

# Important Notice regarding ASAA and Edmonton Metro League Uniform and Equipment Requirements

High school athletic directors and coaches, and Athletes are expected to conform to the following uniform and equipment requirements set forth by ASAA and Edmonton Metro.

**Referees must respect and enforce these rules consistently.**

**Referees are not at liberty to interpret these rules at their discretion. These are set guidelines. ALL OFFICIALS are expected to enforce them, without exception.**

Consistent enforcement promotes fair play and enforces the integrity of the game.

**Modification to the Undergarment Rule for Metro, effective immediately – This December 22, 2023 adjustment has been made to align with FIBA regulations and to provide a bit more flexibility while maintaining a cohesive and professional appearance on the court. It is important to note that teams are still required to ensure uniformity by wearing a single color for their undergarments and accessories.**

## Footwear and Undergarments

- FIBA removed the requirement that shoes must match.
- FIBA uniform rules allow for compression undergarments (leggings or shirts).  
**Undergarments, including short-sleeve t-shirts, are recommended to be compression material. To be clear: T-shirts are allowed, loose fitting is allowed**  
~~All undergarments, including short-sleeve t-shirts, must be compression material and cannot be loose fitting.~~

## Uniform Color Requirements

- All undergarments, headbands, etc., must conform to color requirements. Each member of the team must maintain the same color. Teams can choose any color of their liking.

## Jewelry

- Please ensure the **removal of ALL JEWELRY** before the game. Instances of players and coaches being combative occurred, and your assistance in enforcing this rule is vital to maintaining a safe playing environment.

## Rebounding

- The shot clock will always be reset to 24 seconds on an offensive rebound, consistent with the previous season. There will be no change to a 14-second reset.

## Charging Semi-Circles

- No-charge semi-circles will not be enforced during the games.

## Religious Headpieces

- Religious headpieces are permitted. They are not required to match the uniform color.