



CBOC Uniform + Undergarment Guidelines

Updated October 12, 2021

CBOC Uniform + Undergarment Guidelines



2020 FIBA Official Basketball Rules, effective October 1, 2020, in Articles 4.3 Uniforms and 4.4 Other Equipment define what the player uniform and accessories such as undergarments, and protective equipment, may or may not consist of.

CBOC recognizes the need to allow minor changes for certain levels of play. However, CBOC prescribes that the FIBA Rules are to be followed at the CCAA, U Sports and similar levels of basketball.

Canadian modifications/exceptions to the rules on “Uniforms” (Article 4.3) and “Other Equipment” (Article 4.4) are made to better reflect the realities at selected levels of play and to allow certain uniform accessories without jeopardizing the image of the game.

FIBA rules state:

“All players on the team must have all their arm and leg compression sleeves, headgear, wristbands, headbands and tapings of the same solid colour.”

This means that all undergarments, and other accessories worn by any player of a team must be the same one solid colour. Undergarments and accessories may be any colour, but must be the same for all players and the same solid colour for all players.

The following rules on ‘undergarments’ and ‘accessories’ are Canadian modifications/exceptions at certain levels of play.



**FOR LEVELS OF PLAY
UP TO AND INCLUDING SENIOR
HIGH SCHOOL**

CBOC Uniform + Undergarment Guidelines



FOR LEVELS OF PLAY UP TO AND INCLUDING SENIOR HIGH SCHOOL

Player's Uniform (Art. 4.3)

The uniform of all team members shall consist of:

- **Shirts (1) and shorts (2)** of the same dominant Colour.
 - If shirts have sleeves, they must end above the elbow.
 - The shorts must end above the knee.
- **Socks (3)** of the same dominant colour for all team members. Socks need to be visible.
 - Please note that this is the 'gold standard' and is encouraged in Canada; however, THIS WILL NOT BE **REQUIRED** FOR PLAY IN CANADA IF TEAMS CANNOT MEET THIS GUIDELINE (i.e. **A1, A2, & A3 may wear white socks, and A4 & A5 may wear black socks.**)
- **Shoes (4)** of any colour combination, but the left and right shoe must match. No flashing lights, reflective material or other adornments are permitted.
 - Any footwear that does not match shall not be permitted during competition within Canada.
- **T-shirts (5)** worn under the game jersey are allowed at levels of play up to and including senior high school if they are the same, one solid colour as all other accessories of the team. The sleeves must end above the elbow, be hemmed and not frayed.



CBOC Uniform + Undergarment Guidelines

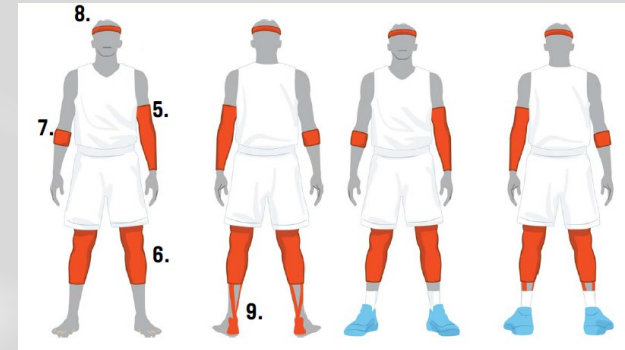


FOR LEVELS OF PLAY UP TO AND INCLUDING SENIOR HIGH SCHOOL

Player's Uniform – Accessories (Art. 4.4)

The following accessories are permitted:

- **Arm (5) and leg (6) compression sleeves**
- **Wrist- (7) and headbands (8)**
 - maximum of 10 cm wide textile material
- **Tapings of arms, shoulders, legs, etc. (9)**
- **Compression undershirts with short sleeves, sleeveless, or long sleeves (10)**
- **Compression underwear (any length) and full-length compression leggings**
- **Headgear**
 - It shall not cover any part of the face entirely or partially (eyes, nose, lips etc.) and shall not be dangerous to the player wearing it and/or to other players. The headgear shall not have opening/closing elements around the face and/or neck and shall not have any parts extruding from its surface.



Statement: Wearing of scarf-style headbands is not permitted.



Diagram 1 Examples of scarf-style headbands

Please Note:

- **Loose-fitting long sleeve shirts are not permitted at any time.**
- “Compression” garments ARE NEVER LOOSE-FITTING (i.e. If it's loose, it is not compression and must be removed.)

All players on the team must have all their T-shirts, arm and leg compression sleeves, compression undershirts/underwear, headgear, wrist and headbands the same solid colour. Tapings should match but flexibility will be allowed on a regional basis but not for age group national championships.

CBOC Uniform + Undergarment Guidelines



FOR LEVELS OF PLAY UP TO AND INCLUDING SENIOR HIGH SCHOOL

Player's Uniform – Accessories (Art. 4.4), cont'd

The following equipment are permitted **in any colour**:

- **Shoulder** (9), upper arm, thigh or lower leg protective equipment if the material is sufficiently padded.
- **Knee braces** (10) if they are properly covered.
- **Ankle braces** (11).
- Protector for an injured nose, even if made of a hard material.
- Spectacles, if they do not pose a danger to other players.
- **Mouth guards** (12).





IMPORTANT NOTES & FREQUENTLY ASKED QUESTIONS

CBOC Uniform + Undergarment Guidelines



IMPORTANT NOTES

#1 –Canada Basketball **and CBOC** have **endeavored** to set a standard, consistent message across the country as it relates to ‘undergarments’. These policies are produced due to the inconsistent application of the definition of “uniform” across Canada.

#2 - These Canadian modifications extend beyond the FIBA rules on uniforms.

#3 – ‘Arm and leg compression sleeves’ are not considered “undershirts” or “underwear” – they are devices simply pulled onto the arm or leg.

“**Compression Underwear**” are form-fitting garments, often made from a spandex-type material, and when worn, cover the athlete's waist to mid or lower thigh. Such as:



#4 – Basically, the accessories to consider are:

1. **T-Shirts** (only for levels up to & including high school)
2. **Arm and Leg Compression Sleeves** (all levels)
3. **Sleeveless Compression Undershirts** (all levels)
4. **Compression Underwear** (all levels)
5. **Wrist and Headbands** (all levels)
6. **Headgear** (all levels)
7. **Taping** (all levels)

For all the above accessories:

- All players on the team must have all their arm and leg compression sleeves, compression undershirts/underwear, headgear, wrist- and headbands and tapings of the **same solid colour**. **Flexibility on taping colour may be granted where medical / training personal indicate the taping is medically necessary. At all playoff and national championships games the rule on matching tape colour shall be enforced.**

CBOC Uniform + Undergarment Guidelines



FREQUENTLY ASKED QUESTIONS

1. Are leggings or compression underwear permitted by rule?

“Leggings” and compression underwear that pulls up to the waist and has both legs inserted into the garment, and which covers the knees ARE PERMITTED.

Therefore, a player can legally wear accessories that feature “knee pads” and/or full-length compression leggings...and are the **same solid colour as all team members accessories**. See below for examples:

PERMITTED



PERMITTED



IMPORTANT: ANY ACCESSORIES ON THE TEAM MUST BE OF THE SAME ONE SOLID COLOUR.

Example: TEAM A players can wear RED headbands, RED arm compression sleeves, RED compression undershirts, RED leg compression sleeves, and RED compression underwear. No other colour would be permitted.

CBOC Uniform + Undergarment Guidelines



FREQUENTLY ASKED QUESTIONS

2. I have a player recovering from a torn ACL knee injury. She wears compression leggings starting from her waist and extending under her knee brace to avoid chafing. What exactly is she allowed to wear under her knee brace for this?

Knee braces are allowed under rule (Art. 4.4.2), if they are properly covered. Also permitted would be a single leg compression sleeve which can be worn underneath the knee brace to prevent chafing. See below image as an example. If visible, the leg compression sleeve shall be same solid colour as all team members accessories.



CBOC Uniform + Undergarment Guidelines



FREQUENTLY ASKED QUESTIONS

3. I have a player who suffers severe eczema on his arms. The rash and skin condition are very clearly evident. He wears long sleeve shirts to keep the irritation down. Exposure to air makes it extremely painful and uncomfortable to him. I spoke with him about it today and he is very uncomfortable with it but probably can live with it. Is there any alternative to long sleeve shirts?

For levels up to senior high school: long sleeve compression shirts are permitted as long as they are the same solid colour as all team members accessories.

For levels above senior high school: we are advising players/coaches to acquire written permission from their conference to allow for such 'medically-necessary' equipment on a case-by-case basis.

4. With respect to 'hair accessories or jewelry', how shall we approach ponytail holders, elastics, and the athletic mesh wrap players wear, all intended to keep their hair either in a ponytail, or back from falling into their eyes? Must these hair "holders" also follow the team accessory uniform color?

These types of 'objects' (elastics, hair ties, ponytail holders) are not considered "hair accessories & jewelry" (Art. 4.4.2) and would be allowed by rule to be worn by a player. Examples of 'hair accessories and jewelry' (not allowed) include: hair bows, snap/hair clips, barrettes, plastic headbands, hair claws, bandanas, (many of which are plastic or hard and could result in injury).

A mere elastic or holder that would not cause injury to other players, nor designed to increase a player's height or reach, or in any other way give an unfair advantage **WOULD BE PERMITTED. This equipment is simply designed to hold back a player's hair.**

By rule, there is no provision for this equipment to be any specific colour.

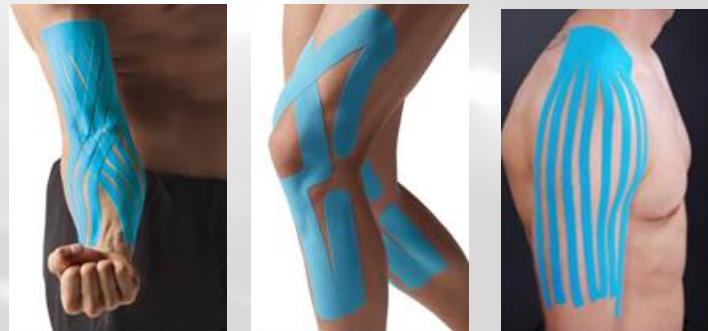
CBOC Uniform + Undergarment Guidelines



FREQUENTLY ASKED QUESTIONS

5. The rule stipulates that “**Taping** of arms, shoulders, legs etc.” is permitted as long as it is the same solid colour as all team members accessories. Can you provide direction on the use of tape?

Relative to the "Other Equipment" rule around 'taping', our interpretation of 'taping' shall refer to Kinesiology Tape (or similar) which is applied in the manner shown below:



What is Kinesiology tape? Kinesiology tape has been very popular with professional and Olympic athletes. It is designed to help increase the natural blood flow around your muscles. This tape features a revolutionary wave pattern adhesive that moves with your skin and muscles as you heal. The adhesive design lifts the skin to help maintain flexibility, improve circulation and relieve pain. It is designed to aid in the treatment of ligament injuries, muscle conditioning, fascia repositioning, and even carpal tunnel syndrome. To use it, apply the tape to the skin in patterns that mimic your muscles.

Other 'tape' – such as white tape or adhesive tensor bandage type tape or pro wrap – often used on a player's hands, fingers, or around their knees SHALL BE PERMITTED. It does not fall under the shoulder/arm/leg or other type of 'kinesiology tape' that we see on some athletes and covered under the guidelines of the rules. We are asking for discretion from officials on the use of tape, as indicated here.

CBOC Uniform + Undergarment Guidelines



FREQUENTLY ASKED QUESTIONS

6. May a player wear a 'Medic Alert' bracelet?

By rule, players shall not wear equipment (objects) that may cause injury to other players, such as finger, hand, wrist, elbow or forearm guards, casts or braces made of leather, plastic, pliable (soft) plastic, metal or any other hard substance, even if covered with soft padding. Wearing equipment made of hard material on the upper arm is permissible as long as it is sufficiently padded (Article 4.4.2).

As far as Medic Alert bracelets are concerned, there are alternatives (sport bracelets or sport bands made of soft material such as elastic nylon or silicone).

Metal, chain type Medic Alert braces may never be worn in a game.

People should be aware of potential liability if injury or damage results from equipment not permitted by rule.

7. Can Team A players wear white accessories (compression sleeves, undergarments, headbands, etc.) and Team B players wear black accessories?

Yes. There is no stipulation that both teams need to wear the same colour accessories - only that ANY ACCESSORIES ON THE TEAM MUST BE OF THE SAME ONE SOLID COLOUR.

8. Can a player wear 'jewelry' (necklaces, rings, bracelets, earrings, leather bands, elastic bands, etc.) if they use tape to cover these items?

No. Using tape to cover jewelry is not permitted and shall not be allowed.

CBOC Uniform + Undergarment Guidelines



FREQUENTLY ASKED QUESTIONS

9. How shall game officials determine what type of 'religious' accessories/equipment are permitted for play in Canada?

Basketball must be attractive and enjoyable for players, officials, coaches, as well as spectators, fans, administrators etc. The rules must help make the game be attractive and enjoyable so people, regardless of age, race, religion, culture, ethnicity, gender, sexual orientation, disability etc. want to take part and enjoy their involvement with basketball.

When religious articles are worn by players, the game officials have instructions to follow. If it is easily recognizable as a religious article of a well-known faith or religious order, the game officials should allow the player to wear the religious article provided it is safe to the wearer and all other participants. However, the game officials probably will not know all the rules pertaining to every faith or religion. Therefore, it is the responsibility of the player to request from their league a variance well enough in advance of the game to allow the league to present the request to the Canadian Basketball Officials Commission (CBOC) and/or the Provincial Basketball Officials Commission (PBOC). The CBOC or PBOC can then see that the officials working that league's games are properly informed. If the game officials are in doubt about the article in question and it doesn't pose any danger to the player and/or participants, then the game officials shall permit the player to participate, making note of the situation on the back of the score sheet to allow league officials to follow up.

At all times we must keep in mind the game officials remain bound by the rules of the game concerning the safety of the participants if the religious article is worn by the player even though a request was properly made. The game officials may not allow a player to "wear anything which is dangerous to themselves or another player." The officials at each game are the judge of the safety of the equipment/apparel worn by each player while competing in that game.

Game officials must stand firm in protecting the safety of all players, even if is to protect the player from themselves when they attempt to wear jewelry, unsafe equipment or apparel.