

SOWI Uniform Requirements at a Glance

Specific uniform rules can be found in the specific sports rules for each sport.

Uniform commonality: SOWI uniform rules have been modified to make it easier for Agencies who wish to use uniform shirts for multiple team sports. The following guidelines should be used for teams wishing to create uniform shirts that can be used for all SOWI team sports. Please note that this only pertains to numbering and not to specific uniform types required by each sport.

- Numbers should be a minimum of 4 inches in height on the front and 6 inches in height on the back
- The stripe forming the numbers must be a minimum of $\frac{3}{4}$ inch (2cm) in width
- Legal numbers that can be used for all SOWI sports are: 1-5, 10-15, 20-25, 30-35, 40-45, 50-55

Bowling:

- Athletes must be neat in appearance
- Athletes in Teams and Doubles must wear matching shirts.
- No numbers are required

Volleyball

- All Jerseys must be of identical color, trim, cut and style except for the libero player where the top is opposite color of team
- Numbers must be a minimum of 4 inches in height on the front and 6 inches in height on the back
- The stripe forming the numbers must be a minimum of $\frac{3}{4}$ inch (2cm) in width
- Legal numbers 1 – 99

Alpine Skiing/ Snowboarding

- An approved snow sports helmet must be worn by all athletes for all events.

Snowshoe racing

- Snowshoes must be a minimum of 17.78 x 50.8 cm (7 inches x 20 inches) as measured by the frame. Snowshoes must be made of a frame with decking material (no plastic shoes are allowed)
- The attachment of any additional “spikes” is not permitted.
- The foot must be secured through a direct mount binding system to the snowshoe.
- The use of poles is optional.

Basketball Skills

- Athlete must wear athletic attire.
- No denim is allowed.
- Appropriate athletic shoes are required.
- No number is required

Team Basketball

- All uniforms must match in color, trim, cut and style
- Numbers must be a minimum of 4 inches in height on the front and 6 inches in height on the back
- The stripe forming the numbers must be a minimum of $\frac{3}{4}$ inch (2cm) in width
- Legal Numbers are: 0 or 00, 1-5, 10-15, 20 -25, 30-35, 40-45, 50-55

Gymnastics

- Male gymnasts shall wear tank tops (leotards) and long gymnastics pants or white gymnastics shorts.
- T-shirts that are tucked in may replace the tank tops.
- Gymnasts may compete in white socks, gymnastics slippers or bare feet.
- Female gymnasts shall wear a long sleeve leotard; have bare legs, bare feet, and wear white peds or gymnastics slippers.
- Flesh colored tights with bare feet are permitted, but not recommended. No deduction will be taken for use of flesh colored tights.

- No jewelry is allowed.

Aquatics

- Athletes must wear proper swimming attire as outlined by USA Swimming Rules and Regulations. Goggles may be worn.
- No competitor shall be permitted to use or wear any device that may aid his/her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc.). Only those athletes in assisted events may utilize flotation devices.

Athletics

- Competitors must wear athletic clothing including an athletic shirt, shorts or sweatpants and athletic shoes.
- No denim or dress clothes are
- No hats may be worn
- All relay team members shall wear identical singlets or shirts.
- Athletes may compete in shoes with spikes provided the host facility allows spikes.
- No jewelry may be worn during competition.

Soccer

- All uniforms must be identical in color, trim, cut and style.
- Numbers must be a minimum of 4 inches in height in front and 6 inches in height in back
- The stripe forming the numbers must be a minimum of $\frac{3}{4}$ inch (2cm) in width
- Legal numbers 1 – 99
- An individual may wear leg tights, leotards or sweat pants but they must be the same color of the team's uniform shorts.
- Shin guards are required and must be covered completely by the stockings.
- Tennis shoes or soccer shoes are required. No metal cleats are allowed. Baseball or football cleats are not allowed.
- Undershirts, if worn, must match the sleeve color of the uniform.
- Under shorts, if worn, must match the shorts color of the uniform.
- The goalkeeper shall wear colors which distinguish him from the other players and from the referee. The goalkeeper jersey does not have to have a number associated to the jersey.