jewelry) should be with the head coach. Note: If hair adornments or religious head coverings become non-compliant during play the officials should let the athlete fix the situation on the field, and if they can’t immediately correct, the athlete should go to the bench to fix the improper equipment.
<b>Soccer</b>	PERMITTED 4-2-2: Hair-control devices and other adornments in the hair that are securely fastened to the head and do not present a risk of injury to the player, teammates or opponents are allowed.	PERMITTED 4-2-10: Head coverings worn for religious reasons shall not be made of abrasive or hard materials, and must fit securely. Head coverings are not considered to be hair devices.	PROHIBITED: 4-2-4: Jewelry shall not be worn except for religious or medical medals. a. A religious medal or other religious items must be taped to the body and worn under the uniform. b. A medical alert must be taped and may be visible.	Hair control devices and adornments must be secured close to the head (i.e. in a bun if affixed to the end of braids). Hair charms are considered jewelry and not permitted. All communication regarding player equipment (hair adornment, head coverings and/or jewelry) should be with the head coach. Note: If hair adornments or religious head coverings become non-compliant during play the officials should let the athlete fix the situation on the field, and if they can’t immediately correct, the athlete should go to the bench to fix the improper equipment.

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<b>Softball</b>	PERMITTED	<p>Permitted - 3-2-5c: Any head coverings worn for religious reasons must be made of non-abrasive, soft materials and must fit securely so that the head coverings are unlikely to come off during play. Head coverings worn for medical reasons require state association approval.</p> <p>NOTE: The state association shall be notified after the contest if there is a concern as to whether or not the head covering was worn for religious reasons.</p>	PERMITTED	<p>In 2021- 3-2-5b — This change removes the language prohibiting hard items to control the hair and aligns language with other NFHS rules codes.</p>
<b>Swimming &amp; Diving</b>	Permitted	<p>Permitted - 3-3-5: For religious reasons, suits providing full-body coverage are permitted. The suit must meet requirements of 3-3-4b(1-3). If a competitor's suit does not meet rule specifications, the referee must notify the state association following the completion of the contest.</p>	<p>Permitted: 3-2-13 Any equipment judged by the umpire to be potentially dangerous is illegal.</p>	<p>MISC: Rule 3-5: Team personnel may use electronic devices to transmit or record information pertaining to a competitor's performance, provided the location does not interfere with administration of the meet as determined by the meet referee. Electronic devices shall not be used to transmit information to the competitor(s) during the race or dive.</p> <p>NOTE: State associations may also have policies in place to further address the use of electronic devices.</p>

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Track & Field	PERMITTED	PERMITTED	PERMITTED	There are no rules prohibiting jewelry, hairbeads, religious or cultural hardware. Watches are also permitted.
Volleyball	4-1-6a: Hair control devices and other adornments in the hair that are securely fastened and do not present an increased risk to the player, teammates or opponents are allowed.	4-1-6c: Head coverings worn for religious reasons are not considered hair devices; must be made of non-abrasive or soft materials; and must fit securely.	4-1-7: Jewelry shall not be worn by players during warm-ups and/or competition. Medical-alert medals are not considered jewelry and shall be taped to the body and the alert may be visible. Religious medals are not considered jewelry and shall be worn under the uniform and taped to the body.	Hair adornments, such as beads, secured to the end of braids must be contained within the “sphere of the shoulders” during play. Any hair adornment that swings outside of the shoulders must be secured closer to the head. All communication regarding player equipment (hair adornment, head coverings and/or jewelry) should be with the head coach. Note: If hair adornments or religious head coverings become non-compliant during play the officials should let the athlete fix the situation on the court, and if they can’t immediately correct, the athlete should go to the bench to fix the improper equipment. 4-1 PENALTIES apply for jewelry when discovered.

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<b>Water Polo</b>	<p>2-4-4: Before taking part in a game, the players shall remove any articles likely to cause injury, including, but not limited to, the following: jewelry, medical or religious medals, watches and swim goggles. Hair-control devices and other adornments in the hair that are securely fastened and do not present an increased risk to the player, teammates or opponents are permitted. Sharp fingernails and toenails shall be trimmed. The referee may direct the player to remove items deemed to likely cause injury, including the trimming of nails. NOTE: The list above is not all-inclusive as each article shall be reviewed and judged by the referee. Devices worn shall not compromise the fit of the water polo cap, including ear guards.</p>	<p>2-4-8: For religious reasons, uniforms providing full-body coverage are permitted. The suit must meet the requirements of 2-4-NOTE and 2-4-6. The new rule avoids the need for the school to obtain prior approval by the state association if a full body suit is worn for religious purposes. The added language allows for exercise of religious practice without creating a competitive advantage for the athlete. The referee must contact the state association, rather than the athlete or the coach, following the completion of the contest with concerns or inquiries.</p>	<p>2-4-4: Before taking part in a game, the players shall remove any articles likely to cause injury, including, but not limited to, the following: jewelry, medical or religious medals, watches and swim goggles. Hair-control devices and other adornments in the hair that are securely fastened and do not present an increased risk to the player, teammates or opponents are permitted. Sharp fingernails and toenails shall be trimmed. The referee may direct the player to remove items deemed to likely cause injury, including the trimming of nails. NOTE: The list above is not all-inclusive as each article shall be reviewed and judged by the referee. Devices worn shall not compromise the fit of the water polo cap, including ear guards.</p>	<p>New language defining hair-control devices and other adornments in the hair that are securely fastened and do not present an increased risk to the player, team-mates or opponents are permitted. Devices worn, however, shall not compromise the fit of the water polo cap, including ear guards. This change removes the language prohibiting hard items to control the hair and aligns language with other NFHS rules codes.</p>
<b>Wrestling</b>	<p>PERMITTED 4-2-1: Hair-control devices and other adornments in the hair that are securely fastened to the head and do not present a risk of injury to the player, teammates or opponents are allowed.</p>	<p>PERMITTED 4-1-4: As long the head covering is not hard or abrasive and can fit under the ear guards.</p>	<p>NOT PERMITTED</p>	