



# NFL UNIFORM AND EQUIPMENT RULES

HELMET WITH FACEMASK  
(CHIN STRAP FASTENED)

SHOULDER PADS

HIP PADS

THIGH PADS

KNEE PADS

ONE-PIECE STOCKINGS

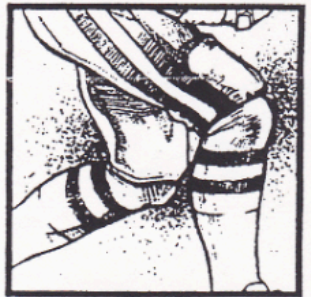
ALL-WHITE OR ALL-BLACK SHOES THROUGHOUT TEAM

## VIOLATION



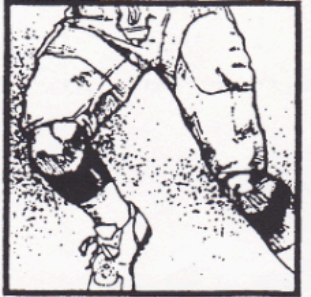
SLEEVES MUST NOT BE TORN OR CUT.

## VIOLATION



STOCKINGS MUST MEET THE UNIFORM PANTS BELOW THE KNEES.

## VIOLATION



PANTS MUST BE PULLED DOWN OVER THE KNEES. THE KNEE AREA OF THE PANTS MUST NOT BE ALTERED OR CUT AWAY.

## VIOLATION



TAPE USED ON SHOES OR STOCKINGS MUST EITHER BE TRANSPARENT OR OF A MATCHING COLOR.

## VIOLATION



THE JERSEY MUST BE TUCKED IN AT THE WAIST. EXTRA-SHORT JERSEYS OR THOSE CUT AT OR ABOVE THE WAIST ARE PROHIBITED.

## VIOLATION



TOWELS ARE LIMITED TO A MAXIMUM OF 6 INCHES WIDE AND 8 INCHES LONG AND MUST BE TUCKED INTO THE FRONT WAIST OF THE PANTS.

## VIOLATION



THE EXTERIOR STOCKING MUST BE A ONE-PIECE UNIT SOLID WHITE FROM THE TOP OF THE SHOE TO THE MIDPOINT OF THE LOWER LEG. WITH APPROVED TEAM COLOR OR COLORS FROM THAT MIDPOINT TO THE TOP OF THE STOCKING.