

NFHS Volleyball Rule 4-2, Legal Uniform, does not prohibit the wearing of an arm sleeve or an arm guard which has padding for the elbows.

Here is an example of the arm guard style.



This is not considered a part of the uniform and is similar to a player wearing a kneepad. In 2016, when the solid colored uniform is required, the sleeve or arm guard should be the same color as the non-solid colored uniform. This will be discussed at this year's NFHS Volleyball Rules Committee meeting regarding color