



To: NJSIAA Member Schools and Officials

From: Colleen Maguire, Executive Director

Date: August 31, 2022

RE: NFHS Rules Changes – Hair Adornments, Religious Items, and Jewelry

The NFHS has adopted several rules changes concerning hair adornments, religious items, and jewelry across multiple sports for the upcoming 2022-2023 school year. Below is a summary of these changes. It is extremely important that all administrators, coaches, officials, and student-athletes are aware of these rules to ensure everyone's safety and a consistent understanding by all stakeholders. **All involved are encouraged to review the full rulebook prior to the season.**

Procedures

Prior to the start of competition, it is the head coach's responsibility to ensure that his or her student-athletes are properly equipped by adhering to all NFHS uniform rules. If an official notices a violation of any NFHS uniform rule, the official should address the violation **with the head coach only** – the official is not to address the violation with the student-athlete or anyone else associated with the team. The head coach is responsible for working with the student-athlete to remedy the violation to the satisfaction of the official.

Hair Adornments

The NFHS has updated its rules to allow the use of hair adornments that are made of hard materials if they are securely fastened close to the head and do not present an increased risk to the player, teammates, or opponents.

Hair adornments are defined as anything decorative that could be worn on one's head, regardless if they are used to hold a hairstyle in place. Hair adornments include, but are not limited to, barrettes, beads, and bobby pins. Hair charms are considered jewelry and must follow the jewelry rules below.

Hair adornments are allowed in all sports. If the hair adornment becomes non-compliant during play, then the officials shall allow time to fix the hair adornment. If the hair adornment cannot be fixed immediately, then the student-athlete must leave the game to fix the hair adornment.

Religious Items

The NFHS has updated its rules to allow uniform flexibility to accommodate religious norms, such as the wearing of undergarments, head coverings and other body coverings. Head coverings worn for religious

reasons must be made of non-abrasive, soft materials and must fit securely. Religious medals must be taped and worn under the uniform. Religious items are allowed in all sports but must not pose a risk to the player, teammates, or opponents.

The state association shall be notified, after the event, if there is a concern about a head covering, or any other covering, worn for religious reasons.

These changes are consistent with the “Religious Accommodations” section in NJSIAA’s Policies & Procedures.

Jewelry

The NFHS updated its rules to allow jewelry to be worn during competition in certain sports. Jewelry includes, but is not limited to, necklaces, bracelets, earrings, and watches. Medical alert medals are not considered to be jewelry and must be taped to the body. The following sports allow jewelry to be worn during competition unless the official rules the jewelry is potentially dangerous. Jewelry is prohibited for those sports not included on this list.

Baseball	Softball
Bowling	Track & Field *
Cross Country *	Tennis
Golf	Swimming

*NJSIAA modifications prohibit the wearing of a watch during regular season and post-season competition.

Please reach out to the State Rules Interpreter with any questions or for further clarification on any of these recent NFHS rules changes.