



To: Athletic Director and Basketball Head Coach

From: Kurt Gibson and Beth Sauser, IHSA Basketball Administrators

Re: 2022-23 NFHS Compliant Basketball Uniforms and other FAQ's

Date: 9/13/22

Good Morning,

We hope your fall is off to a great start! We know that many of you are ordering basketball uniforms for the upcoming season. To ensure that your uniforms meet the NFHS Basketball Rules, please refer to the following information posted on the IHSA Boys and Girls Basketball webpages.

a. NFHS Basketball Uniform Information

https://www.nfhs.org/media/1020279/basketball-uniforms_22-23.pdf

b. NFHS Basketball Uniform PowerPoint

[NFHS Basketball Uniform PowerPoint](#)

Common Uniform Questions received:

1. Q. Can a uniform jersey have a sublimated design?
A. No. The torso of the jersey must be a single solid color with no designs in the fabric.
2. Q. Are gray jerseys legal?
A. Yes, it must be for the away jersey and must be closer to black at least by 70%.
3. Q. Can the numbers be the same color of the torso when outlined?
A. No. Effective in 2024-25, the number design that allows for the number to be the same color as the jersey when bordered with no more than two ¼-inch solid border(s) contrasting with the team jersey color will be eliminated.

Note: Essentially the numbers shall be of contrasting color to the jersey and clearly visible.

Frequently Asked General Questions

A. Non-school Team Participation? – Bylaw 3.106

Students must cease non -school practice and competition in that sport no later than (7) days after the date on which the school term engages in its first practice or tryout in that sport.

B. Competing or practicing with or against college teams? – Bylaw 3.105

Students or teams at member schools shall not be permitted to participate on, practice

with or compete against any college, junior college, or university athletic team. This restriction shall apply in all situations, regardless of the competitive structure

C. Non-school team tryouts during High School Season? – Bylaw 3.102

Students may participate in a tryout for a non-school team while a member of the high school team in the same sport, provided that the tryout is exclusively a demonstration of skills with no practice or instruction involved.

D. Can junior high students or alumni practice with or against the team during the season?
– Bylaw 3.132

No. Only bona fide students of a school may participate in practice session for any interscholastic team sponsored by that member school.