

SOWI Uniform Requirements at a Glance

This section includes highlights of the rules for uniforms. Specific uniform rules can be found in the sports rules for each sport.

SOWI uniform rules have been modified for commonality so Local Programs can use the same uniform shirts for multiple team sports. The following numbering guidelines should be used for all team sports that require a numbered jersey:

- Numbers should be a minimum of 4 inches in height on the front and 6 inches in height on the back
- The stripe forming the numbers must be a minimum of 3/4 inch (2cm) in width
- Legal numbers are: 0 or 00, 1-5, 10-15, 20-25, 30-35, 40-45, 50-55

Alpine Skiing/Snowboarding:

- All competitors on the race course must wear a helmet. Helmets must cover the head and ears. Helmets must have a conformity label affixed by the manufacturer in a non-removable way that contains the text "Conform to FIS Specifications RH 2013".
- Helmet mounted cameras are not allowed.

Athletics (Track & Field)

- Competitors must wear athletic clothing including an athletic shirt, shorts or sweatpants and athletic shoes.
- No denim or dress clothes are allowed.
- No hats may be worn.
- All relay team members must wear identical singlets or shirts.
- Athletes may compete in shoes with spikes provided the host facility allows spikes.
- No jewelry may be worn during competition.

Basketball Skills

- Athlete must wear athletic attire.
- No denim is allowed.
- Appropriate athletic shoes are required.
- No number is required.

Basketball Team (3v3 and 5v5)

- All uniforms must match in color, trim, cut and style.
- Numbers should be a minimum of 4 inches in height on the front and 6 inches in height on the back.
- The stripe forming the numbers must be a minimum of 3/4 inch (2cm) in width
- Legal numbers are: 0 or 00, 1-5, 10-15, 20-25, 30-35, 40-45, 50-55
- Arm sleeves, knee sleeves, or leggings must be black, white, beige, or the predominant color of the jersey. They may be worn by some or all of the players, but must be identical if worn.

Bocce

- Teams must wear uniform tops that match in color, trim, cut and style.
- Uniform bottoms do not need to match. No denim or cut-off shorts are allowed.
- Shoes must cover the athletes' toes. No sandals or flip flops are allowed.
- Numbers are not required.

Bowling

- Athletes must be neat in appearance
- Athletes in Teams and Doubles must wear matching shirts
- No numbers required

Cornhole

- Teams must wear uniform tops that are identical in color, trim and style.
- Players may wear shorts, warm-up pants, or pants and must be identical in color. No jeans or cut-offs.
- Shoes must cover the athletes' toes. No sandals or flip flops are allowed.

Flag Football

- Players must wear uniforms that are identical in color, trim, cut, style and material. All uniform shirts must be tucked in.
- Numbers must be a minimum of 4 inches in height in front and 6 inches in height in back. Taped numbers on pinnies are not legal.
- Receiver's gloves may be worn.
- No hats or jewelry is allowed.
- A protective mouth piece must be worn at all times.
- Players must wear rubber-cleated or flat-soled athletic shoes. Metal cleats, spikes or hiking boots will not be allowed.
- A one-piece, three-flag belt must be worn during the game at all times.

Golf

- Appropriate golf attire is required.

Gymnastics

- Male gymnasts shall wear tank tops (leotards) or t-shirts that are tucked in.
- Male gymnasts must wear long gymnastics pants or white gymnastics shorts.
- Gymnasts may compete in white socks, gymnastics slippers or bare feet.
- Female gymnasts shall wear a long sleeve leotard with bare legs. Flesh colored tights are permitted, but not recommended.
- No jewelry is allowed.

Powerlifting

- Plain shorts and t-shirts should be worn and can only include the Special Olympics Logo and team name.

- No long pants, bike shorts, tank tops or sweatshirts may be worn. T-shirts must be tucked in at all times. A lifting suit may be worn – see powerlifting rules for specific details on lifting suits.
- All competitors must wear a shirt with sleeves during the squat and bench press. Women must also wear a shirt with sleeves during the deadlift.
- Long socks up to the knee must be worn for the dead-lift. Duct or athletic tape is allowed.
- Athletic shoes for training, powerlifting or weightlifting must be worn. The heel height cannot exceed 5cm.
- A belt made of leather, vinyl, nylon, or other similar non-stretch or non-metal material may be worn on the outside of the suit. The belt may not encircle the body more than once and may not have additional padding.
- Wrist wraps of 8cm wide and 1m length may be worn.

Snowshoe Racing:

- Snowshoes must be a minimum of 17.78 x 50.8 cm (7in x 20in) as measured by the frame. Snowshoes must be made of a frame with decking material (no plastic shoes allowed).
- Youth athletes that weigh under 100lbs may wear a smaller snowshoe that is a minimum of 16 inches in length (7in x 16in)
- The attachment of any additional “spikes” is not permitted.
- The foot must be secured through a direct mount binding system to the snowshoe.
- The use of poles is optional.

Soccer

- All uniforms must be identical in color, trim and style.
- Numbers should be a minimum of 4 inches in height on the front and 6 inches in height on the back
- The stripe forming the numbers must be a minimum of 3/4 inch (2cm) in width
- Legal numbers are: 0 or 00, 1-5, 10-15, 20-25, 30-35, 40-45, 50-55
- An individual may wear leg tights, leotards or sweat pants that are the same color as the uniform shorts.
- Shin guards are required and must be covered completely by the stockings.
- Tennis shoes or soccer shoes are required. No metal cleats are allowed. Baseball or football cleats are not allowed.
- Undershirts and undershorts, if worn, must match the color of the uniform top or shorts, respectively.
- The goalkeeper shall wear colors which distinguish him or her from the other players and the referee. The goalkeeper jersey does not require a number.

Softball/Tee Ball

- Players must wear uniforms that are identical in color, trim, cut and style.
- Team pants can be long or short, but must be identical for all players.
- Ball caps, visors and headbands are all optional. If worn, they can be mixed but must be worn properly. Player socks need not match.

- Numbers must be 6in in height and are required on the back only.
- Legal numbers: 1-99
- The catcher is required to wear a face mask, a batter's or catcher's helmet, and a chest protector. Shin guards are strongly suggested, but not required.
- Fielder's masks are mandatory for defensive players at 1st base, 3rd base, and Pitchers during the duration of defensive play.
- Steel spikes, street shoes, and jewelry are not allowed.
- Gloves are required. A first baseman's trapping style mitt may be worn only by 1st basemen or catchers.
- Batting helmets with two ear flaps and chin straps are required for all offensive players while batting and base running.
- Only bats marked by the manufacturer as "Official Softball" may be used. Any bat that is not on the [approved bat list](#) will be considered illegal and may not be used for competition.

Swimming

- Athletes must wear proper swimming attire as outlined by USA Swimming Rules and Regulations.
- No competitor shall be permitted to use or wear any device that may aid his/her speed, buoyancy or endurance during a competition. Only those athletes in assisted events may use flotation devices.

Tennis

- Athletes must be neat in their dress and wear proper tennis clothing.
- Soft-soled athletic shoes are required.
- No blue jeans, cut-off shorts, loud sports shirts or street shoes are allowed.

Volleyball

- All jerseys must be of identical color, trim, cut and style except for the libero player where the top is opposite color of the team
- Numbers should be a minimum of 4 inches in height on the front and 6 inches in height on the back
- The stripe forming the numbers must be a minimum of 3/4 inch (2cm) in width
- Legal numbers 1-99