



August 26, 2026

NFHS Soccer Weekly Rule Interpretations

Uniforms and Equipment

SITUATION: The home team is observed to be wearing primarily black jerseys with (a) white stripes; (b) white side panels; (c) white sleeves; (d) light gray sleeves; (e) thin white piping outlining the collar or hem. **RULING:** (a), (b), (c) and (d) illegal; (e) legal. **COMMENT:** The home team shall wear dark jerseys, and dark is defined as any color which contrasts with white. Inclusion of white jersey components is not permitted. [4-1-2]

SITUATION: The away team is observed to be wearing primarily white jerseys with (a) light gray stripes; (b) black piping; (c) gray sleeves; (d) a visible striped pattern; (e) a sublimated or other manufactured method to create a patterned appearance. **RULING:** Illegal. **COMMENT:** The visiting team jersey shall be solid white. [4-1-2]

SOCKS:

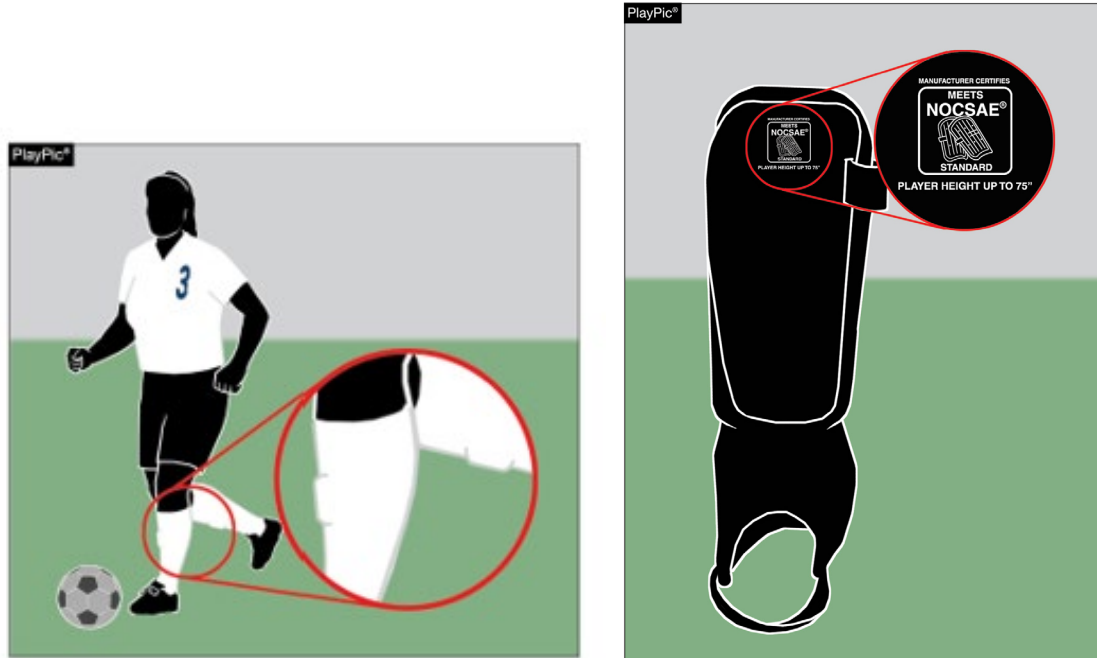
SITUATION: A visiting team player enters the game wearing (a) white socks with white tape/stays/straps, (b) white socks with green tape/stays/straps. **RULING:** (a) legal, (b) illegal. [4-1-4]

SITUATION: The home team is observed to be wearing primarily dark socks (a) that are equally striped with yellow (bumble bee patterned); (b) with a patterned design containing white accents; (c) that are camouflaged patterned; (d) that are tie-died with multiple colors. **RULING:** Illegal. **COMMENT:** The home team's socks must be a single dominant dark color, and dark is defined as any color which contrasts with white. [4-1-4]

SHORTS:

SITUATION: The visiting team arrives on site in solid white jerseys and black shorts. The official notifies the team they must be all white. **RULING:** Incorrect procedure. **COMMENT:** Only the visiting team jersey must be solid white. Visiting 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.