



UNIFORM REGULATIONS FLAG FOOTBALL



REGULATIONS - SEPTEMBER 2026





Introduction

1.1 As nations plan for IFAF Continental and Global Flag Football Championships please find this document to act as regulations for uniforms for the Championships.

1.2 Competition Uniform submission is mandatory before all IFAF Championships so that Competitions and Performance staff can review all aspects in advance of any Championships.

1.3 All teams must enter a Championships with a minimum of two uniforms. Of these two, one must be predominantly white.

Categorisation

1.4 The core uniform is comprised of:

1.4.1 Jersey

1.4.2 Shorts

1.4.3 Socks

1.5 Additional uniform is comprised of:

1.5.1 Underlayer - upper body

1.5.2 Underlayer - lower body

1.6 Certain items contained herein are deemed personal performance equipment and whilst subject to certain regulations, are considered the personal choice of the athlete. These include:

1.6.1 Protective headwear

1.6.2 Protective mouth guard

1.6.3 Sports bra

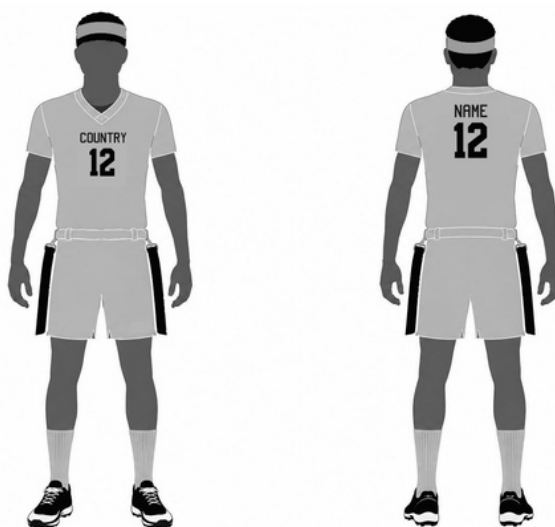
1.6.4 Gloves

1.6.5 Footwear

Jersey

2.1 The jersey may be one of two styles - a vest style or one with sleeves that go no further than the elbow.

2.2 Jerseys should be slim-fit and not baggy when tucked in. The jersey may have one identification mark of the manufacturer. This is permitted to the size of 30cm².



2.3 The jersey should have the player number on the front and back. The colour of the number must be in contrast to the primary colour of the jersey.

2.4 The name (usually the surname) of the athlete should be in capitalised latin letters over the number on the back of the shirt and match the colour used for the numbers. Where players share the same name a distinguishing letter may be added to the front to represent the athlete's first name. If these are both the same, please consult with the designated competition management to identify a solution. Nicknames are not permitted. Names are optional for IFAF youth events.

2.5 The name of the national team's country may appear on the front of the uniform above the athlete number. This should be in capitalised latin letters and match the colour of the text and numbers. The full name may be used or the three-letter country code as used by the IOC.

2.6 The height of the letters on the front and back shall be between 5cm and 7.5cm and be separated from the number by at least 4cm.

2.7 The height of the numbers on the front and back will be between 20cm and 30cm.

2.8 The flag of the country is permitted on the front of the uniform or on the sleeve. This may be up to 50cm².

2.9 For IFAF Championships team sponsor logos are permitted. These may be in the area directly under the number on the back of the jersey. One or multiple sponsors may fit in an area no larger than 20 x 20cm. An additional logo is permitted on each sleeve and be no larger than 30cm².

Shorts

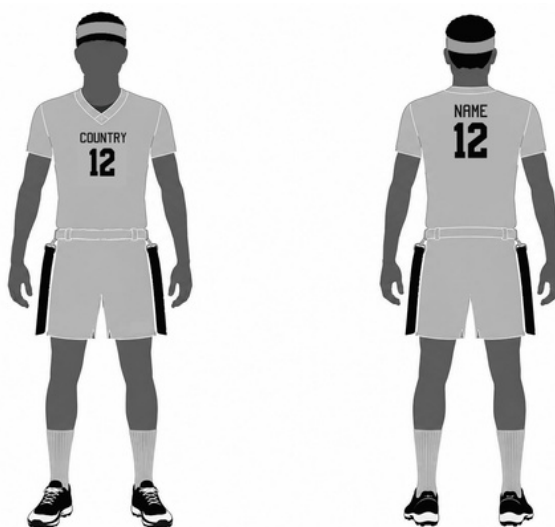
3.1 Shorts may be of two different types - a traditional 5 inch or 7 inch inseam form with a slim-fit hem (baggy shorts are not permissible so as not to interfere with the flag) or a tight-fit lycra style shorts.

3.2 In the case of the longer fit shorts, the hem must not be knee line or below.

3.3 The shorts may have one identification mark of the manufacturer. This is permitted to the size of 30cm².

3.4 No other markings are permitted on the shorts and they must be a single, uniform colour.

3.5 Shorts must have an elasticated (or similar waistband) with no drawstrings and they must not have pockets or any form of lining which can extend above the waistband or below the hem.



Socks

4.1 Socks are permitted to have one identification mark of the manufacturer per item with a maximum size of 10cm².

4.2 No other markings are permitted on the socks and they must be a single, uniform colour.

4.3 Socks may be ankle socks or ones which can be pulled up to below the knee. Socks must not be visible on or above the knee.

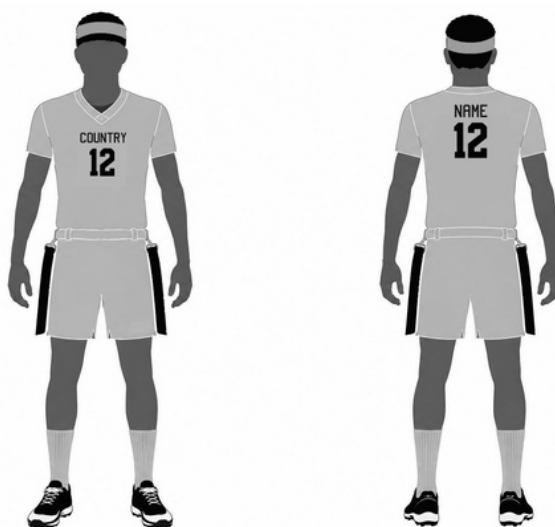
Underlayer

5.1 Underlayer (inclusive of compression garments, base layers, leggings, arm sleeves) may be worn below the jersey or the shorts.

5.2 The underlayer may have one identification mark of the manufacturer per item. This is permitted to the size of 10cm².

5.3 Any underlayer worn under the jersey must be tight to the body. Sleeves must come no further down than the wrist with no loop for the thumb.

5.4 Any underlayer worn under the shorts must be tight to the body. Athletes are free to choose if their underlayer is short (finishes above the knee) or long (finishes below the knee).



Uniform Colour

6.1 The playing jersey shall be predominantly one uniform primary colour. Excluding player names, player numbers, competition badges, manufacturer identification, and other markings expressly required or approved by IFAF, the designated primary colour shall constitute not less than ninety per cent (90%) of the total visible external surface area of the jersey.

6.2 Secondary colours may be used only in collars, cuffs, piping, seam detailing or other pre-approved limited design features, provided that such elements do not detract from the overall visual impression of a single-colour garment.

6.3 Tonal or embedded patterns may be incorporated within the primary colour provided they are executed exclusively in shades, tints, textures, jacquards, embossing, debossing, or graphic treatments of the primary colour and do not introduce a clearly distinguishable secondary colour when viewed at a distance of five (5) metres or greater under normal lighting conditions. Such patterns shall remain subordinate to the primary colour and shall not create the appearance of stripes, hoops, checks, gradients, contrasting panels, or other designs that materially alter the jersey's single-colour identity.

6.4 IFAF shall retain sole discretion in determining whether any pattern, graphic treatment, or design feature complies with the requirement that the jersey present a clear and recognisable single-colour appearance.

6.5 In cases of doubt, compliance shall be assessed on the basis of the jersey's overall visual appearance during game play and broadcast presentation, rather than by detailed inspection of individual design elements.

6.6 The playing shorts shall be of a single and uniform colour throughout and shall present a clear, consistent appearance free from contrasting panels, patterns, gradients, or other design features that materially alter the perception of a single-colour garment. As a general principle, the colour of the shorts should correspond to the primary colour of the jersey so as to maintain a consistent team identity. Where a team proposes shorts in a different colour, such variation may be submitted to IFAF for prior approval, which may be granted where the alternative colour does not create a conflict with opponents, match officials, competition requirements, or the overall visual integrity of the team's playing uniform.

6.7 The playing socks shall be of a single and uniform colour throughout and shall present a clear, consistent appearance free from contrasting panels, patterns, gradients, or other design features that materially alter the perception of a single-colour garment. As a general principle, the colour of the socks should correspond to the primary colour of the jersey and shorts so as to maintain a consistent and recognisable team identity. Where a team proposes socks in a different colour, such variation may be submitted to IFAF for prior approval, which may be granted where the alternative colour does not create a conflict with opponents, match officials, competition requirements, or the overall visual integrity and distinctiveness of the team's playing uniform.

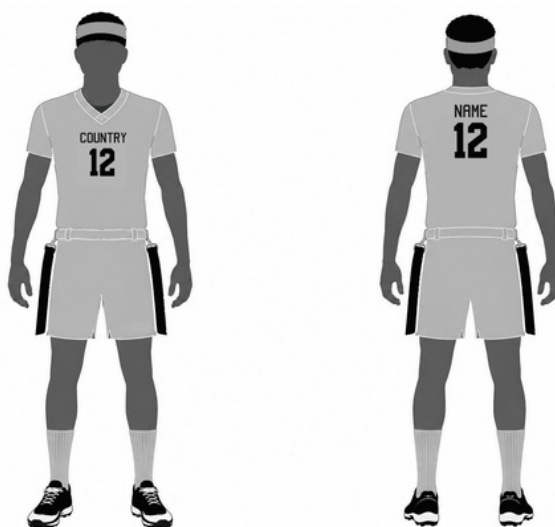
6.8 All numbers and lettering must be a single colour with no grading or pattern. A second colour is permissible for the outer line of the numbering and lettering to aid it standing out on the jersey.

6.9 Any underlayer inclusive of, compression garments, base layers, leggings, arm sleeves, or similar items worn beneath the playing uniform and visible during match play shall be of a single and uniform colour and shall be consistent amongst all players of the same team. As a principle, the colour of any visible underlayer should correspond to the colour of the outer garment beneath which it is worn. Notwithstanding the foregoing, black or white underlayers shall be permissible for all teams, provided that such colour does not create a conflict with the playing kit of the opposing team. IFAF may require an alternative colour where necessary to ensure clear visual distinction between teams, match officials, or designated others.

Personal Performance Equipment

Footwear

7.1 All footwear items may carry the Identification of the Manufacturer as generally used on products sold through the retail trade during the period of 6 months or more prior to the Championships.



Sports bras

7.2 Athletes may wear sports bras or similar support garments beneath the playing jersey. Where such garments are not visible during normal play, no colour restrictions shall apply. Where a sports bra or support garment is visible, whether through the jersey material, at the neckline, arm openings, or as a result of normal movement during play, it shall be a single and uniform colour and should correspond as closely as reasonably practicable to the colour of the jersey. Black or white sports bras shall also be permissible, provided that their visibility does not create a visual conflict with the playing kit of the opposing team. IFAF may require modification or replacement of any visible garment that, in its opinion, compromises player identification, team uniformity, or the visual distinction between competing teams.

Mouth guards

7.3 All mouth guards should be of the permitted standard and have no identification of the manufacturer or branding or patterns.

Protective Headwear

7.4 One Identification of the Manufacturer will be permitted per item, to a maximum size of 10cm² or two Identifications of the Manufacturer per accessory item, to a maximum size of 5cm² each, placed above each ear. Whilst there may be different brands of headwear, colours must be majority white, black or a single uniform colour across the team.

Gloves

7.5 One Identification of the Manufacturer will be permitted per item, to a maximum size of 8cm². Gloves should be a single colour but the colour does not have to be standard across each athlete on the team.

Wider Matters

8.1 When considering uniform design and colours Member Federations should consider the appropriateness of designs for women, especially in relation to the impact of the menstrual cycle.

8.2 Colour-blindness is something which affects a significant number of people. In choosing uniform designs, consideration should be given to whether this could affect athletes and spectators.

8.3 No item of playing uniform, team apparel, or equipment used by a participant during any Championships shall contain, display, promote, or communicate any political, ideological, religious or personal slogan, statement, or message.

8.4 IFAF shall have sole discretion to determine whether any word, symbol, graphic, colour arrangement, or other element constitutes a prohibited message. Participants and teams shall ensure that all uniforms and associated apparel remain neutral and are used solely for the purposes of team identification, competition, and approved commercial recognition.

8.5 Certain items of clothing are permitted for wear which relate to religious expression. Primarily these include skull caps, so long as they are not attached by pins, and hijabs. In the case of head covers they must: Where head covers are worn, they must be black or the same main colour as the jersey; be in keeping with the professional appearance of the athlete's equipment; not be attached to the jersey; not be dangerous to the player wearing it or any other player (e.g. opening/closing mechanism around neck), and not have any part(s) extending out from the surface (protruding elements).

8.6 Sweatbands (hair and wrist) are permitted but they must be the same colour as the uniform. One Identification of the Manufacturer will be permitted per item, to a maximum size of 8cm².

The IFAF Logo

8.7 For IFAF competitions the IFAF logo is mandatory on uniforms. This should appear on or just below the collar and above the name on the reverse of the jersey. This should be a minimum of 2cm x 4cm. As an alternative, it may feature in the centre of the jersey above the national team name or on either breast.

Wrist and Forearm Coaching Support Bands

8.8 Athletes, notably the Quarterback, often wear their playbooks on their wrist. These are permitted so long as they do not have sharp edges which pose a risk to the athlete or other athletes. The colour of the band should be one colour, ideally white, black or the colour of the team uniform. They may have a manufacturer logo no larger than 8cm².

Other Sporting Events

8.9 In certain other competitions (e.g. The World Games, The Olympic Games) there may be different regulations in place relating to branding, logo sizes and similar. In these cases their rules take precedent.

Visual Aid - Jersey

Uniform manufacturer logo | size parameters: up to 30cm² | Variable location 

National flag | size parameters: up to 50cm² | Uniform front or sleeve. 

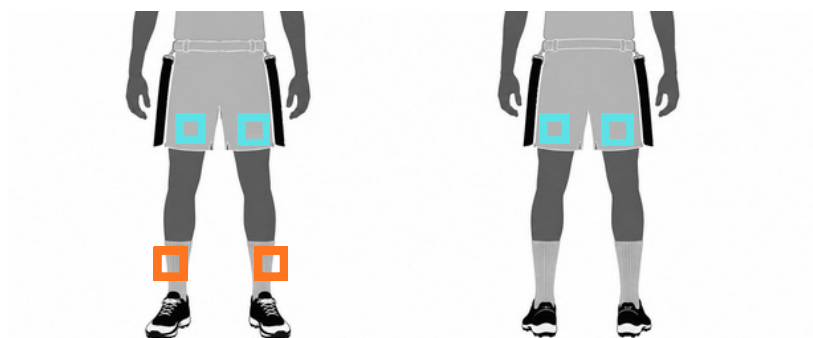
Sponsors logos | size parameters: 20 x 20cm under the number on the reverse of the jersey “
30cm² on the sleeves 



Visual Aid - Shorts and Socks

Uniform manufacturer logo | size parameters: up to 30cm² | Variable location 

Uniform manufacturer logo | size parameters: up to 10cm² | variable location 



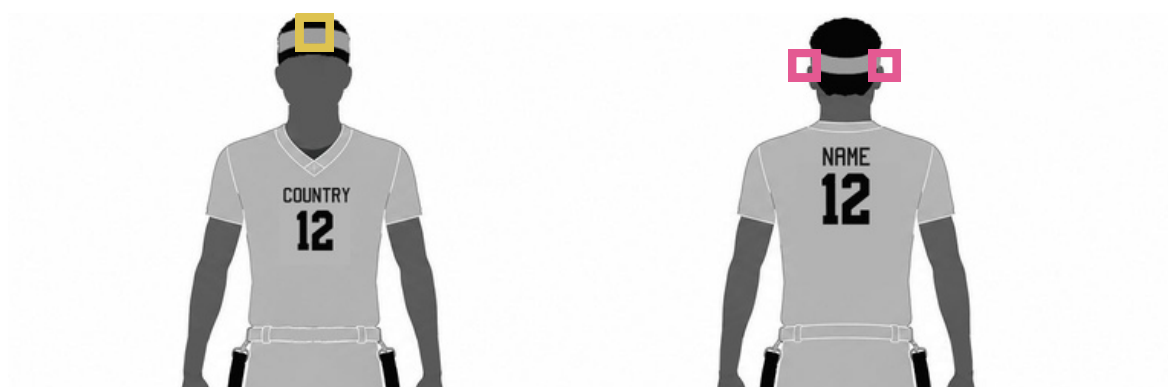
Visual Aid - Headgear

One Identification of the Manufacturer will be permitted per item, to a maximum size of 10cm²



or

Two Identifications of the Manufacturer per accessory item, to a maximum size of 5cm² each, placed above each ear.



FINAL PAGE

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