

ARM SLEEVE CLAIRIFICATION
SOFTBALL AND BASEBALL
SIJHSAA / 8-27-15

***This information was compiled after talking with IHSA Representatives Tracy Henry (Softball) and Craig Anderson (Baseball)**

Softball

Arm Sleeves are legal for softball. They have to meet NFHS Softball Rule 3-2-9: A pitcher shall not wear any item on the pitching hand, wrist, arm, or thighs which may, in the umpire's judgment, be distracting to the batter. (no odd colors or designs those are distracting) They can't be close to the optic yellow color of the ball. They must also comply with NFHS Rule 3-2-7: Exposed garments, if worn, are considered part of the official uniform. All exposed undergarments shall be black, white, gray, or a solid school color. If arm sleeves are worn by any players they must be like colors as mentioned in this rule.

***In conclusion arm sleeves are legal. If one or more players use the arm sleeves – them must be alike. It is up to the umpire if they are distracting. Pitchers may not wear an arm sleeve that is near the same color as the ball – Optic Yellow.**

Baseball

Arm Sleeves are legal for baseball. They have to meet NFHS Rule interpretation as listed above for softball except the sleeve may not be the same color of the ball – Gray or White. (NFHS Baseball Rule 1-4-2) If your team wears any arm sleeves – they all must be alike complying with the above mentioned rules.