



# *Iowa Girls' High School Athletic Union*

5000 Westown Parkway \* Suite 150 \* West Des Moines, Iowa 50266

Phone: (515) 288-9741

[www.ighsau.org](http://www.ighsau.org)

## **Wrestling Uniform Rules**

### **SECTION 1 WRESTLERS' UNIFORM**

**ART. 1 . . .** Wrestlers shall wear:

- a. a one-piece singlet 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. If sufficient reason is determined by the referee, a tight-fitting, short-sleeved or sleeveless undershirt of a single, solid color unadorned with no more than one manufacturer's logo/trademark/reference may be worn under the one-piece singlet;
- b. either full-length tights, with stirrups, and close fitting outside short trunks or a properly cut one-piece uniform with a minimum 4-inch inseam and a maximum length of above the knee;
- c. a singlet with the top cut as outlined in (a) with full-length tights and stirrups. The uniform shall be a school issued uniform. (Photo 1)

Full-length tights with stirrups are acceptable under a one-piece uniform. Any other undergarment that extends beyond the inseam of a one-piece uniform shall be a tight-fitting, single solid color, unadorned and shall not extend below the knee.

**ART. 2 . . .** Any manufacturer's logo/trademark/reference that appears on the wrestling uniform, including legal hair covering can be no more than 2¼ square inches with no dimension more than 2¼ inches and may appear no more than once on each item of uniform apparel.

**NOTE:** One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

**ART. 3 . . .** Wrestlers shall wear light heelless wrestling shoes, reaching above the ankles. If the shoes have laces, the laces shall either be taped to the shoe or secured by a locking device on the wrestling shoe in an acceptable fashion.

**ART. 4 . . .** Wrestlers shall wear wrestling ear guards designed by the manufacturer for the sport of wrestling that are rigid and padded, which provide:

- a. adequate ear protection;
- b. no injury hazard to the opponent; and,
- c. an adjustable locking device to prevent it from coming off or turning on the wrestler's head.

**ART. 5 . . .** The uniform shall be worn as intended/designed by the manufacturer.

### **NEW IN 2025:**

#### **4-3-5: Special Equipment**

**ART. 5 . . .** Wrestlers shall not wear wristbands, sweatbands, bicep bands or leg or arm sleeves that do not contain a pad during a match.