

# Two Piece Wrestling Uniform

Rule 4-1-1



# Legal Uniform



*Rule 4-1-1- d.: Compression or board shorts designed for wrestling: shorts shall have a minimum 4 inch inseam that shall not extend below the knee. Shorts shall not have exposed draw strings, belt loops, zippers, snaps, buttons or pockets. The shirt shall be tight fitting, short sleeved or sleeveless and shall not cover or extend below the elbow. In addition, the length of the shirt must be longer than the torso to prevent the shirt from becoming untucked.*

# Illegal Uniform Shirt



*Rule 4-1-1- d.: Compression or board shorts designed for wrestling: shorts shall have a minimum 4 inch inseam that shall not extend below the knee. Shorts shall not have exposed draw strings, belt loops, zippers, snaps, buttons or pockets. The shirt shall be tight fitting, short sleeved or sleeveless and shall not cover or extend below the elbow. In addition, the length of the shirt must be longer than the torso to prevent the shirt from becoming untucked.*

# Illegal Uniform Sorts



*Rule 4-1-1- d.: Compression or board shorts designed for wrestling: shorts shall have a minimum 4 inch inseam that shall not extend below the knee. Shorts shall not have exposed draw strings, belt loops, zippers, snaps, buttons or pockets. The shirt shall be tight fitting, short sleeved or sleeveless and shall not cover or extend below the elbow. In addition, the length of the shirt must be longer than the torso to prevent the shirt from becoming untucked.*