

**F & M**  
EXPRESSIONS.COM

**FREE  
GUIDE TO  
DECORATING  
TEAM UNIFORMS**





# Table Of Contents

Recommendations based on NFHS standard

We strongly recommend researching the uniform rules for your teams governing body as standards may vary



Uniform examples are from the Augusta Sportswear collection.

2

Baseball

[Decorating / Number Guidelines / Additional Team Product](#)

3

Basketball

[Decorating / Number Guidelines / Men & Women's Uniform](#)

4

Football

[Decorating / Number Guidelines / Additional Information](#)

5

Lacrosse

[Decorating / Number Guidelines / Men & Women's Uniform](#)

6

Soccer

[Decorating / Number Guidelines / Men & Women's Uniform](#)

7

Softball

[Decorating / Number Guidelines / Additional Team Product](#)

8

Fabric & Dye-Migration

[F&M's Solution To Dye-Migration](#)



# Baseball Uniforms

## Decorating the Uniform

**Number Width**  
The border around the number should be at least 1/4" in width.

1/4"



**Pitcher Gear**  
Pitchers may not wear white or gray under garments.

**Contrasting Colors**  
Numbers should be a contrasting color than the uniform.

1



**Number Size**  
The number on the back must be at least 8" in height.

8"

**Head Gear**  
Hats are required to be worn by each team member



**NM Player Name**  
Player's names may appear on the back of the uniform.

## Additional Products



Basic Crewneck Uniform



Two Button Uniform



Baseball Caps

## Alternate Uniform



**Application Tip**  
Cut the transfer before application on split front shirts, open the shirt and apply each side one at a time. Make sure to factor in the overlap of the design when placing the left portion of the design.

## Decorating The Uniform

Men's Uniform

Women's Uniform

**Front Number**  
The number on the front should be at least **4"** in height.



**Number Location**  
The number on the front and back centered vertically and horizontally on visible portion.

**Contrasting Colors**  
Numbers should be a contrasting color than the uniform.



**6"** **Back Number**  
The number on the back should be at least 6" in height.

**Accents**  
Any decorative team accent is permitted only above the number on front of the uniform.



**NM** **Player Name**  
Player's name may appear horizontally on the back of the uniform above the number.

## Tips For Choosing The Correct Player Numbers

**Number Range**  
Players may choose numbers consisting of: **0, 1, 2, 3, 4** or **5**.

**Duplicates**  
If a player chooses the number **0**, there may only be a **0** or a **00**. Both numbers may not be used on the same team.

**Player Identification**  
Using numbers **0 - 5** allows the referee to use his hands when identifying a player during the game.



## Decorating The Uniform

**Front Number**  
The number on the front should be at least 8" in height. **8"**



**Number Location**  
The number should be placed on the front and back of the uniform, centered horizontally.

**Contrasting Colors**  
Numbers should be a contrasting color than the uniform. **1**



**10" Back Number**  
The number on the back should be at least 10" in height.

**Home Color**  
Home Teams uniform must be a dark color.

**99 Number Range**  
All players are required to have a number that ranges from 1 to 99.

## Additional Information

**Sleeve Numbers**  
Numbers may appear on the sleeves at 4" in height.

**Team Name**  
The name of the team may appear on the front of the uniform above the number.

**Player Name**  
The name of the player may appear on the back of the uniform above the number.

# Lacrosse Uniforms

## Decorating The Men's Uniform

**Front Number**  
The number on the front should be at least **8"** in height.

**12"** **Back Number**  
The number on the back should be at least 12" in height.


**Number Range**  
Player's numbers must range from 0 to 99. **1**



## Decorating The Women's Uniform

**6"** **Front Number**  
The number on the front should be at least 6" in height.

**8"** **Back Number**  
The number on the back should be at least 8" in height.

**Goalkeeper**  
Goalkeepers may wear the team's dominant color or black or gray. 



## Home Uniforms

**Uniform Color**  
Uniforms should be single solid color. Collar, cuffs, and waistband may be of contrasting colors no more than 2" in width.



**Side Inserts**  
Side inserts from the armpit to wristband can be of contrasting color, but no more than 3" in width.



**Uniform Color**  
Uniforms should be single solid color. Collar, cuffs, and waistband may be of contrasting colors no more than 1" in width.

# Soccer Uniforms

## Men's Uniform

## Women's Uniform

### Decorating The Front

### Decorating The Back

**Front Number**  
The number on the front should be at least 4" in height.

4"



**Number Location**  
The number on the front can be either on the shirt or the shorts.

**Contrasting Colors**  
Numbers should be a contrasting color than the uniform.

1



**Back Number**  
The number on the back should be at least 6" in height.

6"

**Solid Color**  
Uniform shirt must be one single solid color.



**Player Name**  
The player's name may also appear on the back of the team uniform at 2" or 3" height.

NM

### Home Uniforms





# Softball Uniforms

## Decorating The Uniform

**Number Width**  
The number border should be at least 1/4" in width.

1/4"



**Pitcher Gear**  
Pitchers may not wear any item that would distract the umpire or batter's judgement.

**Contrasting Colors**  
Numbers should be a contrasting color of the uniform.

1



6"

**Number Size**  
The number on the back should be at least 6" in height.

**Head Gear**

Head gear may be worn but it is not required.



**Player Name**

The player's name may appear on the back of the team uniform.

NM

## Alternate Uniform



## Additional Products



Sleeveless Uniform



V-Neck Uniform



Softball Visor

# Preventing Dye-Migration

Prints are usually printed on polyester which leads to a risk of dye-migration

## What Is It?

Dye-migration is when the color of the fabric bleeds onto the imprint.

## Two Causes

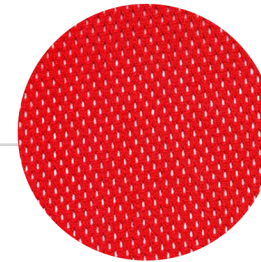
1. Adequate Coverage - there needs to be enough ink
2. Temperature Control - 350 - 360 degrees F is the minimum temperature where bleeding starts



## F&M's Solution

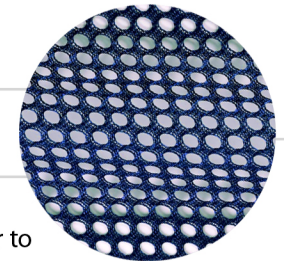
athletic Formula: with our formula, you can apply the transfer at 325 degrees F. This temperature is safely below the dye migration - so that it is not at risk to bleed. This formula is also loaded with enough ink for full coverage.

# Dealing With Mesh



## Tricot (Small Holes)

You can safely apply transfers to Tricot without any special guidance.



## Porthole (Wide Holes)

You can apply transfer to Porthole either by keeping the holes open, or to close off the holes with the transfer.

### Open Holes

Under the mesh garment, place old, cotton shirt. This way the ink will stick to the cotton when pressed which will keep the holes open on the mesh garment.

### Closed Holes

Under the mesh garment, place teflon sheet. The ink will not stick to the teflon and will stay attached to the mesh garment