

# NFHS Basketball Apparel Guide

For all instances when a player's apparel does not conform to the restrictions/requirements outlined in the rules and guide, the player shall not be allowed to participate until the violation is corrected. If an apparel violation is noticed as the player is being subbed into the game, they will not be allowed to enter until the violation is corrected. If an apparel violation is noticed with a player already in the game, they will be directed to correct the violation. If it cannot be corrected in a reasonable amount of time, the player will be removed from the court (substituted for) and will not be allowed to re-enter until the violation is corrected.

## General Uniform

- Rolled waistbands are **legal** as long as there are no exposed drawstrings and comply with the restrictions on logos



All of these rolled waistbands would be **illegal** because they either have exposed drawstrings and/or do not comply with restrictions on logos.  
*Make certain that drawstrings are not exposed to prevent significant injury*



*Make certain that drawstrings are not exposed to prevent significant injury*

## Numbers on Shorts

Individual player numbers are permitted on shorts



*Numbers on uniform shorts are okay*

# Undergarments

## Undershirts

- Undershirts must be a single, solid color similar to the color of the torso of the uniform shirt.
- While not all members of the team must wear undershirts, undershirts worn by different members of the same team shall be similar in color with one another.
- Exposed sleeves shall not be frayed or slit (ends must be hemmed), and the sleeve lengths for each individual player shall be the same length.
- Sleeve lengths are not required to have the same sleeve lengths between them (*i.e., some players may have short sleeves while other players may have longer sleeves*).



All of these players' undershirts are **LEGAL**

## Undershorts

- Visible compression shorts or tights must match the color of any/all accessories (or meet accessory color requirements, if no accessories are worn) for both the individual Player and for all teammates.



*Compression shorts are okay because are solid white.*

## Accessories

- Accessories such as sleeves (including neoprene compression garments for arms, legs, knees and elbows), headbands and wristbands must be a single, solid color of white, black, beige or other predominant color of the uniform shirt.
- Any/all accessories worn by individual players must be the same color, and any accessory worn must be the same color for all teammates



*These accessories would be **illegal** because they are not an acceptable single, solid color.*



*All of these players are wearing **legal** accessories. They are a single, solid color and match any other accessory or visible undershorts or tights.*



*These accessories (headbands) do not match the tights and would, therefore, be **illegal**.*

### Detached Sleeves

- Sleeves, including padded compression-style, are NOT to be considered medical braces. They must comply with the color restrictions for all other accessories.



*While these padded sleeve are perfectly **legal** to wear, they are not braces and would still be governed by color and logo restrictions. In this case, they would be okay because they each have one logo and are solid black. They would also be required to match any other accessory or visible undershorts or tights*

### Headbands

- A non-abrasive material (*e.g. cloth, elastic or pre-wrap*) may be used as a band around the head.
- Headbands may include a knot, but may not have exposed extensions beyond the knot. Any extension (also called “tail”) beyond the knot may be tucked into the headband so that it is no longer loose. Color restrictions for accessories still applies to headbands.



*This is considered a headband and not a hair restraining device because it encompasses the entire head. It is **legal** but must still comply with all color restrictions/requirements*



*This headband is **illegal** as it appears. While the knot is okay, the tails are not. **Not more than 3” wide**  
Those extensions may be tucked into the band in order to comply with the rule*

### Wristbands

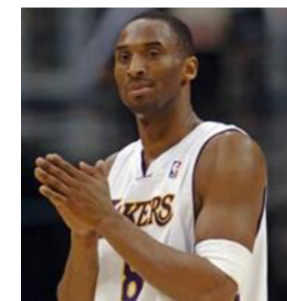
- Moisture-absorbing wristbands no more than 4 inches wide may be worn only below the elbow and are limited to one per arm.



*This wristband is **legal** and worn in a proper position.  
This must still comply with all color restrictions/requirements*



*This player’s wristbands are **illegal** because they are not designed to absorb moisture and do not match in color*



*While this wristband appears to be legal in Size (less than 4”) and in color, but is illegal because it is positioned above the elbow.*

## Hair Control Devices

- Hard and/or sharp items are not permitted.
- There are no color restrictions/requirements. This only applies to items that are solely and specifically designed to restrict hair (not headbands)



*These hair control devices are **legal**. They are flexible and/or soft and are not subject to color restrictions/requirements.*



*These hair control devices are **illegal** because they have components that are hard or sharp.*



*This bow used as a hair control device is **legal** because it is not considered a headband*

## Socks and Shoes

- Socks and shoes are exempt from any color or logo restrictions and individual players are not required to match their teammates



## Jewelry

- Jewelry is not allowed. Taping over jewelry does not satisfy this restriction. Jewelry is prohibited EVEN IF TAPED.
- If an athlete is wearing a religious medal, it must be taped to the body and under the uniform. If an athlete is wearing a medical-alert, it must be taped to the body and visible. Both of these are not considered jewelry



*Jewelry worn by players is dangerous and can cause severe injuries to the player, teammates and opponents.*

**Team and Manufacturer Logos** A single logo from the school or apparel manufacturer is permitted on any article of apparel as long as it is limited to 2-1/4 inches square. There are no numbers allowed on a player's apparel except for the player number located on the uniform shirt or shorts



## Protective Equipment Braces

• Manufactured knee and ankle braces are not subject to color and logo restrictions. Braces can be made of a variety of materials and include one or more devices or inserts to support the joint. It may include hinges, straps or an opening over the knee cap. NOTE: Padded compression sleeves are not considered braces and are subject to color and logo restrictions.



*All of these are considered braces and are not subject to color restrictions/requirements*