



2024-26 NFHS Water Polo Uniform Rules

Rule 1-20 Cap Colors

ART. 1 . . . Each team shall have two sets of caps manufactured for water polo, one white and the other a dark contrasting color. The caps of the home team may be any dark color that contrasts with the color of the ball and with the color of the numbers. Dark caps may not be yellow, gold, orange, powder blue, light gray, pale green or similar light colors. The caps of the home team field players may be divided into thirds or alternating-colored panels, consisting of two colors, a solid dark color such as navy blue or black, and a solid color such as powder blue, medium blue, orange or green (this panel shall not be white). These caps must be clearly distinguishable from the caps of the goalkeepers (the caps of the field players may not be divided into red and white panels or into red and dark panels). The numbers on the caps shall be white, yellow or gold, clearly visible, of the correct size and placed on the darker portion of the cap. No logos or other designs may be in the panels with the cap numbers. The middle panel of the dark caps may contain, with no restriction on the size or number, the competitor's name, school name, school nickname, and/or the school logo, provided the background remains a contrasting color.

ART. 2 . . . Caps for the visiting team field players shall be solid white. The middle panel(s) (if in quarters) of these caps may contain, with no restriction on the size or number, competitor's name, school name, school nickname, and/or the school logo, provided that the background remains white.

ART. 3 . . . Caps may have piping of any single solid color not to exceed a width of 1 cm around the edges of the cap and/or on the seams of the cap. The piping must be solid, not dashed or double, and may not cross a cap number. Cap strings or straps may be the same color as the piping or match the cap color.

ART. 4 . . . Caps may have one visible manufacturer's logo/trademark/reference, not to exceed 2¼ square inches in area and not to exceed 2¼ inches in any dimension. This logo/trademark/reference, if present, must be located on either the front or the back of the middle portion of the cap.

ART. 5 . . . Caps shall be worn throughout the entire game by all players on the bench and in the water. Caps shall be fastened under the chin. If a player loses his/her cap during play, it shall be replaced at the next appropriate stoppage of the game when that player's team is in possession of the ball.

Rule 1-21 Swim Caps

A player may wear a swim cap under the water polo cap. The color of the swim cap shall match the color of the water polo cap as closely as possible. The swim cap worn by a goalkeeper shall be red or a color which matches the color of the water polo cap of the goalkeeper as closely as possible (red or dark for the home goalkeeper or red or white for the visiting goalkeeper).

Rule 1-22 Ear Guards

Each player (in the water or on the bench) shall wear a cap with protective ear guards at all times. The single solid color of the ear guards on the field players' caps shall match the color of the caps as

closely as possible (dark on dark caps, white on white caps). Ear guards on the cap of the home goalkeeper shall be dark and match the color of those on the field players' caps as closely as possible. The ear guards may be red only if the home team caps are of red color. The ear guards on the caps of the visiting goalkeeper shall be white.

Rule 1-23 Goalkeeper Caps

The caps of the home goalkeeper shall be divided into red and dark thirds or quarters, with dark ear guards and white, yellow/gold cap numbers; the caps of the visiting goalkeeper must be divided into red and white thirds or quarters, with white ear guards and dark cap numbers.

Rule 1-24 Numbers on Caps

ART. 1 . . . Clearly visible numbers, at least 8 cm (preferably 10 cm) in height, shall be placed on both sides of the caps. The numbers on the dark caps shall be white or yellow/gold. The numbers on the white caps shall be a contrasting dark color, such as black, navy, royal blue, dark green, brown or scarlet. The numbers on the white caps may not be powder blue, light gray or similar light colors. Field players' caps are numbered beginning with No. 2. Caps of the same color must have different numbers. Additional goalkeepers shall have caps numbered 1A, 1B, etc. The numbers on the cap of the home goalkeeper (the team with dark caps) shall be white or yellow/gold. The numbers on the cap of the visiting goalkeeper (team with white caps) shall be dark, the same color as the numbers on the visiting field players' caps. The numbers on both dark and white caps must be a single solid color with no border in block number format.

ART. 2 . . . A player shall not be allowed to change cap number during the game except with permission of a referee and with notification to the game secretary.

ART. 3 . . . Additional cap numbers may also be located on the middle panel of the caps; one number on the back and/or front of the cap. These numbers shall be a minimum of 4 cm in height. It is required to have the third number on the cap, preferably on the back to assist in identifying an excluded player.

ART. 4 . . . It is recommended that each team either have a replacement set of caps readily available so that a cap with the same number can replace a lost or damaged cap during the game or the team should have additional cap numbers available of the original set. If a replacement cap is not available, a player may change cap number with the permission of a referee who will notify the game secretary and the coach of the opposing team, but the player may not use either the cap number of a player previously excluded from the remainder of the game or that of a player who has any personal fouls. If a goalkeeper and field player change positions, the goalkeeper must use a differently numbered cap when moving into the field if there are any personal fouls charged to the cap number of the field player moving into the goal. The name of the field player moving into the goal must be written on a different line on the scoresheet. Any fouls previously charged to that field player must be transferred to that line on the scoresheet and lined out on the line for the original cap number.

Rule 1-26 Other Equipment

Players are permitted to wear a soft padded cap but it must meet the requirements of Rules 1-20 through 1-24, and 2-4.

Rule 2-4 Apparel

ART. 1 . . . Players shall wear non-transparent, one-piece competitive swimsuits. Boys shall wear suits which completely cover the buttocks. Girls shall wear suits which completely cover the buttocks and breasts. The girls' suit shall have a solid high back with broad straps. The use of the term solid back does not preclude the use of a zipper in the field player's suit. The suit of the goalkeeper on the girls' team must be a competitive one-piece suit. There is no requirement for straps of a particular width

on the goalkeeper's suit.

ART. 2 . . . The suits shall contain only one visible manufacturer's logo/trade- mark/reference not exceeding 2¼ square inches in area and not exceeding 2¼ inches in any dimension. The suits shall have no restriction on the competitor's name, school name, school nickname and/or school logo.

ART. 3 . . . 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 interfering with the visibility of the cap numbers or compromising the integrity of the uniform.

ART. 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 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 the ear guards.

ART. 5 . . . A player may be permitted to wear prescription goggles designed specifically for contact sports, to withstand impact to the eye for the purpose of risk minimization. Following the specific state association policy for authorizing the wearing of the goggles, protective face mask (that closely adheres to the up- per face), protective nose guard and other similar devices for medical reasons, the referee shall be presented with such authorization before each game. The use of a mouth protector is permitted requiring no special permission.

ART. 6 . . . A zipper which is not fully zipped or is broken is considered to be an article which is likely to cause injury to either that player or to another player. If the zipper becomes unzipped, the player should zip up the suit at the next appropriate stoppage of the game when that player's team is in possession of the ball. If the zipper cannot be fixed, the referee shall remove the player, allow the immediate entrance of a substitute. The original player may be substituted in later after the problem is corrected. No foul is charged to that player. If a replacement suit is readily available at the team bench, the player may immediately put the suit on over the original suit while in the water and continue play. It is recommended that the coach notify the referees before the game that replacement suits are immediately available at the bench.

ART. 7 . . . If a player's suit does not meet the rules specifications, the player will be required to change suits. If this is not possible and if the game is played with non-compliant suits, the referee must notify the state or district association of the offending team of the nature of the offense so that this will be corrected in the future. The state association will also assess the appropriate penalty.

ART. 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. If a competitor's suit does not meet rule specifications, the referee must notify the state association following the completion of the contest.