



UNIFORM RULE 4-1-1a



Female contestants wearing a one-piece singlet shall also wear a form-fitted compression suitable undergarment that completely covers their breasts.

RULE 4-1-1a

- **Change:**
- **ART. 1 . . .** A legal uniform consists of:
- a. a one-piece singlet cut...between the armpit and belt line. A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under a one-piece singlet. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee.



 **RULE 4-1-1a**

- The one-piece singlet may be worn with full-length tights with stirrups. ~~Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee.~~ The one-piece singlet shall be school-issued.
- NOTE: Female contestants wearing a one-piece singlet shall wear a form-fitted compression suitable undergarment that completely covers their breasts.





RULE 4-1-1a

Rationale:

This rule proposal reinforces the importance of how wrestlers should be required to be properly attired on the mat during competition, regardless of gender. Currently, there was no specific requirement for what a wrestler wears under a singlet. Light colored or white singlets become transparent if an undergarment is not worn underneath. This creates a modesty concern that athletes are revealing more than is appropriate.





WEIGH IN RULE 4-5-7



At weigh in, female contestants shall wear a suitable form fitted compression undergarment that completely covers their breasts.

 **RULE 4-5-7**

- **Change:**
- **ART. 7 . . .** All contestants shall weigh-in wearing a suitable undergarment that completely covers the buttocks and the groin area. Female contestants ~~must~~ shall also wear a suitable form fitted compression ~~suitable~~ undergarment that completely covers their breasts. Contestants may wear low cut socks that cannot be removed or added if the wrestlers do not make weight.





RULE 4-5-7

Rationale:

This language requires the use of a foundation garment for female wrestlers. Female wrestlers should wear undergarments that provides appropriate coverage and support.

