

Regulation 4316R – Athletic Uniforms, Dress Code, and Student Athlete Modesty

Background

From time-to-time concerns arise regarding the lack of modesty provided by some athletic and other extra-curricular uniforms. Since uniforms are usually designed for optimal performance, several do not comply with the school system's Board policy for student dress during the instructional day (School Board Policy 4316 – Student Dress Codes). Singlet tops, jersey design, short length, skirt length, and swimsuit cuts seem to draw the most frequent concerns. A review of all uniforms indicates that volleyball, cheerleading, wrestling, track, cross country, tennis, and swimming have design features that could cause modesty concerns.

Regulation

The following language is adapted from the National Federation of State High School Associations (NFHS). NFHS regulations are used by the North Carolina High School Athletic Association (NCHSAA) to specify uniform requirements. Schools may not require modifications to uniforms that inhibit athletic performance. However, individual student athletes will be allowed to make the following modifications as long as the uniform meets all requirements set forth by the NCHSAA and NFHS.

- Uniform Tops
 - Tops may be worn with a single solid colored t-shirt or similar undergarment.
 - The color for any t-shirt or similar undergarment shall be solid and must be pre-approved by the school
 - The solid color shall be the predominant color of the uniform top.
 - T-shirts or similar undergarments shall match in color and design among student athletes on the same team.
 - All other NCHSAA and NFHS top regulations shall apply.

- Uniform Bottoms
 - Uniform bottoms that are shorts or skirts may include a visible undergarment that is of mid-thigh or knee length.
 - Short or skirt undergarments shall be a solid color spandex, compression, or similar material and must be pre-approved by the school.
 - The solid color shall be the predominant color of the uniform bottom.
 - Short or skirt undergarments shall match in color and design among student athletes on the same team.
 - All other NCHSAA and NFHS top regulations shall apply.