



## MEMORANDUM

**TO:** All Canadian Basketball Stakeholders  
**FROM:** Cam Moskal, *CABO National Interpreter*  
**DATE:** August 29, 2018  
**SUBJECT:** 2018-19 FIBA Rule Interpretations  
Re: FIBA Rules Article 4.4 – Other Equipment – Canadian Modifications/Exceptions

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**Revised – October 1, 2018**

As a result of the new FIBA Official Basketball Rules changes, effective October 1, 2018, the Canadian modifications/exceptions to the rules on “Other Equipment” and “Accessories” (Art. 4.4) have been revised to better reflect the new rules changes and to minimize the limitations for the uniforms' accessories without jeopardizing the designated image of the game.

### **FIBA's new rule states:**

Any accessories\* on the team must be of the same, one solid colour\*\*.

- \* = Arm, leg compression sleeves, headgear, wrist/arm bands.
- \*\* = All accessories\* of the team with same one solid colour.

The following rules on ‘undergarments’ and ‘accessories’ are Canadian modifications/exceptions and are designed to bring what is permitted or not permitted closer to the actual FIBA rule (Art. 4.4) – note that ‘yellow’ highlights reflect changes from previous rule:



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

The FIBA rules do not allow a player to wear a T-shirt under the game jersey. However, in Canada, since that in certain instances, the players' uniforms do not always fit properly, **wearing a T-shirt is allowed at levels of play up to and including senior high school** if it is **the same, one solid colour as all other accessories of the team**. The sleeves must end above the elbow, be hemmed and not frayed.

Concerning compression sleeves, here is what the rule says:

4.4.2 - The following are permitted:

- **Arm and leg compression sleeves.**

However, in Canada, we will also allow:

- **Compression undershirts** with short sleeves or sleeveless only.
- **Compression underwear** with short legs only which end above the knee.

**Rule 4.4.2 continues to include the following equipment (objects) that ARE permitted:**

- **Wrist- and headbands**, maximum of 10 cm wide textile material.
- **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.
- Taping of arms, shoulders, legs etc.

**All players on the team must have all their T-shirts, arm and leg compression sleeves, compression undershirts/underwear, headgear, wrist- and headbands and tapings of the same solid colour.**

### **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.)
- **Uniform - Socks:**
  - Rule 4.3.1 states:  
“The uniform of all team members shall consist of: Socks of the same dominant colour for all team members. Socks need to be visible.” – THIS WILL NOT BE RECOGNIZED FOR PLAY IN CANADA. (i.e. A1, A2, & A3 may wear white socks, and A4 & A5 may wear black socks.)



## FOR LEVELS OF PLAY HIGHER THAN SENIOR HIGH SCHOOL

Wearing a T-shirt (or “loose-fitting” shirt of any kind) under the game jersey is not allowed at levels higher than senior high school.

Concerning compression sleeves, here is what the rule says:

4.4.2 - The following are permitted:

- **Arm and leg compression sleeves.**

However, in Canada, we will also allow:

- **Compression undershirts** with short sleeves or sleeveless only.
- **Compression underwear** with short legs only which end above the knee.

**Rule 4.4.2 continues to include the following equipment (objects) that ARE permitted:**

- **Wrist- and headbands**, maximum of 10 cm wide textile material.
- **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.
- Taping of arms, shoulders, legs etc.

**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.**

### **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.)
- **Uniform - Socks:**
  - Rule 4.3.1 states:  
“The uniform of all team members shall consist of: Socks of the same dominant colour for all team members. Socks need to be visible.” – THIS WILL NOT BE RECOGNIZED FOR PLAY IN CANADA. (i.e. A1, A2, & A3 may wear white socks, and A4 & A5 may wear black socks.)



## IMPORTANT NOTES:

**#1** –Canada Basketball, CBOC, and CABO have endeavoured 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** - The rule in the FIBA Rule Book only permits ‘arm and leg compression sleeves’...no other visible undergarments of any kind. These Canadian modifications extend beyond the FIBA rule 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. **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.**



## FREQUENTLY ASKED QUESTIONS

1. Are leggings or compression underwear permitted by rule?

**“Leggings”, or compression underwear that pulls up to the waist and has both legs inserted into the garment, and which covers the knees ARE NOT PERMITTED. However, “leg compression sleeves” are still permitted.**

Therefore, a player can legally wear accessories that feature “knee pads” if they are technically leg compression sleeves...and are the **same solid colour as all team members accessories**. See below for examples:

### PERMITTED



### NOT 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.

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?

**As we know, 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. A separate sleeve that conforms to the rule may be worn on each leg as long as it is not held up at the waist and is a separate piece.**



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?

**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?

**Our response would be that those 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' are: hair bows, snap/hair clips, barrettes, plastic headbands, hair claws (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.**

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:**



Taping– black / white /  
dominant uniform color (\*)



**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.**

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

**We know, by rule, that 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.**