



NFHS TRACK & FIELD and CROSS COUNTRY UNIFORM RULES **(2018)**

RULE 4-3-1:

NOTE: The wearing of a medical alert with the alert visible is encouraged for risk minimization. The ultimate responsibility to have each competitor compliant with uniform rules and other reasonable and legal items is with the coach.

ART. 1 . . . The competitor's uniform shall be school-issued or school-approved, worn as intended by the manufacturer, and meet the following requirements and restrictions:

- a. Each competitor shall wear shoes on both feet.
 1. The shoes shall have an upper and definitely recognizable sole and heel.
 2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
 3. In cross country, the sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch.

NOTE: The games committee may also determine the length of spikes allowed on all-weather surfaces.
(3-2-4a)

4. The use of slippers or socks does not meet the requirements of the rule.
- b. Each competitor shall wear a school-issued or school-approved full-length track top or one-piece uniform.
 1. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
 2. The top or one-piece uniform may have school identification and the top may have the competitor's name.
 3. The top shall not be knotted or have a knot-like protrusion.
 4. A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on the top or one-piece uniform.
 5. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.
 6. Bare midriff tops are not allowed.
 7. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing upright.
 8. Any visible garment(s) worn underneath the uniform top must be unadorned and of a single, solid color. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2 ¼ inches are permitted on the undergarment. Visible items worn under both the top and the bottom do not have to be the same color.

NOTES:

1. If more than one visible garment is worn under the uniform top, all must be the same color.
 2. A visible garment worn under the uniform top displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment's construction is legal.
- c. Each competitor shall wear a school-issued or school-approved track bottom or one-piece uniform.
1. The bottom or one-piece uniform may have the school identification.
 2. Loose-fitting, boxer-type bottoms or compression-style bottom are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
 3. French or high-cut apparel shall not be worn in lieu of the uniform bottom.
 4. The waistband of a competitor's bottom shall be worn above the hips.
 5. A single manufacturer's logo/trademark/reference, not more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on the bottom or one-piece uniform.
 6. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.
 7. Any visible garment(s) worn underneath the uniform bottom and extending below the knees shall be unadorned and of a single, solid color. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2 ¼ inches are permitted on the undergarment. Visible items worn under both the top and the bottom do not have to be the same color.

NOTES:

1. If more than one visible garment, which extends below the knees, is worn under the uniform bottom, all must be the same color.
2. A visible garment worn under the uniform bottom displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment's construction is legal.

ART. 2...Additional restrictions for relay teams and cross country teams.

- a. Each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary.
- b. Any visible garment(s) worn by two or more relay team members or cross country team members underneath the uniform top and/or underneath the uniform bottom, extending below the knees, shall be unadorned and of the same single, solid color, but not necessarily the same length.

NOTE: Visible items worn under both the top and the bottom do not have to be the same color.

PENALTY: (Arts. 1,2) For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.