



# THE REBOUNDERS REPORT



The Ohio High School Athletic Association

Uniform Rules Made Simple

Updated August 15, 2016

Without question, 'uniform rules' have become complicated. Here are a few important points about the "uniform rules":

1. All Uniform Rules are part of the NFHS Playing Rules (NFHS Basketball Rule 3)
2. The OHSAA's Constitution requires all sports to follow all NFHS Rules
3. The OHSAA is not permitted (per it's Constitution) to WAIVE any of the NFHS Rules
4. For 'some' rules, the NFHS permits "State Adoptions" in which states MAY choose to make adaptations. No part of the Uniform Rules (NFHS Basketball Rule 3) is a "State Adoption", therefore all states abide by the same articles of this rule.

**T-Shirts** (Defined as "Undershirts" in the NFHS Rule Book): **Article 6 of Rule 3 Section 5** (page 27 in 2016-17 NFHS Basketball Rule Book)  
*"Undershirts shall be a single solid color similar to the torso of the jersey and shall be hemmed and not have frayed or ragged edges. IF the undershirt has sleeves, they shall be the same length\*. A visible manufacturer's logo/trademark/reference is not permitted on the undershirt"*

**Comments:**

1. The reference to sleeves being the same length means that both sleeves on a single player must be the same length. It does not require all players to have the same length of sleeve (Player A may have short sleeves and Player B may have long sleeves).
2. The undershirt must be the same color as the color of the team jersey.
3. Since the above (#2) is true, all players obviously must have the same color undershirt.

**Wristbands and Headbands:** **Article 4 of Rule 3 Section 5** (page 26 in 2016-17 NFHS Basketball Rule Book)

*"Headbands and wristbands shall be white, black, beige or the predominant color of the jersey and shall be the same color for each item and all participants. They must also be the same color as any sleeve/tights/compressions shorts that are worn" (see below):*

**Comments:**

1. Any headband or wristband MUST be white, black, beige or the color of the jersey.
2. They must be the same color for all players that wear them. If 3 players wear headbands and 2 players wear wristbands, they must all be the same legal color identified in #1
3. IF wristbands are worn, there can only be 1 wristband on each wrist and it must be worn with no markings, no more than 4 inches wide and worn below the elbow. (Article 4 c of Rule 3-5)
4. IF headbands are worn, it cannot have 'extensions' (ties in the back that hang down), must be worn on the crown of the head, must be a single solid color as described in #1, and cannot be wider than 4 inches. (Article 4 b of Rule 3-5).

**Arm Sleeves, Knee Sleeves, Lower Leg Sleeves/Compression Shorts and Tights:** **Article 3 of Rule 3 Section 5** (page 26 in 2016-17 NFHS Basketball Rule Book)

Arm sleeves, knee sleeves, lower leg sleeves and tights are permissible. The following are explanations of these equipment items:

1. ANYTHING that is worn on the arm and /or leg is a "Sleeve" by definition except a Knee brace.
2. Any sleeve must meet the same color restrictions meaning:
  - a. They must be white, black, beige or the color of the jersey
  - b. They must be the same color for all players that wear them. If 3 players wear sleeves (whether arm or leg), they must all be the same legal color identified in #1 and they must all be the same for all 3 players.
  - c. They must be the same color as any headband or wristband that is being worn by any player(s).
  - d. This requires players to all wear the same legal color of wristband, headband and sleeve.

**Guards, Casts, & Braces:** **Article 2 of Rule 3 Section 5** (page 25 of 2015-16 NFHS Basketball Rule Book)

Anything that is hard or unyielding such as (but not limited to) leather, plaster, plastic or metal **is not permitted to be worn on the elbow, hand, finger/thumb, wrist or forearm, EVEN if it is covered with padding.**

**Special Events:** The OHSAA will permit a ONE time approval for an alternate uniform or uniform 'waiver' for a "Special Event". To receive this waiver, the submission of the Special Event Request Form is required. This can be found at:

<http://www.ohsaa.org/sports/bk/Special%20Event%20Request.pdf>

**All Jewelry Is Prohibited**  
**Rule 4-1-6 Article 1**