

UniSport Nationals

Uniform requirements summary

The following table contains the uniform requirements for each sport as determined by the international or national governing body, along with any additional requirements as set by UniSport.

Each athlete shall wear the uniform of their university, and where appropriate be in university colours with identifying marks such as logos and/or wording. The university shall submit a description and/or images of its uniform if requested.

Where uniform numbering is required for a sport – either within the rules/laws of the sport or as mandated by UniSport as listed below – unless varied by the table below, the following applies to all such instances:

- (a) Numbers must be at least 20cm high on the back of the shirt, and where required on the front they must be at least 10cm high
- (b) Numbering must be clearly visible and in a contrasting colour to the dominant colour of the shirt
- (c) Numbering on shirts is restricted to one- or two-digit numbers
- (d) Numbers are to remain the same for each player for the entire tournament

Sport	Uniform requirements
Athletics	<p><u>UniSport Guideline</u></p> <p>Each athlete shall wear the uniform of their university. The university shall submit a description of its uniform if requested. A competition bib will be provided to competitors to wear. The specific uniform requirements for track and field are as per the World Athletics Rule 5.1 with the following UniSport uniform requirements:</p> <p>Shorts, singlet, one piece or two-piece athletic attire. All competitors will wear all competition bibs allocated to them while competing. Field event competitors may wear track pants while competing.</p> <p>World Athletics Athletic Shoe Regulations (effective from 1 January 2022) will be applicable to the competition. Athletes are strongly encouraged to check the World Athletics Approved Shoe List prior to the competition to ensure their footwear is permitted. This list is updated frequently by World Athletics.</p> <p><u>World Athletics Technical Rules Book C</u></p> <p>Clothing</p> <p>1. In all events, athletes must wear clothing which is clean, and designed and worn so as not to be objectionable. The clothing must be made of a material which is non-transparent even if wet. Athletes must not wear clothing which could impede the view of the Judges. At all competitions under paragraphs 1.1, 1.2, 1.3, 1.6 and 1.7 of the International Competition definition, and when representing their Member Federation under paragraphs 1.4 and 1.8 of the International Competition definition, athletes shall participate in the uniform clothing approved by their Member Federation. The Victory Ceremony and any lap of honour are considered part of the competition for this purpose.</p>

Sport	Uniform requirements
	<p>Athletic Shoe Regulations</p> <p>2. Athletes may compete barefoot or with footwear on one or both feet.</p> <p>Spikes The sole of the shoe (including the part beneath the heel of the Athletic Shoe) may be so constructed as to provide for the use of up to 11 spikes. Any number of spikes up to 11 may be used, but the number of spike positions must not exceed 11.</p> <p>Dimensions of Spikes 4. That part of each spike which projects from the sole or the heel will not exceed 9mm (for indoor 6mm) except in the High Jump and Javelin Throw, where it must not exceed 12mm. The spike must be so constructed that it will, at least for the half of its length closest to the tip, fit through a square sided 4mm gauge. If the track manufacturer or the stadium operator mandates a lesser maximum, or prohibits the use of certain shaped spikes, this will be applied and the Athletes notified accordingly. The surface (outdoor or indoor) must be suitable for accepting the spikes permitted under this Regulation 11.</p> <p>Note: The surface must be suitable for accepting the spikes permitted under this Rule.</p> <p>The Sole and the Heel The sole of the shoe (including the part beneath the heel of the Athletic Shoe) may have grooves, ridges, indentations or protuberances, provided these features are constructed of the same or similar material to the basic sole itself. The thickness of the sole will be measured at the centre of the forefoot and the centre heel of the Athletic Shoe as the distance between the inside top side and the plane of the outside under side at the centre of the forefoot and heel respectively. This measurement includes the above-mentioned features.</p> <p>For Cross-Country competitions, the specific regulations or the Technical Delegates may allow an increased length of the sizes of the spikes of the shoes depending on the surface (s) of the course</p> <p>5. The sole and/or heel may have grooves, ridges, indentations or protuberances provided these features are constructed of the same or similar material to the basic sole itself. In the High Jump and Long Jump, the sole shall have a maximum thickness of 13mm and the heel in High Jump shall have a maximum thickness of 19mm. In all other events the sole and/or heel may be of any thickness.</p> <p>Note: The thickness of the sole and heel shall be measured as the distance between the inside top side and the outside under side, including the above-mentioned features and including any kind or form of loose inner sole.</p> <p>Inserts and Additions to the Shoe 6. Athletes may not use any appliance, either inside or outside the shoe, which will have the effect of increasing the thickness of the sole above the permitted maximum, or which can give the wearer any advantage which he would not obtain from the type of shoe described in the previous paragraphs.</p>

Sport	Uniform requirements
	<p>Athlete Bibs</p> <p>7. Every athlete shall be provided with two bibs which, during the competition shall be worn visibly on the breast and back, except in the Jumping Events, where one bib may be worn on the breast or back only. Either the athletes' names or other suitable identification will be allowed instead of numbers on any or all of the bibs. If numbers are used, they shall correspond with the number allocated to the athlete on the start list or in the programme. If track suits are worn during the competition, bibs shall be worn on the track suit in a similar manner.</p> <p>8. No athlete shall be allowed to take part in any competition without displaying the appropriate bib(s) and/or identification.</p> <p>9. These bibs must be worn as issued and may not be cut, folded or obscured in any way. In long distance events, the bibs may be perforated to assist the circulation of air, but the perforation must not be made on any of the lettering or numerals which appear on them.</p> <p>10. Where a Photo Finish System is in operation, the Organisers may require athletes to wear additional number identification of an adhesive type on the side of their shorts or lower body.</p> <p>11. If an athlete does not follow this Rule in any way and: (a) refuses the direction of the relevant Referee to comply; or (b) participates in the competition, he shall be disqualified.</p>
Australian Football	<p><u>UniSport Guideline</u></p> <ul style="list-style-type: none"> • Entire team must have matching shorts (appropriate Australian rules football specific), socks, and guernseys (can be shoulder cut) • Numbers are compulsory on the back of the guernsey. • Mouthguard is compulsory. • Team Runners must wear an identifiable vest or shirt, preferably in a high-vis pink or purple colour, provided by the university. <p><u>AFL Regulations 2023</u></p> <p>4.1 Clubs and Uniforms (a) For the purposes of these Regulations: (i) a uniform includes but is not limited to a guernsey, shorts, undershorts, socks, headbands and gloves;</p> <p>4.6 Other Apparel (a) No Player shall wear any cap or hat during the course of a Match. (b) Undershorts may be worn by a Player provided that the material is of a neutral beige colour only, unless otherwise approved to wear an alternative colour, and does not contain any Sponsor Advertising. (c) All bandages elasticised or otherwise shall be of soft material and neutral beige coloured. (d) Gloves approved by the competition manager may be worn provided that</p>

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	<p>all Sponsor Advertising has been removed from the gloves. No gloves other than those approved shall be worn during a Match.</p> <p>(e) Armbands may be worn provided they are black in colour, and with no sponsorship or branding unless otherwise approved.</p> <p>(f) Any apparel that is attached to a Player's boots as an addition to the boot must first be approved.</p> <p>(g) Approval must be sought from the competition manager prior to Players wearing wristbands during a Match.</p> <p>(h) Hair bands worn during a Match must be thin, unobtrusive and black or club colour.</p> <p>(i) Bobby pins are not permitted to be worn during a Match.</p> <p>(j) Metal stops on boots are not permitted to be worn during a Match.</p> <p>4.7 Protective Equipment</p> <p>(a) For the purposes of this Regulation, Protective Equipment includes but is not limited to:</p> <p>(i) helmets; (ii) knee braces; (iii) arm guards; (iv) shoulder pads; (v) back supports; (vi) finger braces; and (vii) any other item from time to time designated as such</p> <p>(b) Unless otherwise determined, thigh pads or shin pads are not for the purposes of this Regulation Protective Equipment and do not require approval under this Regulation.</p> <p>(c) Thermoplastic guards with adequate padding do not require prior approval.</p> <p>(d) A Player shall not wear or use Protective Equipment in any Match unless the competition manager has granted the Player approval to wear or use the Protective Equipment</p>
AFL 9s	<p><u>UniSport Guideline</u></p> <p>Each athlete shall wear the uniform of their university. The university shall submit a description of its uniform to the organiser at the sport specific team managers meeting or before if requested.</p> <p>The uniform requirements for AFL 9s are as per the AFL standard with the following UniSport uniform requirements:</p> <ul style="list-style-type: none"> • Shorts, socks and jerseys. • Jersey may have sleeves or shoulder cut. Numbering on backs of jerseys is compulsory (number to remain the same for entire tournament). Only single or double-digit numbers may be used. • Soft-molded studs on football boots are permitted. • No jewellery is permitted. • Headgear and mouthguards are at the player's discretion and may be subject to inspection from the field umpire.
Badminton	<p><u>UniSport Guideline</u></p> <ul style="list-style-type: none"> • The specific uniform requirements for badminton are as per the national sporting organisation standard with the following UniSport uniform requirements: • Shirt, shorts or skirt – It is expected that doubles partners wear the same colours. • Non-marking shoes. • Tracksuits may be worn during warm up period, but not during a match. • Exceptions to shorts or skirts may be considered provided permission is granted by the competition manager prior to play.
Baseball	<p><u>UniSport Guideline</u></p>

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	<p>The uniform shall consist of a playing shirt, baseball pants and a cap. All defensive players must wear a cap.</p> <p>Numbers are compulsory on the back of the shirt</p> <p>Official Baseball Rules 2021</p> <p>(a) All players on a team shall wear uniforms identical in color, trim and style, and all players' uniforms shall include minimal six-inch numbers on their backs.</p> <p>(b) Any part of an undershirt exposed to view shall be of a uniform solid color for all players on a team. Any player other than the pitcher may have numbers, and /or letters, insignia attached to the sleeve of the undershirt.</p> <p>(c) No player whose uniform does not conform to that of his teammates shall be permitted to participate in a game.</p> <p>(d) A league may provide that each team shall wear a distinctive uniform at all times, or that each team shall have two sets of uniforms, white for home games and a different color for road games.</p> <p>(e) Sleeve lengths may vary for individual players, but the sleeves of each individual player shall be approximately the same length; no player shall wear ragged, frayed or slit sleeves; and no pitcher shall wear sleeves that are white, gray, nor, in the judgment of an umpire, distracting in any manner.</p> <p>(f) No player shall attach to his uniform tape or other material of different color from his uniform.</p> <p>(g) No part of the uniform shall include a pattern that imitates or suggests the shape of a baseball.</p> <p>(h) Glass buttons and polished metal shall not be used on a uniform.</p> <p>(i) No player shall attach anything to the heel or toe of his shoe other than the ordinary shoe plate or toe plate. Shoes with pointed spikes similar to golf or track shoes shall not be worn.</p> <p>(j) No part of the uniform shall include patches or designs relating to commercial advertisements.</p> <p>(k) A league may provide that the uniforms of its member</p>

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	<p>teams include the names of its players on their backs. Any name other than the last name of the player must be approved by the Office of the Commissioner. If adopted, all uniforms for a team must have the names of its players.</p>
<p>Basketball & 3x3 Basketball</p>	<p><u>UniSport Guideline</u> Uniforms shall adhere to the requirements outlined by the 2020 FIBA Official Basketball Rules (Rule 4.3 & 4.4), except where stated below</p> <ul style="list-style-type: none"> • Skins, compression garments & shooting sleeves can be worn as long as they are either black, white or the same dominant colour as the uniform top/shorts being worn for that game. • No jewellery is permitted even if taped up, shorts cannot have pockets and long hair must not be in braids that is not tied up. • FIBA Rule 4.3.3 (minimum of two sets of shirts) does not apply • Coaches must be dressed appropriately in smart attire <p>NOTE: Uniforms for 3x3 Basketball may be provided to each team by 3x3Hustle</p> <p><u>2022 FIBA Official Basketball Rules – Rule 4.3 & 4.4</u></p> <p>4.3.1 The uniform of all team members shall consist of:</p> <ul style="list-style-type: none"> • Shirts of the same dominant colour front and back as the shorts. If shirts have sleeves they must end above the elbow. Long sleeved shirts are not permitted. All players must tuck their shirts into their playing shorts. 'All-in-ones' are permitted. • T-shirts, regardless of the style, are not permitted to be worn under the shirts. • Shorts of the same dominant colour front and back as the shirts. The shorts must end above the knee. • Socks of the same dominant colour for all team members. Socks need to be visible. <p>4.3.2 Each team member shall wear a shirt numbered on the front and back with plain numbers, of a colour contrasting with the colour of the shirt. The numbers shall be clearly visible and:</p> <ul style="list-style-type: none"> • Those on the back shall be at least 20cm high • Those on the front shall be at least 10cm high • The numbers shall be at least 2cm wide • Teams may only use numbers 0 and 00 and from 1 to 99 • Players on the same team shall not wear the same number • Any advertising or logo shall be at least 5cm away from the numbers <p>4.4.1 All equipment used by players must be appropriate for the game. Any equipment that is designed to increase a player's height or reach or in any other way give an unfair advantage is not permitted.</p> <p>4.4.2 Players shall not wear equipment (objects) that may cause injury to other players.</p> <p>The following are not permitted:</p>

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	<ul style="list-style-type: none"> - Finger, hand, wrist, elbow or forearm guards, helmets, casts or braces made of leather, plastic, pliable (soft) plastic, metal or any other hard substance, even if covered with soft padding. - Objects that could cut or cause abrasions (fingernails must be closely cut). - Hair accessories and jewellery. <p>The following are permitted:</p> <ul style="list-style-type: none"> - Shoulder, upper arm, thigh or lower leg protective equipment if the material is sufficiently padded. - Arm and leg compression sleeves. - Headgear. It shall not cover any part of the face entirely or partially (eyes, nose, lips etc.) and shall not be dangerous to the player wearing it and/or to other players. The headgear shall not have opening/closing elements around the face and/or neck and shall not have any parts extruding from its surface. - Knee braces if they are properly covered. - Protector for an injured nose, even if made of a hard material. - Non-coloured transparent mouth guard. - Spectacles, if they do not pose a danger to other players. - Wristbands and headbands, maximum of 10 cm wide textile material. - Taping of arms, shoulders, legs etc. - Ankle braces. <p>All players on the team must have all their arm and leg compression sleeves, headgear, wristbands and headbands and tapings of the same solid colour</p> <p>4.4.3 During the game a player may wear shoes of any colour combination, but the left and right shoe must match. No flashing lights, reflective material or other adornments are permitted.</p> <p>4.4.4 During the game a player may not display any commercial, promotional or charitable name, mark, logo or other identification including, but not limited to, on his body, in his hair or otherwise.</p>
Beach Volleyball	<p><u>Unisport Guideline</u></p> <p>The specific uniform requirements for beach volleyball are as per FIVB standard with the following UniSport uniform requirements:</p> <ul style="list-style-type: none"> ▪ Matching shorts or bathers and jersey (singlet, crop top, tank top). ▪ All jerseys to be clearly numbered on the front and back, with numbers a minimum of 10cm high and 1.5 cm wide. Jerseys must be numbered 1-2 only for doubles and numbered 1-6 for mixed.

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	<ul style="list-style-type: none"> ▪ Numbering must be clearly visible and in a contrasting colour to the dominant colour of the jersey. ▪ Jersey number to remain the same for each player for the entire tournament. ▪ Wearing a hat is highly recommended and glasses can be worn at the players own risk. ▪ Players must play barefoot unless authorised by the referees or competition manager.
Cheer & Dance	<p>AASCF</p> <p>Cheer</p> <ul style="list-style-type: none"> • Teams are required to wear a team uniform representing the athlete’s institution displaying university colours, mascot, university initials or any markings identifying university representation. • Soft-soled athletics shoes, on both feet, must be worn. • Gymnastics shoes, jazz shoes and/or boots are prohibited. • Dance paws are acceptable. • Shoes with wheels are not allowed (Example: roller skates, rollerblades, heelys, etc.). • Wearing socks and/or footed tights only is not allowed. <p>Dance</p> <ul style="list-style-type: none"> • Shoes, on both feet, must be worn. • Dance paws are acceptable. • Shoes with wheels are not allowed (Example: roller skates, rollerblades, heelys, etc). • Wearing socks and/or footed tights only is not allowed. • All male dancers’ costumes must include a shirt that is fastened, however it can be sleeveless.
Cycling	<p>Unisport Guideline</p> <ul style="list-style-type: none"> • All team members must compete in matching university-branded jerseys. • Australian standard helmet (sticker on inside of helmet) must be worn at all times during the competition including warm up. • Neat, clean, appropriate clothing and shoes e.g. tight fitting lycra and cycling shoes. • Racing jerseys must cover the shoulders. • Riders will be issued race numbers to be placed over the rear shirt pocket, visible to officials. • Riders will be issued seat post stickers corresponding to their race number to be placed on the bicycle, visible to officials. <p>Cycling Australia Technical Regulations (May 2023) – Rules 1.02</p>

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	<p>Competitors, their uniforms and other clothing shall be neat and clean, at least at the beginning of an event or race. Helmets, shoes or clothes that are worn, discoloured or in a state of disrepair shall not be permitted.</p> <p>1.02.02 Jerseys shall cover the shoulders at all times while riding.</p> <p>1.02.03 It is forbidden to wear non-essential items of clothing or items designed to influence the performances of a rider such as reducing air resistance or modifying the body of the rider (compression, stretching, support). Items of clothing or equipment may be considered essential when required by specific discipline regulations, or when weather conditions make them appropriate for the safety or the health of the rider. In these cases, the nature and texture of the clothing or equipment must be clearly and solely justified by the need to protect the rider from injury or bad weather conditions.</p> <p>1.02.04 The use of overshoes and socks must be compliant with the UCI Regulation.</p> <p>1.02.05 No clothing of an offensive nature or carrying offensive or disallowed advertising (tobacco, spirits, pornography etc) or any other products that might damage the image or reputation of AusCycling or bring the sport of cycling into disrepute is permitted. Note: Rules relating to advertising on competitor’s uniforms, in international events inside and outside of Australia are different. The above rules are regarded as domestic rules and do not apply overseas or to UCI registered events</p>
Distance Running	See athletics
Fencing	<p><u>UniSport Guideline</u> In addition to the requirements outlined in the International Fencing Federation Rules – Material Rules and Australian Fencing – Equipment Requirements, the following items are required:</p> <p style="padding-left: 40px;">All fencers are required to wear sports shoes, long socks, breeches, plastron, chest protector (for women), jacket, glove and mask.</p> <p style="padding-left: 40px;">Fencers will also be required to wear any additional equipment required for electronic judging of the particular weapon contested.</p> <p style="padding-left: 40px;">Jackets and breeches with 350 newton resistance or higher will be accepted.</p>
Football	<p><u>UniSport Guideline</u></p> <ul style="list-style-type: none"> • Numbers are compulsory on the back of the shirt and optional for the front of the shirt and shorts. • If the two competing teams are wearing colours that make it difficult to distinguish them from each other, it is the responsibility of the second mentioned team to change. If no alternate colours are available, then it is permissible for the second mentioned team to wear bibs. <p>2022-2023 FIFA Laws of the Game – Law 4</p> <p>1. Safety A player must not use equipment or wear anything that is dangerous.</p>

Sport	Uniform requirements
	<p>All items of jewellery (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed. Using tape to cover jewellery is not permitted.</p> <p>The players must be inspected before the start of the match and substitutes before they enter the field of play. If a player is wearing or using unauthorised/ dangerous equipment or jewellery, the referee must order the player to:</p> <ul style="list-style-type: none"> • remove the item • leave the field of play at the next stoppage if the player is unable or unwilling to comply <p>A player who refuses to comply or wears the item again must be cautioned.</p> <p>2. Compulsory equipment</p> <p>The compulsory equipment of a player comprises the following separate items:</p> <ul style="list-style-type: none"> • a shirt with sleeves • shorts • socks – tape or any material applied or worn externally must be the same colour as that part of the sock it is applied to or covers • shin guards – these must be made of a suitable material to provide reasonable protection and covered by the socks • footwear <p>Goalkeepers may wear tracksuit bottoms.</p> <p>A player whose footwear or shin guard is lost accidentally must replace it as soon as possible and no later than when the ball next goes out of play; if before doing so the player plays the ball and/or scores a goal, the goal is awarded.</p> <p>3. Colours</p> <ul style="list-style-type: none"> • The two teams must wear colours that distinguish them from each other and the match officials • Each goalkeeper must wear colours that are distinguishable from the other players and the match officials • If the two goalkeepers' shirts are the same colour and neither has another shirt, the referee allows the match to be played <p>Undershirts must be:</p> <ul style="list-style-type: none"> • a single colour which is the same colour as the main colour of the shirt sleeve or • a pattern/colours which exactly replicate(s) the shirt sleeve <p>Undershorts/tights must be the same colour as the main colour of the shorts or the lowest part of the shorts – players of the same team must wear the same colour.</p> <p>4. Other equipment</p> <p>Non-dangerous protective equipment, for example headgear, facemasks and knee and arm protectors made of soft, lightweight padded material is permitted as are goalkeepers' caps and sports spectacles.</p> <p>Head covers.</p> <p>Where head covers (excluding goalkeepers' caps) are worn, they must:</p> <ul style="list-style-type: none"> • be black or the same main colour as the shirt (provided that the players of the same team wear the same colour) • be in keeping with the professional appearance of the player's equipment • not be attached to the shirt

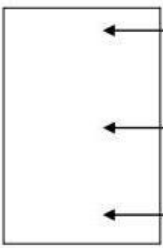
Sport	Uniform requirements
	<ul style="list-style-type: none"> • not be dangerous to the player wearing it or any other player (e.g., opening/closing mechanism around neck) • not have any part(s) extending out from the surface (protruding elements)
Futsal	<p><u>UniSport Guideline</u></p> <ul style="list-style-type: none"> • Numbers are compulsory on the back of the shirt and optional for the front of the shirt and shorts. • If the two competing teams are wearing colours that make it difficult to distinguish them from each other, it is the responsibility of the second mentioned team to change. If no alternate colours are available, then it is permissible for the second mentioned team to wear bibs. <p><u>FIFA Futsal Laws of the Game – Law 4</u></p> <p>Safety A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewellery).</p> <p>Compulsory equipment The basic compulsory equipment of a player comprises the following separate items:</p> <ul style="list-style-type: none"> • A jersey or shirt – if undergarments are worn, the colour of the sleeve must be the same main colour as the sleeve of the jersey or shirt. • Shorts – if undershorts are worn, they must be of the same main colour as the shorts. The goalkeeper is permitted to wear long trousers. • Stockings – if tape or similar material is applied externally it must be the same colour as that part of the stocking it is applied to. • Shin guards • Footwear – canvas or soft leather training or gymnastic shoes with soles of rubber or a similar material <p>Shin guards</p> <ul style="list-style-type: none"> • are covered entirely by the stockings. • are made of rubber, plastic or a similar approved material. • provide a reasonable degree of protection. <p>Colours</p> <ul style="list-style-type: none"> • The two teams must wear colours that distinguish them from each other and also the referees and the assistant referees. • Each goalkeeper must wear colours that distinguish him from the other players, the referees and the assistant referees. <p>Infringements and sanctions In the event of any infringement of this Law:</p> <ul style="list-style-type: none"> • play need not be stopped. • the player at fault is instructed by the referees to leave the pitch to correct his equipment when the ball next ceases to be in play, unless he has already corrected his equipment.

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	<ul style="list-style-type: none"> any player required to leave the pitch to correct his equipment must not re-enter without the permission of the referees or third referee. the referees, either directly or through the third referee, check that the player's equipment is correct before allowing him to re-enter the pitch. the player, if he has not been substituted, is only allowed to re-enter the pitch when the ball is out of play or under the supervision of the third referee when the ball is in play. <p>A player having been required to leave the pitch because of an infringement of this Law and not having been substituted who re-enters the pitch without the permission of the referees or third referee must be cautioned.</p>
Golf	<p><u>UniSport Guideline</u></p> <ul style="list-style-type: none"> The uniform requirements for golf are as per the dress regulations of the golf club/s hosting the event. UniSport requires participants wear the uniform of the university they are representing. <p><u>Gunghalin Lakes Golf Club dress code</u></p>
Handball	<p><u>UniSport Guideline</u></p> <ul style="list-style-type: none"> Shirts cannot be shoulder cut Numbers are compulsory on the front and back of the shirt Non-marking footwear preferred The use of handball resin is not allowed in UniSport competitions <p><u>IHF Rules of the Game: Regulations on Protective Equipment and Accessories</u></p> <p><u>Rules of the game indoor handball (July 2022)</u></p> <p>4:7 All the court players on a team must wear identical uniforms. The combinations of colours and design for the two teams must be clearly distinguishable from each other. All players used in the goalkeeper position on a team must wear the same colour, a colour that distinguishes them from the court players of both teams and the goalkeeper(s) of the opposing team (17:3).</p> <p>4:8 The players must wear numbers that are at least 20 cm high in the back of the shirt and at least 10cm in the front. The numbers used should be from 1 to 20. A player who is switching between the court player and goalkeeper positions must wear the same number in both positions. The color of the numbers must contrast clearly with the colors and design of the shirt.</p> <p>4:9 The players must wear sports shoes. It is not permitted to wear objects that could be dangerous to the players. This includes, for instance, head protection, face masks, bracelets, watches, rings, visible piercing, necklaces or chains, earrings, glasses without</p>

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	<p>restraining bands or with solid frames, or any other objects which could be dangerous (17:3). Flat rings, small earrings and visible piercing may be allowed, as long as they are taped over in such a way that they are no longer deemed dangerous to other players. Headbands are allowed, as long as they are made of soft, elastic material. Players who do not meet this requirement will not be allowed to take part until they have corrected the problem.</p>
Hockey	<p><u>UniSport Guideline</u></p> <ul style="list-style-type: none"> • Shirts, shorts/skirt, socks, shin-pads, mouthguards (compulsory) • Numbers are compulsory on the back of the shirt and optional for shorts/skirt • Teams are required to have a nominated captain that is clearly identifiable (must have a captain's ribbon or band). <p><u>FIH Rules of Hockey (1 January 2022) – Rule 4</u></p> <p>Players’ clothing and equipment</p> <p>4.1 Field players of the same team must wear uniform clothing.</p> <p>4.2 Players must not wear anything which is dangerous to other players.</p> <p>Field players:</p> <p>are permitted to wear hand protection which does not increase the natural size of the hands significantly; any hand protection used, both for normal play and to defend penalty corners, must fit comfortably (without the need for compressing it) into an open-ended box of internal dimensions 290mm long x 180mm wide x 110mm high;</p> <p>are recommended to wear shin, ankle and mouth protection;</p> <p>are permitted to wear any form of body protection (including leg protection, or kneepads, when defending a penalty corner) underneath normal playing clothing; knee pads, used for this purpose, may be worn outside the socks provided that their colour is exactly the same as the colour of the socks;</p> <p>are permitted to wear throughout a match for medical reasons only a smooth preferably transparent or single coloured face mask which closely fits the face, soft protective head-covering or eye protection in the form of plastic goggles (ie goggles with a soft-covered frame and plastic lenses); the medical reasons must be assessed by an appropriate authority and the player concerned must understand the possible implications of playing with the medical condition;</p> <p>are permitted to wear a smooth preferably transparent or single coloured face mask or metal grill face mask, which follows the contours of the face, when defending a penalty corner or penalty stroke for the duration of that penalty corner or penalty stroke including the immediate taking of a free hit awarded after a penalty corner when passing the ball to another player; the primary objective of wearing a face mask to defend a penalty corner is safety; wearing of face masks which are consistent with the underlying spirit of this guidance should be allowed;</p> <p>are not permitted, when wearing face masks, to conduct themselves in a manner which is dangerous to other players by taking advantage of the protective equipment they wear;</p>

Sport	Uniform requirements
	<p>are not permitted to wear protective headgear (face mask or other protective head covering) in any other circumstances.</p> <p>4.3 Goalkeepers must wear a coloured shirt or garment which is different in colour from that of both teams.</p> <p>Goalkeepers must wear this shirt or garment over any upper body protection. Elbow protection does not need to be covered by the shirt or garment.</p> <p>4.4 Goalkeepers must wear protective equipment comprising at least headgear, leg guards and kickers except that the headgear and any hand protectors may be removed when taking a penalty stroke.</p> <p>The following are permitted for use only by goalkeepers: body, upper arm, elbow, forearm, hand, thigh and knee protectors, leg guards and kickers.</p> <p>4.5 Clothing or protective equipment which significantly increases the natural size of a goalkeeper's body or area of protection is not permitted.</p> <p>4.6 The stick has a traditional shape with a handle and a curved head which is flat on its left side:</p> <p>the stick must be smooth and must not have any rough or sharp parts inclusive of any additional coverings used, the stick must be able to pass through a ring with an interior diameter of 51 mm</p> <p>any curvature along the length of the stick (the rake or bow) must have a continuous smooth profile along the whole length, must occur along the face side or the back of the stick but not both and is limited to a depth of 25 mm</p> <p>the stick must conform with the specification agreed by the FIH Rules Committee.</p>
Judo	<p><u>UniSport Guideline</u></p> <ul style="list-style-type: none"> • White and Blue gi's are encouraged. • In the case of two white gi's, sashes will be worn to differentiate competitors during a contest. • All coaches must register as a non-competing official via the UniSport registration system and must be wearing the team uniform. <p><u>IJF Guidance of Judogi Control During IJF Competitions (24 April 2023)</u></p> <ol style="list-style-type: none"> 1. The fighter's judogi must not be wet, and/or show any particular stains, must not show any wornout signs, particularly on the collar and the lapel, nor bloodstain. If the condition of the judogi is assessed as unsatisfactory, the fighter must wear a spare judogi. 2. The jacket and the trousers need to be of the same brand and of a uniform color. 3. The name of the fighter on the accreditation card has to correspond to the back number.

Sport	Uniform requirements
	<p>4. The “IJF Approved” label on the jacket, the trousers and the belt is controlled with a UV optical lamp.</p> <p>5. The logo of the judogi manufacturer approved as “IJF Official supplier” must appear on the jacket, the trousers and the belt. The brand of the Judogi manufacturer must be identical for the jacket and the trousers.</p> <p>6. The appropriate backnumber must be entirely sewed on all four sides and in X linking the four opposite points or by 6 horizontal equidistant stitches (see picture 9). It must bear the name of the competitor and the dedicated advertising of the competition (which can be different for the white and blue Judogi according to the competition protocol).</p> <p>7. On the left side of the jacket at the chest level only the National emblem can appear.</p> <p>8. Control of the corresponding advertising, including the advertising reserved for the athlete.</p> <p>9. Control of jackets, trousers (the malleolus must be visible and accessible for checking the length of the trousers) and belt size in compliance with the current regulations.</p> <p>10. Control of any protections (knee pad, elbow pad, shin pad...). No metallic part or any other part made of rigid material is allowed. The control of the size of the judogi is operated with the worn protections.</p> <p>11. Athletes can wear underwear or shorts from the belt the knee level. It is forbidden to wear tights. The protections at the arms or legs level must be in soft material and not be visible.</p> <p>12. Long hair must be tied and not prevent the grip of the opponent.</p> <p>13. No element (sticky, sewed...) masking an element of judogi or belt is allowed.</p>
Kendo	<p>UniSport Guideline</p> <p>The Regulations of Kendo Shiai and Shinpan, 2 September, 2017 edition</p> <p>Australian Kendo Renmei (AKR)</p>

Sport	Uniform requirements
	<p>The specific uniform requirements for Kendo are as per the national sporting organisation standard with the following UniSport uniform requirements:</p> <p>a) The standard Kendo uniform for competitors consists of Kendo-gi (Kendo Attire) and Hakama. A Kendo-gu (Kendo Equipment) consists of Men, Tenugui, Kote, Do, and Tare. No other external fittings are permitted unless approved by the Shinpan-cho or authorised officials.</p> <p>b) Competitors must wear a dark blue or black nafuda (also known as zekken) on the centre panel of their tare in accordance with Figure 1 in the Supplementary AKR Kendo Competition Rules (also shown below). Non-conformance to this rule will be dealt with by the Shinpan-cho or authorised officials.</p> <p>The layout of the nafuda shall be as per the following diagram:</p> <div data-bbox="363 808 1276 1055" style="border: 1px solid black; padding: 10px;">  <p>University name or University kendo club name. Written horizontally in English block capital letters. Abbreviation is permitted. I.e. MUKEN; UTS, etc</p> <p>University logo, University kendo club logo or competitor's family name in Japanese characters. The family name may be in Japanese characters and written vertically</p> <p>Family Name. Written horizontally in English block capital letters. Given name initial may be included.</p> </div> <p>Figure 1: Supplementary AKR Kendo Competition Rules Guideline for Nafuda (Zekken)</p> <p>c) A shinai shall be made of bamboo, or of synthetic material as a substitute of bamboo. Quality and dimension conditions must meet relevant AKR and FIK requirements. Each shinai must be inspected by officials authorised by the Shinpan-cho for correct weight and safety by the time specified by the Competition Manager.</p> <p>d) The use of inappropriate and/or unsafe items is prohibited. The Technical Officer and authorised officials are empowered to exercise full discretion to determine the appropriateness of those items.</p> <p>e) Competitors may use supporters and/or other medical equipment for medical reasons only. These items must be neatly fitted and shall not be obstacles to others or competitions in any shape or form. The use of the items may be inspected by the Shinpan-cho and authorised officials.</p> <p>In addition to the FIK Rules and Regulations, the following AKR-specific rules will apply:</p> <p>a) The external surface of the men-gane (the grill) must not be black colour coated. Such equipment will be considered as fusei-yogu. Penalties apply if used.</p> <p>b) The shinai dimensions must satisfy the requirements. The chikuto diameters mentioned are measured using the prescribed shinai gauge. Minimum chikuto diameter is the diagonal diameter to be measured at the section, 8cm down from the tip of shinai sakigawa.</p> <p>c) Minimum chikuto diameter: Diagonal diameter to be measured at the section, 8cm down from the tip of shinai sakigawa</p> <p>AKR has adopted the following regulations as guidelines for Kendo-gu and Kendo-gi. Whilst Kendo-gu and Kendo-gi which do not meet the specifications below will not be</p>

Sport	Uniform requirements
	<p>regarded as fusei-yogu for the time being, all competitors are encouraged to comply with the guidelines set out below for safety reasons:</p> <p>a) Men fitted with polycarbonate laminated board must be the one approved by All Japan Kendo Federation.</p> <p>b) The sleeves of a kendo-gi must be long enough to protect elbow joints.</p> <p>c) The men-buton (flaps) must be long enough to protect shoulder joints and has sufficient impact absorbing capacity.</p> <p>d) The depth of eguri (cut) in kote-buton (padding) should be no wider than 2.5cm between the longest part and the shortest part of the kote-buton.</p> <p>e) Kote-buton should protect more than half of the forearm (distance between wrist and elbow) and the fist area of kote and kote-buton area should have sufficient impact absorbing capacity</p> <p>In addition to the guidelines stipulated, AKR may include additional supplementary rules that may include, but not limited to: recommended or mandatory Personal Protective Equipment (PPE), social distancing requirements, considerations for local health and safety regulations, etc.</p>
Lacrosse 5s	<p><u>UniSport Guideline</u></p> <ul style="list-style-type: none"> • The uniform consists of a shirt, shorts, socks and appropriate footwear • Numbering is compulsory on the back of the shirt <p><u>FIL Indoor Lacrosse Rulebook 2016-19 – Rule 4.5</u></p> <p>4.5.1 Number and name on jersey - Each player and goalkeeper listed on the club’s roster shall wear an individual identifying number at least ten inches (10”) high on the back of his. All players of each team shall be dressed uniformly with, as a minimum, matching jerseys and shorts.</p> <p>4.5.2 Altered uniforms - Altered uniforms of any kind will not be permitted, including but not limited to a ripped and/or re-stitched jersey.</p> <p><u>Lacrosse Fives Rules of Play 3.3 - 3.4</u></p> <p>3.3. PLAYER UNIFORMS All players must start the match wearing their team’s approved numbered playing tops and appropriate footwear (eg that will not mark the floor on a basketball court). Penalty for breach – two goals per match for each player in breach (referee to indicate number of players in breach on the scoresheet)</p> <p>3.4. PROTECTIVE EQUIPMENT A player may wear personal protective equipment, provided that in the opinion of the referee it does not endanger other players. Goalkeepers must wear a helmet with face grill and chest/abdominal pad. Additionally, male goalkeepers must wear a box protector.</p>
Lawn Bowls	<p><u>UniSport Guideline</u></p>

Sport	Uniform requirements
	<p>Teams need to be properly attired in matching uniforms displaying the university's colours.</p> <p>Appropriate flat soled enclosed footwear must be worn at all times (forfeit if playing in bare feet or open footwear, eg. thongs).</p>
League of Legends	<p><u>UniSport Guideline</u></p> <p>Each athlete must wear the uniform of their university. The university shall submit a description of its uniform if requested.</p> <p>Teams need to be neatly attired (e.g. polo shirt) in matching uniforms displaying the university's colours and logo.</p>
Netball	<p><u>UniSport Guideline</u></p> <ul style="list-style-type: none"> • Teams are required to provide at least one set of coloured netball bibs with playing position initials on both the front and back between 10cm and 15cm high and in a contrasting colour to the dominant colour of the bib. <p><u>Uniform Guidelines in Netball Australia</u></p> <p>All teams can play in an approved uniform consisting of the following items provided it is the same colour and/or design and that no part of the uniform options cover the positional bib:</p> <ul style="list-style-type: none"> • A dress • A singlet • A bodysuit • A tee shirt, long or short sleeved • A skirt • Shorts • Long pants either lycra or track suit style, or • any other approved item <p>Uniform options must cater for all weather conditions, so players are protected from the sun and/or cold weather conditions (e.g., where conditions are cold, players can wear a long /short sleeved top under their uniform provided it has been approved and is the same colour).</p> <p><u>INF Rules of Netball (2020 Edition) – Rule 5.1.1</u></p> <p>Players may not wear anything that could endanger themselves or other players, specifically:</p> <ol style="list-style-type: none"> (a) No adornment or jewellery may be worn other than a wedding ring which must be covered with tape (b) A medical alert bracelet may be worn provided it is covered with tape (c) Fingernails must be short and smooth (d) Hair must be suitably tied back.

Sport	Uniform requirements
Oztag	<p>UniSport Guideline</p> <p>5.1 Each athlete shall wear the uniform of their university. The university shall submit a description of its uniform to the organiser at the sport specific team managers meeting or before if requested.</p> <p>5.2 Specific sport uniform standards - The uniform requirements for Oztag are as per the International Tag Federation standard with the following UniSport uniform requirements:</p> <ul style="list-style-type: none"> • Shirt or singlet of distinctive colours and/or patterns (must be numbered). • Only authorised ITF shorts / tights to be worn. • The shorts must have a waist cord and tightened appropriately. • Shorts must be correct fitting & kept at waist level. (Not too large for the player) • Only one pair of shorts to be worn. Call a tag for any breach of above. • Footwear (plastic studded boots or runners), No metal studs permitted. • Two ITF approved Tags. A team shall receive a maximum of 16 tags. All tags must be attached directly to the shorts and hang straight down and cannot be folded, twisted, or misaligned to cause an unfair advantage. • No jewellery, watches, fitness devices or other object on the wrist or arm. Wrist bands may be worn to cover fitness devices. • Hard peak baseball caps need to be turned backwards during play. • Mouthguards are highly recommended. <p>5.3 All players must have their shirts tucked in, so it does not obstruct their tags. If an attacking player receives the ball with their shirt out the referee will call a tag.</p> <p>International Tag Federation - Section 3</p>
Rowing	<p>UniSport Guideline</p> <ul style="list-style-type: none"> • Matching competition attire for all team competitors <p>Rowing Australia Rules of Racing (2021 Edition) – Rule 51</p> <p>RA shall keep a national register listing the racing colours of each Club, Institute and School in Australia. Member Associations shall assist RA to maintain the Register by informing RA of the colours of Clubs, Institutes and Schools affiliated with them or any alterations thereto.</p> <p>Each member of a Club, School or Association, or of a composite crew (where allowed) competing in an RA Event shall wear the registered racing uniform of their Club, School or Association.</p> <p>Each member of a Club, School or Association competing in an RA Event shall wear the registered racing uniform of their club or school and other garments which must all be identical in design (with the exception of 51.2.1.1 below) and colour except for permitted sponsor identifications which shall nonetheless be identical within each crew except as allowed for in By-Laws to Rule 50. Except as provided for composite crews, members of the same crew shall compete in identical clothing. 51.2.1.1 Subject to 51.5 below, rowers may wear undergarments of differing lengths as long as any undergarment is an identical colour.</p>

Sport	Uniform requirements
	<p>The racing uniform shall be designed so that the shoulders and arms of the t-shirts provided by RA (if any) are seen clearly.</p> <p>If any members of a crew wear headwear, then the headwear worn by those crew members shall be identical in colour but not necessarily in design.</p> <p>RA may issue further regulations regarding rowers' clothing at RA Events, in particular, including use of a t-shirt provided by RA or other RA sponsor identification as in the By-Laws to Rule 50.</p> <p>The blades of all oars and sculls shall be presented in the same manner on both sides in the colours of their Club or School or a consistent colour.</p> <p>Crews competing in the Interstate Regatta shall wear the racing uniform of their Member Association. The blades of all oars and sculls shall be presented on both sides in the colours of their Association or a consistent colour.</p> <p>National Crews — Each crew competing in an RA Event as a National crew shall wear the registered racing colours of its National Rowing Federation.</p> <p>In adverse weather conditions, for health reasons, coxswains may race wearing additional clothing in their club or school colours.</p>
Rugby 7s	<p><u>UniSport Guideline</u></p> <ul style="list-style-type: none"> • Numbers are compulsory on the back of the jersey. <p><u>World Rugby Laws of the Game (2023) – Law 4</u></p> <p>(a) All items of clothing must comply with World Rugby Regulation 12.</p> <p>(b) A player wears a jersey, shorts and underwear, socks and boots. The sleeve of a jersey must extend at least half-way from the shoulder point to the elbow.</p> <p>(c) Additional items are permitted. These are:</p> <ul style="list-style-type: none"> • Washable supports made of elasticated or compressible materials. • Shin guards. • Ankle supports worn under socks, not extending higher than one third of the length of the shin and, if rigid, from material other than metal. • Mitts (fingerless gloves). • Shoulder pads. • Mouth guard or dental protector. • Headgear. • Bandages, dressings, thin tape or other similar material. • Goggles • Studs, including those of moulded rubber, on the soles of their boots. <p>(d) In addition, women may wear:</p> <ul style="list-style-type: none"> • Chest pads. • Cotton blend long tights, with single inside leg seam under their shorts and socks. • Headscarves, providing they do not cause a danger to the wearer or other players.

Sport	Uniform requirements
	<p>(e) A player may not wear:</p> <ul style="list-style-type: none"> • Any item contaminated by blood. • Any sharp or abrasive item. • Any items containing buckles, clips, rings, hinges, zippers, screws, bolts or rigid material or projection not otherwise permitted under this law. • Jewellery. • Gloves. • Shorts with padding sewn into them. • Any item that is normally permitted in law but, in the referee’s opinion, is liable to cause injury. • Communication devices. <p>(f) The referee has the power to decide at any time that part of a player’s clothing is dangerous or illegal. In this case, the referee must order the player to remove the item. The player must not take part in the match until the item is removed or rendered harmless.</p> <p>(g) If, at an inspection before the match, a match official tells a player that an item banned under this law is being worn and the player is subsequently found to be wearing that item on the playing area, that player is sent off for misconduct. Sanction: Penalty.</p> <p>(h) The referee must not allow any player to leave the playing area to change items of clothing, unless they are bloodstained.</p>
Rugby League 9s	<p><u>UniSport Guideline</u></p> <p>5.1 Each athlete shall wear the uniform of their university. The university shall submit a description of its uniform to the organiser at the sport specific team managers meeting or before if requested.</p> <p>5.2 The uniform requirements for Rugby League 9’s are as per the NRL standard with the following UniSport uniform requirements:</p> <ul style="list-style-type: none"> • Shorts, socks and jerseys. • Jersey cannot be shoulder cut. Numbering on backs of jerseys is compulsory (number to remain the same for entire tournament). Only single or double-digit numbers may be used. • Studs on boots or shoes shall be no less than 8mm diameter at the apex and, if made of metal, shall have rounded edges. • Mouth guards are highly recommended. • Headgear is at the player's discretion.
Sailing	<p><u>UniSport Guideline</u></p> <p><u>AS Special Regulation Part 2</u></p> <p>Regulation 5 – Personal Equipment</p> <p>5.01 Lifejackets</p>

Sport	Uniform requirements
	<p>Lifejacket requirements vary between the States and Territories and it is recommended that before purchase and use it should be established that the lifejacket is acceptable under local law.</p> <p>5.01.1 All crew members shall wear, whilst afloat, a lifejacket secured about their persons in a manner appropriate to the design of the device.</p> <p>5.01.2 Lifejackets shall comply with one of the following: (a) Australian Standard AS4758-2015 or (b) Australian Standard AS1512-1996 for PFD Type 1 or (c) Australian Standard AS1499-1996 for PFD Type 2 or (d) Australian Standard AS2260-1996 for PFD Type 3 or (e) An equivalent or more stringent overseas standard And Shall be branded with the respective standard authority’s mark of approval.</p> <p>5.01.3 Inflatable lifejackets shall not be used.</p> <p>5.01.4 Lifejackets shall be maintained in good repair.</p> <p>5.01.5 Lifejackets shall be marked on the inside to identify their ownership. Preferably this should be the name of the individual owner and a contact telephone number; otherwise it shall be the name of the club or other organisation to which the Lifejacket belongs.</p> <p>5.02 Personal Clothing</p> <p>5.02.1 It is recommended that suitable clothing for the local conditions be worn. This may include adequate cover against sunburn in both clear and cloudy weather and adequate warm clothing in cold conditions to protect against hypothermia. This may include thermal underwear, woollen pullovers or full or partial wetsuits.</p> <p>5.02.2 It is preferable that outer garments worn above the waist are of bright colours and include retroreflective tape.</p>
Snow Sports	<p><u>UniSport Guideline</u> Approved helmets must be worn for all events except cross country</p> <p>Race suits are only permitted (not compulsory) in: (a) Alpine – giant slalom, slalom, super G (b) Snowboard – giant slalom, super G</p> <p>Ski and snowboard attire must be worn for all other events. Attire must be two pieces: pants and a separate top. The clothing must be loose fitting with at least 60mm gap between the material and bicep. Failure to meet requirement will result in disqualification.</p> <p>The specific uniform requirements for snow sports – cross country are as per the national sporting organisation standard. Race suits will be permitted during competition.</p>

Sport	Uniform requirements
	<p>4.2. Competitors must wear the allocated race bib as issued by the event organisers.</p> <p>Headphones and music players Competitors are not permitted to wear or use music players or phones for the duration of their event, including start marshalling, course inspection, or whilst racing. Failure to adhere to this will result in disqualification.</p> <p>Helmet cameras and Point of View Cameras (POVs) Competitors are not permitted to wear or use helmet cameras or POV's for the duration of their event, including start marshalling, course inspection, or whilst racing. Failure to adhere to this will result in disqualification.</p> <p>Waxing of any type is prohibited in the start area or course arena. Fluoro wax and Fluorocarbon liquid sprays are prohibited. All equipment may be subject to inspection.</p> <p>Snow Australia</p>
Softball	<p>UniSport Guideline</p> <ul style="list-style-type: none"> • Numbers are compulsory on the front and the back of the shirt • If numbers are worn on the shorts, these numbers must match the numbers on the shirt • University name on the front of the shirt is compulsory and must be a minimum of 10cm high. <p>WBSC 2018-2021 Official Rules of Softball – Rules 2.1.8, 2.4-2.7</p> <p>2.1.8 HELMET A helmet that is cracked, broken, dented or altered will be declared an illegal helmet and removed from the game.</p> <p>(a) For an on-deck batter, batter, batter-runner and a runner, a helmet must have two ear flaps (one on each side) and must be of the type that has safety features equal to or greater than those provided by the full plastic cap with padding on the inside. A liner covering only the ears does not meet the specifications of a legal helmet.</p> <p>(b) For a catcher or a defensive player, a helmet may be the skull type without earflaps.</p> <p>2.4 PLAYERS' EQUIPMENT</p> <p>2.4.1 GLOVES AND MITTS</p> <p>a) Any player may wear a glove, but only the catcher and first baseman may use mitts.</p> <p>b) No top lacing, webbing or other device between the thumb and body of the glove or mitt worn by a first baseman or catcher or a glove worn by a fielder may be more than 12.7 cm (5 in) in length.</p> <p>c) The pitcher's glove may be any color or combination of colors, provided that no color (including the lacing) is the color of the ball. Gloves worn by any player other than the pitcher may be any color or combination of colors.</p> <p>d) Gloves with white, gray, or yellow optic circles on the outside that give the appearance of a ball are not official equipment and must not be used. (Refer to Appendix 4: Glove Specifications Drawing and Dimensions)</p> <p>2.4.2 SHOES</p>

Sport	Uniform requirements
	<ul style="list-style-type: none"> a) All team members must wear shoes. A shoe must be made with either canvas or leather uppers or similar materials and be fully enclosed. b) Shoe soles may be either smooth or have soft or hard rubber cleats. c) Ordinary metal sole and heel plates may be used if the spikes on the plates are not rounded and do not extend more than 1.9cm (3/4 in) from the sole or heel of the shoe. d) No hard plastic, nylon or polyurethane spikes similar to a metal sole and heel plate are allowed in any division at any level of play. e) Shoes with detachable cleats that screw onto the shoe are not permitted; however, shoes with detachable cleats that screw into the shoe are permitted. f) For Youth Division and Co-ed metal cleats must not be worn in any division at any level of play. <p>2.4.3 PROTECTIVE EQUIPMENT</p> <ul style="list-style-type: none"> a) MASKS. All youth catchers must wear a mask with helmet. Masks are recommended in Adult Slow Pitch. Youth catchers (or other youth members of the defensive team) must wear a mask with helmet while receiving warm-up pitches from the pitching plate, or in the warm-up area. If the youth person catching the pitch will not wear the mask, they must be replaced by a person who will do so. The ice hockey goalie style facemask is approved for use by catchers. b) FACE MASKS. Any defensive or offensive player may wear an approved plastic face mask/guard. Face masks/guards that are cracked or deformed, or if padding has deteriorated or is missing, are prohibited from use and must be removed from the game. c) BODY PROTECTORS. Female catchers may wear a body protector. d) PROTECTIVE LEG/ARM GUARDS. These may be worn by a batter and a batterrunner. <p>2.5 UNIFORMS</p> <p>2.5.1 PLAYER UNIFORMS</p> <p>All players on a team must wear uniforms alike in color, trim, and style. A team member in uniform may, for religious reasons, wear a specific head covering and apparel that does not conform to these Rules without penalty.</p> <ul style="list-style-type: none"> a) CAPS i) Ball caps must be alike, are mandatory for all male players and must be worn properly. ii) Caps, visors, and headbands are optional for female players and can be mixed. If more than one type is worn, they all must be of the same color, and each of the same type must be of the same color and style. Plastic or hard visors are not allowed. iii) Should a defensive player wear an approved helmet of a similar color of the team uniform cap, they will not be required to wear a cap. b) UNDERSHIRTS i) A player may wear a uniform colored undershirt (it may be white). It is not mandatory that all players wear an undershirt however if one player wears one, those that are worn must be alike. No player may wear ragged, frayed, or slit sleeves on exposed undershirts. ii) A warming (compression) sleeve may be worn but will be treated in the same manner as a long sleeve undershirt. Both arms must be covered, and both sleeves must be of the same color as the undershirt worn by players wearing long sleeve undershirts. c) PANTS/SLIDING PANTS. All players' pants must be either all long or all short in style. Players may wear a uniform solid color pair of sliding pants. It is not mandatory that all players wear sliding pants, but if more than one player wears them, they must be

Sport	Uniform requirements
	<p>alike in color and style except temporary, Snap-On or Velcro sliding pads. No players may wear ragged, frayed or slit legs on exposed sliding pants.</p> <p>d) NUMBERS. An Arabic number of contrasting color at least 15.2 cm (6 in) high must be worn on the back of all uniform shirts. No manager, coach or player on the same team may wear identical numbers (numbers 1 and 01 are examples of identical numbers.) Only whole numbers 01 to 99 must be used. Players without numbers will not be permitted to play.</p> <p>e) NAMES. Individual names may be worn above the numbers on the back of all uniform shirts.</p> <p>f) CASTS. Casts (plaster, metal or other hard substances in its final form) may not be worn in a game. Any exposed metal (other than a cast) must be adequately covered by a soft material, taped and approved by the Umpire.</p> <p>g) DISTRACTING ADORNMENTS. No exposed items, including jewelry, judged by the Umpire to be distracting to opposing players, may be worn or displayed. The Umpire must require the item to be removed or covered. Medical alert bracelets and/or necklaces, if deemed distracting, must be taped to the body in such a manner that the medical alert information is visible.</p> <p>2.6 COACHES' UNIFORMS A Coach must be neatly attired, including the wearing of suitable footwear, or be dressed in team uniform in accordance with the color code of the team. If a coach chooses to wear a cap, it must conform to Rule 2.5.1a).</p> <p>2.7 EQUIPMENT Notwithstanding any provision of these Rules, the WBSC Equipment Standards Commission reserves the right to withhold or withdraw approval of any equipment which, in the WBSC Equipment Standards Commission's sole determination, significantly changes the character of the game, affects the safety of participants or spectators or renders a player's performance more a product of the equipment rather than the player's individual skill.</p>
Squash	<p><u>UniSport Guideline</u></p> <ul style="list-style-type: none"> ▪ Non-marking footwear must be worn. <p><u>Squash Australia National Events Policy (regulation 1.5)</u></p> <p>All players must wear appropriate court attire as follows.</p> <p>Player clothing shall consist of a short-sleeved polo shirt with an attached collar or non-cotton shirt or sleeveless non-cotton shirt and shorts / skirt / skort or dress, socks and non-marking indoor court shoes.</p> <p>Wristbands / sweatbands / Headbands and bandanas of any colour are permissible.</p> <p>Compression Wear must be worn under clothing e.g., compression shorts must be above the knee under shorts/skirt, Short sleeved compression tops must be under a shirt. Compression socks / sleeves up to the knee are permitted. The use of all other compression wear is not permitted, unless supported by a medical certificate.</p> <p>Any jewellery or watches worn by a player shall not be bulky, noisy or brightly reflecting as to distract or be potentially dangerous. The Tournament Referee may require the removal of any piece of jewellery deemed to violate the above.</p>

Sport	Uniform requirements
	<p>For any match covered by television or livestreaming a players' clothing shall:</p> <ul style="list-style-type: none"> • Conform to the advertising regulations published in the terms and conditions of entry and generally applied by the appropriate television authority. • Both players shall be obliged to wear distinctly different coloured clothing. The higher seeded player will have first choice. If there are no seeding, the player in the top slot of the bracket will have first choice. This colour/style must be worn for the duration of the match. If a player has to change their top during a match, they must make sure that they wear the same colour and style of shirt as they started the match. <p>Unacceptable attire at Squash Australia events includes the following:</p> <ul style="list-style-type: none"> • Sweatshirts and tracksuits • Long sleeved tops • Promotional T-shirts • Training tops • Leggings • Aerobic bodysuit of any description • Long sleeved compression garments • Full length compression stockings <p>If any of the above is to be worn for religious or medical reasons, prior consent must be obtained from the Tournament Director or Tournament Referee.</p> <p>Where applicable PSA regulations may apply, this will be included on the tournament registration page at the time of entry and is the players responsibility. PSA Tour Rule Book (https://psaworldtour.com/squash/psa)</p> <p>Players who do not comply with the clothing regulations will be withdrawn from the tournament and may face disciplinary action. In all matters of judgement or opinion arising from the interpretation of this clothing rule, the decision of the tournament referee shall be final.</p>
Surfing	<p>Unisport Guideline</p> <p>4.1. The specific uniform requirements for surfing are as per the Surfing Australia Rule Book with the following UniSport uniform requirements:</p> <p>a) Swimsuits must be in good moral taste</p> <p>b) Competitors must wear the designated UniSport coloured competition vest upon collection from the beach marshal during the heat and up until returning to the beach marshal.</p> <p>Surfing Australia Rule Book</p>
Swimming	<p><u>UniSport Guideline</u></p> <ul style="list-style-type: none"> • Swimsuit, cap and goggles are compulsory • Swimmers competing in the UniSport Nationals should wear a swimming cap either with university branding or a plain design (i.e. not swim club branding). <p>Specific guidelines as per Swimming NSW General Rules – GR19</p>

Sport	Uniform requirements
T20 Cricket	<p>UniSport Guideline</p> <p>Cricket shirt and trousers (not shorts); caps/hats and sweaters are optional</p> <ul style="list-style-type: none"> a) Numbers are compulsory on the back of the shirt b) Due to the use of white balls, wearing of predominantly white shirts, sweaters and headbands/wristbands are not permitted, however white trousers, pads and caps/hats are allowed c) All batters, bowlers and wicketkeepers must wear spiked footwear (PC 41.11) d) A helmet must always be worn when: <ul style="list-style-type: none"> i) Batting against fast or medium paced bowling (PC 25.2.2). ii) Wicket-keeping up to the stumps (PC 27.1.2); and iii) Fielding in a position closer than seven metres from the batters' position on the popping crease on a middle stump line (such as short leg or silly point), with the exception of any fielding position behind the popping crease on the off and on sides (PC 28.1.1)
Table Tennis	<p>UniSport Guideline</p> <p>Due to the use of white balls, white shirts or shorts must not be used.</p> <p>ITTF Laws of Table Tennis – Rule 3.2.2</p> <p>3.2.2 Playing Clothing</p> <p>3.2.2.1 Playing clothing shall consist of a short-sleeved or sleeveless shirt and shorts or skirt or one-part sports outfits, socks and playing shoes; other garments, such as part or all of a tracksuit, shall not be worn during play except with the permission of the referee.</p> <p>3.2.2.2 The main colour of a shirt, skirt or shorts, other than sleeves and collar of a shirt shall be clearly different from that of the ball in use.</p> <p>3.2.2.3 Clothing may bear numbers or lettering on the back of the shirt to identify a player, his or her Association or, in club matches, his or her club, and advertisements in accordance with the provisions of 3.2.5.9; if the back of a shirt bears the player's name, this shall be situated just below the collar.</p> <p>3.2.2.4 Any numbers required by organisers to identify a player shall have priority over advertisements on the centre part of the back of a shirt; such numbers shall be contained within a panel having an area not greater than 600cm².</p> <p>3.2.2.5 Any markings or trimming on the front or side of a playing garment and any objects such as jewellery worn by a player shall not be so conspicuous or brightly reflecting as to unsight an opponent.</p> <p>3.2.2.6 Clothing shall not carry designs or lettering which might cause offence or bring the game into disrepute.</p>

Sport	Uniform requirements																				
	<p>3.2.2.7 The players of a team taking part in a team match, and players of the same Association forming a doubles pair in a World, Olympic or Paralympic Title Competition, shall be dressed uniformly, with the possible exception of socks, shoes and the number, size, colour and design of advertisements on clothing. Players of the same Association forming a doubles pair in other international competitions may wear clothes of different manufacturers, if the basic colours are the same and their National Association authorises this procedure.</p> <p>3.2.2.8 Opposing players and pairs shall wear shirts that are of sufficiently different colours to enable them to be easily distinguished by spectators.</p> <p>3.2.2.9 Where opposing players or teams have a similar shirt and cannot agree which of them will change, the decision shall be made by the umpire by lot.</p>																				
<p>Taekwondo</p>	<p>UniSport Guidelines White WT taekwondo uniform (dobok) and procectors recognised by WT Mouth guards are compulsory for Kyorugi and must be clear or white in colour. Top and bottom mouth guards are compulsory if a competitor has dental braces.</p> <p>Taekwondo Competiton Rules</p> <p>Protective equipment shall be compulsorily worn by both male and female competitors as follows:</p> <table border="1" data-bbox="355 1171 1428 1563"> <thead> <tr> <th>Equipment</th> <th>To be worn</th> </tr> </thead> <tbody> <tr> <td>Head Protector (white, red or blue colour only)</td> <td>On head</td> </tr> <tr> <td>Head Protector (where PSS head guards are used, will be the same as the supplier used PSS system, currently either Daedo or KP&P head guards.) *Electronic PSS head guards may be supplied by the event organisers*</td> <td>On head</td> </tr> <tr> <td>Trunk protector (electronic, Daedo or KP&P)</td> <td>On body (supplied)</td> </tr> <tr> <td>Groin Guard (white)</td> <td>Inside uniform</td> </tr> <tr> <td>Forearm Guard (white)</td> <td>Inside uniform</td> </tr> <tr> <td>Shin Guard (white)</td> <td>Inside uniform</td> </tr> <tr> <td>Mouth Guard (white or clear)</td> <td>In mouth</td> </tr> <tr> <td>Electronic foot protectors (PSS sensor socks same branding as that used as the tournament PSS system)</td> <td>On feet</td> </tr> <tr> <td>Taekwondo approved hand protectors (white)</td> <td>On hands</td> </tr> </tbody> </table>	Equipment	To be worn	Head Protector (white, red or blue colour only)	On head	Head Protector (where PSS head guards are used, will be the same as the supplier used PSS system, currently either Daedo or KP&P head guards.) *Electronic PSS head guards may be supplied by the event organisers*	On head	Trunk protector (electronic, Daedo or KP&P)	On body (supplied)	Groin Guard (white)	Inside uniform	Forearm Guard (white)	Inside uniform	Shin Guard (white)	Inside uniform	Mouth Guard (white or clear)	In mouth	Electronic foot protectors (PSS sensor socks same branding as that used as the tournament PSS system)	On feet	Taekwondo approved hand protectors (white)	On hands
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<p>Tennis</p>	<p>UniSport Guideline</p> <p>The specific uniform requirements for tennis are as per the national sporting organisation standard (Tennis Australia attire guide) with the following UniSport uniform requirements:</p> <ul style="list-style-type: none"> • Clean and tidy tennis attire • Non-marking footwear must be worn for hard court matches <p>Tennis Australia attire guide</p> <p>Fabric Men’s polo shirts, T-shirts and shorts, and women’s skirts, tops and dresses should be made with light-weight, breathable materials – either cotton or synthetic fabrics. Prices go up for clothing that introduces sweat-absorbent technology into their fabrics like</p>																				

Sport	Uniform requirements
	<p>CLIMACOOOL (adidas) and Dri-FIT (Nike), but if you play regulary and in warm conditions, this might be a good investment.</p> <p><u>Tennis ball storage</u> Because you'll be playing with two balls to ensure continuous play (you'll require a second ball if you serve a fault) then you need somewhere to store the second. Men should therefore wear shorts containing pockets, while many women's skirts include built-in tights which can hold a tennis ball.</p> <p><u>Footwear</u> Appropriate footwear will be determined by the court surface you're playing on and any restrictions that may apply to the sole and style</p>
Tenpin Bowling	<p><u>UniSport Guideline</u></p> <p>The specific uniform requirements for tenpin bowling are:</p> <ul style="list-style-type: none"> • All bowlers must wear a shirt with an upright or turned over collar or bowling industry manufactured shirt. • All bowlers may wear matching long pants, 3/4 pants, dress shorts, skirts or skorts. It must be all the same colour but can be a mixture of styles within that colour. <p><u>Tenpin Bowling Rule Book</u></p>
Touch Football	<p><u>UniSport Guideline</u></p> <p>In addition to the requirements as outline in the <u>Touch Football Rules- 8th Edition</u> , the following shall also be required:</p> <ul style="list-style-type: none"> • Numbers are compulsory on the back of the shirt (minimum of 16cm high), and optional on both sleeves (minimum of 8cm high) • Playing uniforms consist of shirt, singlet or other item as approved by the TFA Affiliate Member or TFA competition provider, shorts and/or tights and socks. • All players are to wear a unique identifying number not less than 16cm in height, clearly displayed on the rear of the playing top. • Identifying numbers must feature no more than two (2) digits. • Hats or caps are permitted to be worn during a match provided they are safe and meet TFA regulations • Safe footwear must be worn with exceptions allowed for game variants such as Beach Touch. • Light leather or synthetic boots with soft moulded soles are permitted. • Shoes with screw-in studs are not to be worn by any player or Referee. • Players are not to participate in any match wearing any item of jewellery, chain, identification band/bracelet or similar item that may prove dangerous. Any jewellery or other items that cannot be removed are to be taped to the satisfaction of the Referee. • Long (extend beyond the finger flesh when viewed from the palm) or sharp fingernails are not allowed.

Sport	Uniform requirements
	<ul style="list-style-type: none"> Referees and players may wear spectacles or sunglasses provided they are safe and securely attached. Referees and players may wear sport monitoring equipment and medical supports such as knee or ankle braces provided, at the sole discretion of competition's controlling body, the items are not dangerous.
Triathlon	<p><i>External event – as per event organiser regulations</i></p> <p>Triathlon Australia Rules</p>
Ultimate	<p>UniSport Guidelines</p> <p>A uniform must consist of, at minimum, a shirt to cover the upper torso and shoulders and pants to cover the lower torso and upper legs</p> <ul style="list-style-type: none"> Numbers are compulsory on the back of the shirt. For every game, a team must bring a set of matching uniforms that they know will be distinct from their opponents' shirts when viewed from both the front and the back. A team must bring at least two distinct sets of shirts to each game unless they are certain that their chosen set of shirts for that game will be distinct from their opponents' shirts. If no alternate colours are available, then it is permissible for a team to wear bibs. There is no requirement to include the Ultimate Australia logo on the uniform. If all other uniform guidelines are followed singlets are allowed. <p>Australian Flying Disc Association (AFDA) Uniform Policy</p> <p>3.2. A single item of clothing that covers the same areas as a shirt and pants is allowable as a uniform if it meets the requirements of the two separate items as expressed in these rules.</p> <p>3.3. For every game, a team must bring a set of matching shirts that they know will be distinct from their opponents' shirts when viewed from both the front and the back.</p> <p>3.4. A team must bring at least two distinct sets of shirts to each game, unless they are certain that their chosen set of shirts for that game will be distinct from their opponents' shirts.</p> <p>3. Shirts</p> <p>4.1. All players on a team must wear shirts that match in colour and pattern.</p> <p>4.2. Players may wear different cuts, for example long sleeve, short sleeve, sleeveless but the body of the shirts must be matching in colour and pattern.</p> <p>4.3. For all grass events no singlets tops are allowed.</p> <p>4.4. Singlets are permissible for beach and indoor events.</p>

Sport	Uniform requirements
	<p>4.5. Each player in a team for a particular game must be designated by an integer number between 0 and 99 inclusive.</p> <p>4.6. The shirt that a player wears in that game must bear their number, expressed only in Arabic numerals, with an optional leading zero for numbers between 0 and 9 inclusive.</p> <p>4.7. No manager, coach or player on the same team may wear identical numbers. (Numbers 1 and 01 are examples of identical playing numbers).</p> <p>4.8. The number must be sewn or printed onto the back of the shirt. Each digit in the number must be a minimum of 15 centimetres high and 5 centimetres wide.</p> <p>4.9. The number may also appear elsewhere on the shirt.</p> <p>4.10. The numbers must be entirely one colour, filled solidly, and of a significantly different colour from the background shirt colours.</p> <p>4.11. There must not be any overlaid design or characters obscuring the numbers.</p> <p>4.12. Shirts may have player names printed on them</p> <p>4. Pants</p> <p>5.1. All players on a team must wear pants that match in colour and pattern.</p> <p>5.2. Players may wear different cuts, for example shorts, skirts or long pants, but the section covering the lower torso and upper legs must be matching in colour and design and the remainder must be consistent in colour.</p> <p>5.3. Pants may have numbers sewn or printed on the front left leg. The number must match that of the player's shirt.</p> <p>5. Undergarments</p> <p>6.1. Players may wear clothing under their uniform in order to protect them from injury, temperature, sunlight, etc.</p> <p>6.2. The AFDA considers that if any exposed parts of undergarments are black or white, they will best prevent a clash with the main uniform colours.</p> <p>6. Gloves</p> <p>7.1. Players may wear gloves, but they must not in any way damage the disc or leave any residue on the disc.</p> <p>7. Headwear</p> <p>8.1. Players may wear hats, caps or other headgear to protect them from sun exposure, the weather, and injury or for personal comfort.</p> <p>8. Socks</p> <p>9.1. Socks or stockings do not need to be matching in any way.</p>

Sport	Uniform requirements
	<p>9. Shoes</p> <p>10.1. Players may wear shoes or boots. Shoes do not need to be matching in any way.</p> <p>10.2. Any studs or ridges on the sole of the shoes must not protrude more than 20 millimetres from the sole nor have any sharp edges.</p> <p>10.3. Metal studs are NOT ALLOWED</p> <p>10. Additional Uniform Requirements</p> <p>11.1. Players must not wear anything that is dangerous to other players.</p> <p>11.2. Players must not wear anything that gains an advantage by substantially enhancing the physical presence of the player.</p> <p>11.3. Players, substitutes and team officials must not use any equipment that amplifies their voices.</p>
Volleyball	<p><u>UniSport guidelines</u></p> <ul style="list-style-type: none"> • Numbers are compulsory on the back of the shirt (20cm high) and the front of the shirt (15cm high), with numbers preferably between 1-20. • Captains are not required to have the captain's bar under their number <p><u>2017-2020 FIVB Official Volleyball Rules – Rules 4.3 & 19.2 (libero)</u></p> <p>4.3 Teams – Equipment Numbers are A player's equipment consists of a jersey, shorts, socks (the uniform) and sport shoes.</p> <p>4.3.1 The colour and the design for the jerseys, shorts and socks must be uniform for the team (except for the Libero). The uniforms must be clean.</p> <p>4.3.2 The shoes must be light and pliable with rubber or composite soles without heels.</p> <p>4.3.3 Players' jerseys must be numbered from 1 to 20. In FIVB, World and Official Competitions for Seniors, where larger playing squads are used, numbers may be extended.</p> <p>4.3.3.1 The number must be placed on the jersey at the centre of the front and of the back. The colour and brightness of the numbers must contrast with the colour and brightness of the jerseys.</p> <p>4.3.3.2 The number must be a minimum of 15 cm in height on the chest, and a minimum of 20 cm in height on the back. The stripe forming the numbers shall be a minimum of 2 cm in width.</p> <p>4.3.4 The team captain must have on his/her jersey a stripe of 8 x 2 cm underlining the number on the chest</p>

Sport	Uniform requirements
	<p>4.3.5 It is forbidden to wear uniforms of a colour different from that of the other players (except for the Liberos), and/or without official numbers.</p> <p>19.2 The Libero Player – Equipment</p> <p>The Libero player(s) must wear a uniform (OR JACKET/BIB FOR THE RE-DESIGNATED Libero) which has a different dominant colour from any colour of the rest of the team. The uniform must clearly contrast with the rest of the team. The Libero uniforms must be numbered like the rest of the team.</p>
Water Polo	<p><u>UniSport Guideline</u></p> <ul style="list-style-type: none"> • Swimsuit is compulsory and must be in good moral taste • Teams are to supply two sets of numbered caps, dark (home) and light(away) • Mouthguards are strongly recommended • No goggles are permitted except in warm-up. <p><u>2017-2021 FINA Water Polo Rules – Rule 4</u></p> <p><u>Caps</u></p> <p>4.1 Caps shall be of contrasting colour, other than solid red, as approved by the referees, but also to contrast with the colour of the ball. A team may be required by the referees to wear white or blue caps. The goalkeepers shall wear red caps. Caps shall be fastened under the chin. If a player loses the cap during play, the player shall replace it at the next appropriate stoppage of the game when the player’s team is in possession of the ball. Caps shall be worn throughout the entire game.</p> <p>4.2 Caps shall be fitted with malleable ear protectors which shall be the same colour as the team's caps except that the goalkeeper may have red protectors.</p> <p>4.3 Caps shall be numbered on both sides with numbers 0.10 metres in height. The goalkeeper shall wear cap no. 1 and the other caps shall be numbered 2 to 13. A substitute goalkeeper shall wear a red cap numbered 13. A player shall not be allowed to change their cap number during the game except with the permission of a referee and with notification to the secretary.</p>