

Basketball Hairstyles Game Day Card

13 game-proof styles by hair type, with time and difficulty. Check the ones you have mastered.

STYLES CHART

#	Style	Hair type	Time	Difficulty	Done
1	Slick back high ponytail	Long / medium	5 min	● ● ● Easy	☐
2	Braided ponytail	Long / medium	10 min	● ● ● Medium	☐
3	Two Dutch braids	Long / medium	15 min	● ● ● Harder	☐
4	High crown bun	Long / medium	4 min	● ● ● Easy	☐
5	Pineapple puff	Curly / coily	3 min	● ● ● Easy	☐
6	Two puffs	Curly / coily	6 min	● ● ● Easy	☐
7	Chunky cornrows into a puff	Curly / coily	30 to 45 min	● ● ● Harder	☐
8	Braids or twists in a high bun	Curly / coily	5 min	● ● ● Easy	☐
9	Mini half-up	Short / bangs	3 min	● ● ● Easy	☐
10	Twisted-back front sections	Short / bangs	4 min	● ● ● Easy	☐
11	Braided-back bangs	Short / bangs	5 min	● ● ● Medium	☐
12	Bubble ponytail	No braids / fun	6 min	● ● ● Easy	☐
13	Bubble braids	No braids / fun	10 min	● ● ● Easy	☐

Row color = hair type. Dots = difficulty. Practice any "Harder" style twice before you wear it in a game.

PRE-GAME HAIR KIT

- ☐ 10 to 12 elastics
- ☐ 2 cloth scrunchies or wide soft bands
- ☐ One legal headband (white, black, beige or team color)
- ☐ Small gel or edge control
- ☐ Travel hairspray
- ☐ Leave-in conditioner for curls
- ☐ Wide-tooth comb and small brush
- ☐ Mini spray bottle of water
- ☐ Microfiber towel
- ☐ Satin scrunchie for the ride home

TEN MINUTES BEFORE WARMUPS

- 1 Take off ALL jewelry first
- 2 Detangle and mist with water
- 3 Build the base ponytail or part
- 4 Braid or add elastics
- 5 Shake test: 5 seconds, nothing near your eyes
- 6 Lie-down test: nothing bulky at the back

QUICK RULE CHECK

- ☐ Soft bands on the hair only: any color
- ☐ Headband: one, soft, plain, max 3 inches wide
- ☐ Hard items (beads, clips, pins): ask your coach first
- ☐ No jewelry during play

Step Cards and Season Planner

The 4 most popular styles step by step, plus a plan for practice, games and picture day.

Braided ponytail

10 min | Medium | Long or medium hair

1. Brush all hair up to the crown. ☐
2. Smooth with a damp brush or a dab of gel. ☐
3. Secure with one elastic, then add a second. ☐
4. Braid the tail in a three-strand braid. ☐
5. Finish with a small elastic. Shake test. ☐

Pineapple puff

3 min | Easy | Curly or coily hair

1. Start on damp hair with a leave-in. ☐
2. Flip your head forward. ☐
3. Gather curls at the very top of the head. ☐
4. Secure with a wide soft band, not too tight. ☐
5. Smooth edges gently. Leave temples loose. ☐

Bubble braids

10 min | Easy | Long or medium hair

1. Part straight down the middle. ☐
2. Make two ponytails behind the ears. ☐
3. Add an elastic every 2 inches down each tail. ☐
4. Gently pull each section wider. ☐
5. Colored elastics are legal. Shake test. ☐

Two Dutch braids

15 min | Harder | Long or medium hair

1. Part down the middle; clip one side away. ☐
2. Take 3 strands at the hairline. ☐
3. Cross strands UNDER, adding hair each time. ☐
4. Braid to the nape, then to the ends. ☐
5. Elastic at each end. Repeat other side. ☐

SEASON PLANNER

Write the style you will wear for each event, how long it takes, and what to pack. Rest days are for loose styles.

Event	My style	Time	Do the night before?	Pack
Practice			☐ Yes ☐ No	
Home game			☐ Yes ☐ No	
Away game / bus trip			☐ Yes ☐ No	
Tournament weekend			☐ Yes ☐ No	
Picture day			☐ Yes ☐ No	
Senior or theme night			☐ Yes ☐ No	
Rest day (loose style)			☐ Yes ☐ No	

Monthly scalp check: ☐ No pain or stinging ☐ No broken hairs at the hairline ☐ No tenting or crusts

If a style hurts, it is too tight. Notice thinning or patches? See a board-certified dermatologist or talk to your doctor.