

Questions and answers about player equipment and uniforms:

Q. Do arm or leg compression sleeves that have built in pads require a medical note?

A. Yes. A simple elbow or knee pad does not require a note, but sleeves that have a pad built in do require a note. Remember, sleeves all need to be the same color for all players for both arm and leg sleeves. Allowable colors are black, white, beige or a school color.

Q. Are Breast Cancer Awareness pink uniforms permissible?

A. No. Light pink does not fall under the guidelines for either dark or white jersey requirements. Dark pink uniforms would be legal per NFHS rules. Pink headbands or wristbands are permissible, per OSAA adopted rule exception. If pink head or wristbands are worn all players must wear the same color. For more information go the Central Hub and click on basketball. Find “charitable causes/contest guidelines” in the left hand column.

Q. Can a player wear a long sleeved undershirt?

A. Yes. The shirt must be the same color as the jersey and sleeves must be the same length with no frayed edges. Manufacturer logos are not permitted on the undershirt.

Q. May a player wear a cast on the wrist as long as it is well padded?

A. No. A guard, cast or brace made of a hard and unyielding substance such as, but not limited to plaster, leather, plastic or metal shall not be worn on the elbow, hand, finger/thumb, wrist or forearm, even though covered with soft padding. In other words, it doesn’t matter how much padding it has, it isn’t legal.

Q. May a player wear concussion headgear?

A. Yes, but it must be accompanied by a note from the OSAA. There are no color restrictions.

Q. Are medical devices such as insulin pumps, heart monitors, hearing aids and cochlear implants permissible?

A. The NFHS and the OSAA have concluded that medical devices are legal. Before the player is eligible to play the school shall have written approval from the OSAA. The letter should be kept in the score book. Devices should be securely attached to the player’s body. No medical appliance should pose a risk of injury to the player or to others. The officials should be notified of the device prior to the contest.

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