

# Custom American Football Uniforms Guide: Women's Gear, Templates & Parts, Guide By Adrees Enterprises Custom Cut & Sew

Designing Custom American Football Uniforms How to Use Free Mockup of an American Football Uniform Key Differences Between Men's and Women's Cuts Essential Uniform Parts Checklist Sizing & Ordering Guide for Teams Bulk Ordering Tips for Teams



Custom American football uniforms play a critical role in **team identity, performance, and player safety**—especially in full-contact formats. From professional men’s leagues to the rapidly growing **women’s tackle football scene**, teams today demand uniforms that combine durability, comfort, precise fit, and bold visual branding. This comprehensive guide by **Adrees Enterprises** covers everything teams, coaches, and equipment managers need to know—from **design templates and printing methods to women-specific cuts, essential uniform parts, and accurate sizing**—so you can order game-ready American football kits with confidence.

### Designing Custom American Football Uniforms

High-quality custom football uniforms begin with a structured design process. Most professional manufacturers follow a workflow that includes **color selection, logo placement, numbering rules, fabric selection, and digital proof approval** before production begins.

Modern customization allows teams to design **every inch of the jersey and pants**, including:

- Team colors and gradients
- Sponsor logos
- Player names and numbers
- Sleeve, side-panel, and yoke designs

This full-body customization ensures a consistent and professional team identity across home, away, and alternate uniforms.

### How to Use an American Football Uniform Template

An **American football uniform template** is the foundation of accurate and production-safe customization.

You have to get mockups from the manufacturers in following forms:

- **Vector mockups (AI / PDF formats)**
- **Sizing and placement guides**
- **Bleed and safe-zone markings**

Teams or coaches Also Get Free American Football uniform From [Our Website](#) of Adrees Enterprises which you can typically download in different forms like Corel Draw format, Adobe Illustrator format,

Portable document format (PDF) **blank football jersey and pants template**, then place artwork into separate layers for:

- Front & back body
- Sleeves
- Side panels
- Collar and trim

These templates ensure logos, numbers, and stripes stay aligned and compliant with league regulations. Many suppliers also offer **3D configurators** so teams can preview designs on a realistic player model before final approval.

[Free Pdf Mockup](#)

[Free .CDR Mockup](#)

[Free .AI Mockup](#)

Sublimation vs. Screen Printing for Football Jerseys

Choosing the right printing method is essential for tackle football, where uniforms endure **heavy contact, stretching, and repeated washing**.

## Sublimation Printing

- Ink is fused directly into polyester fibers
- Extremely durable (won't crack, peel, or fade)
- Allows unlimited colors, gradients, and complex patterns
- Lightweight and breathable
- Ideal for professional and women's tackle football

## Screen Printing

- Ink sits on top of fabric
- Best for simple, bold designs
- Heavier feel and reduced breathability
- Can crack over time under high impact

For modern American football uniforms—especially women’s kits—**sublimation is the industry standard** due to durability and design freedom.

### Choosing the Right Fabric: Breathability & Durability

Picking the right fabric is the single most important technical decision when building game-ready American football uniforms. The correct fabric combo balances **breathability, moisture control, abrasion resistance, stretch for mobility, and long-term durability** — and it should match the team’s level of play (youth, amateur, tackle league, or pro).

### What most manufacturers (and pro teams) use:

Modern tackle football kits are overwhelmingly built from **polyester performance fabrics**: moisture-wicking polyester meshes for the body, shiny **dazzle (polyester) panels** on shoulders/yokes for abrasion and style, and **polyester–spandex (elastane) blends** in panels or compression layers where stretch is needed. For heavy-wear areas (pants thighs, seat, shoulder yoke) factories will step up denier or use ripstop constructions to resist tearing.

### Recommended fabric choices (practical guide you can use on product pages or when ordering) 1) Main body — Moisture-wicking polyester mesh (recommended)

- Why: Pulls sweat away, dries fast, and stays light under pads. Best for game-day jerseys where breathability matters.
- Typical composition: **100% polyester** or polyester performance knit.
- GSM range to request: **120–200 gsm** (lower for replica/fan wear; 160–200 gsm for competitive tackle kits).
- Note: Use heavier mesh (higher denier) for colder climates or elite pro kits.

### Shoulder / yoke — Dazzle cloth (accent + abrasion resistance)

- Why: Dazzle gives a glossy pro look and holds up to shoulder-pad abrasion; commonly used as inserts or yoke panels.
- Tradeoff: Dazzle is less breathable than mesh — pair it with perforated or mesh zones in the torso so players don’t overheat.

Typical spec: **Polyester dazzle, 70–150 denier** depending on sheen and strength.

### Stretch / mobility panels — Polyester–Spandex blends (compression & fit areas)

- Why: Adds 2-way or 4-way stretch at the sides, underarms, and collar so the jersey moves with the player and sits well over pads.
- Composition: **80–90% polyester + 5–20% spandex/elastane** (brands vary).

Use this for women’s cuts where closer, athletic fits improve comfort and reduce “bunching.”

## Pants & high-impact zones — Reinforced high-denier fabric or ripstop

- Why: Thighs, hips and seat receive repeated abrasion from pads and turf. Reinforced fabrics or ripstop constructions prevent early wear.

Suggested GSM / denier: **200–360 gsm** for pants material; consider ripstop weave or heavy-duty polyester blends for pro/college kits.

## Women's specific recommendations

- Use slightly lighter-weight mesh in the torso with **strategic spandex panels** at the sides and lower back to keep the jersey close to the body without restricting movement.

Shorter jersey length and refined sleeve/neck patterns minimize fabric bunching over pads—so your fabric choices should favour stretch and recovery (poly/spandex blends) in sizing ranges XS–XL.

## Quick pros & cons — fabric features at a glance

- **Moisture-wicking polyester mesh:** + Breathable, lightweight, durable; – Can feel thin at very low GSM.
- **Dazzle polyester:** + Durable, glossy finish, abrasion-resistant; – Less breathable — use sparingly.
- **Poly/spandex panels:** + Mobility and better fit (esp. women's); – Slightly higher cost and needs careful grading.
- **Ripstop/heavy-denier zones:** + Tear resistance where you need it; – Heavier, so place only in impact zones.

## Practical ordering checklist (so teams order the right kit)

- Ask [suppliers](#) for **GSM and denier specs** of each fabric zone (body, yoke, panels).
- Request **sample swatches** of mesh, dazzle, and poly/spandex panels before signoff.
- For tackle football, prioritize **sublimated 100% polyester** bodies with reinforced pants—this combo gives the best longevity and design freedom.

Strategic fabric zoning improves airflow, reduces overheating, and supports explosive movement—critical for competitive play.

## Women's American Football Uniforms: Fit & Performance

Women's American football is one of the **fastest-growing segments in the sport**, creating strong demand for **women's American football uniforms** engineered specifically for female athletes—not downsized men's cuts.

Dedicated women's sizing improves:

- Mobility
- Comfort over pads
- Visual confidence

On-field focus

#### Key Differences Between Men's and Women's Cuts

Women's American football uniforms are designed to address anatomical differences, including:

- Narrower shoulders
- Shaped bust and waist contours
- Slightly shorter jersey lengths to prevent bunching
- Adjusted pant rise, hips, and thigh measurements

Sleeves, neck openings, and torso grading are refined to reduce chafing and keep the jersey properly seated over shoulder pads during contact.

#### Top Trends in Women's Football Gear

The rise of women's tackle leagues has driven demand for **female American football uniforms** that match men's pro-level performance while maintaining proper fit.

Current trends include:

- Bold sublimated designs
- Alternate colorways for special events
- Compression-style jerseys
- Position-specific cuts
- Unified branding across men's and women's teams

Many women's lines now mirror professional men's styling while using women-specific grading and size ranges (XS-4XL).

## Essential American Football Uniform Parts Checklist

A complete American football uniform consists of multiple components that must integrate smoothly with protective equipment.

### Jersey

- Heavy-duty polyester
- Mesh or solid body options
- Reinforced shoulders

### Pants

- Integrated padded pants or slotted pad pockets
- Compatible with hip, thigh, knee, and tailbone pads

### Socks & Accessories

- Coordinated socks
- Gloves for grip
- Towels and optional visors for glare control

### Protective Gear Requirements (NFL vs. Youth Rules)

Protective gear typically includes:

- Helmet
- Shoulder pads
- Hip, thigh, knee, and tailbone pads

Youth and high-school leagues often have **stricter rules** regarding:

- Number size and placement
- Logo visibility
- Mandatory padding

Uniform designs must allow adequate space for compliant numbering and markings. Professional manufacturers usually provide **league-specific decoration guidelines** to ensure compliance.

### Sizing & Ordering Guide for Teams

Accurate sizing is critical for performance and safety. Most suppliers provide separate American football

uniform size charts for youth, women, and men.

### How to Measure for the Perfect Fit

- **Chest:** Measure around the fullest part, tape snug and level
- **Waist:** Measure where the pant waistband will sit
- **Hips/Seat:** Measure the fullest part to accommodate pads
- **Inseam:** Measure from inner leg to desired pant length

Measuring over light clothing (not bulky layers) ensures accuracy.

### Bulk Ordering Tips for Teams

- Start with a **sample or small initial order** to confirm fit
- Lock in design files and color codes for future reorders
- Standardize styles across rosters
- Take advantage of **tiered pricing** on bulk orders

Many manufacturers offer [free design support](#) and waived setup fees for team orders, helping clubs control costs without sacrificing quality.

Looking for a reliable custom American football uniform manufacturer



Adrees Enterprises

\*\*\*\*\*@gmail.com

03297750677

Daska Road Sialkot

<http://adreesenterprises.com>

Source : Adrees Enterprises

[See on IssueWire](#)