

**2023**

**LEGAL UNIFORMS for CROSS COUNTRY COMPETITORS**  
***NFHS Rule 4-3 and KSHSAA Policies***

The following information is a guide as to what constitutes a legal uniform for a cross country competitor in interscholastic competition.

The Legal Uniform for Cross Country: *Rule 4-3 (1-3)* . . . The competitor's uniform shall be school-issued or school-approved, worn as intended by the manufacturer, and meet the following requirements and restrictions.

*Each member of the team shall wear the same color & design uniform (jersey & shorts).*

*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 legal items is with the coach.*

**SHOES**

1. Shall be worn on both feet and shall have an upper and recognizable sole and heel.
2. The shoe must be designed so that it can be fastened securely.
3. In cross country, the sole and heel may contain grooves, ridges or track spikes no longer than one inch.
4. The use of slippers or socks does not meet the requirement.

**UNIFORM TOP**

1. Must be school issued or school approved full-length track top and track bottom or one-piece uniform.
2. Any outer garment (e.g.) t-shirts, sweatpants, tights) that is school issued or school approved becomes the official uniform, when worn.
3. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
4. The top and/or bottom or one-piece uniform may have school name, school logo, school nickname and/or competitor's name.
5. The top shall not be knotted or have a knot-like protrusion. Bare midriff tops are not permitted. The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.
6. Any visible garment(s) worn underneath the uniform top is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.
7. The uniform top may not contain any adornment which will be objectionable in taste. Questions relevant to the application of this provision will be brought to the attention of the meet referee.
8. 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 and bottom or one-piece uniform.

**UNIFORM BOTTOM**

1. Must be school issued or school approved.
2. The looser fitting boxer-type bottoms or compression-style bottoms 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 bottoms shall be worn above the hips.

5. Shorts **may vary in length and style, but must be of the same color for all team members.**
6. Shorts may contain no ornamentation which will be objectionable in taste.
7. By KSHSAA policy, school issued spandex shorts may be worn by either boys or girls. If any competitors are wearing school issued spandex shorts or one-piece uniforms, the inseam length of the shorts must be a minimum of 2 inches.
8. Any visible garment(s) worn underneath the uniform bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.
9. The uniform bottom may not contain any adornment which will be objectionable in taste. Questions relevant to the application of this provision will be brought to the attention of the meet referee.
10. Bottoms may have manufacturer's logo/trademark/references larger than 2 ¼ square inches around the waistband.

### **STOCKING CAPS AND GLOVES**

1. In the event of inclement weather meet management will advise coaches of the decision to permit, hats, caps and/or gloves.
2. If approved by the games committee, stocking caps must be the same color for all team members.
3. If approved by the games committee, gloves do not need to be the same color for team members.
4. By KSHSAA policy, bandanas, visors and baseball style hats **may not** be worn during competition by any competitor.
5. Head coverings worn for religious reasons are not considered hair devices and must not be made abrasive, hard or unyielding materials; and must be secured to the body and/or uniform.

### **HAIR ADORNMENT**

The KSHSAA policy regarding items worn in the hair by cross country and track and field competitors is as follows:

1. Hair control devices (items that go around hair only) may be:
  - a. Ribbon, yarn, rubber bands or cloth material of any single color. (Ribbon length such that it is not "flowing" 3" or less in length).
  - b. Unadorned devices such as bobby pins, barrettes and hair clips, no longer than two inches, may be worn to control a competitor's hair.
  - c. Headbands and head coverings of a single solid color are permitted unless banned by the games committee.
  - d. All members of the same cross country team or track relay team do not need to have the same color of hair control device.

### **JEWELRY**

1. NFHS rules permit runners to participate wearing jewelry. The meet referee may direct the athlete and coach that an item is to be removed if not properly secured.
2. Coaches may prohibit their athletes from wearing jewelry.
3. Excessive safety pins on the jersey are not permitted.

### **VISIBLE ITEMS WORN UNDER THE JERSEY OR SHORTS**

1. Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/references or color restrictions.

### **MISCELLANEOUS**

1. All cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all garments worn as a uniform, that members are from the same team.
2. A runner may carry an atomizer with him/her provided a physician's statement documenting the need for the athlete to use the prescription is presented to the meet director prior to the beginning of the meet. **(Rule 4-6-5h Note 1)**
3. Watches are permitted to be worn. The watch may not be set to transmit information to a competitor during the race.
4. Sunglasses may be worn unless prohibited by the games committee.
5. Races will not be delayed in order to permit competitors to comply with uniform rules.

6. Neither meet directors, games committees nor the vote of the coaches can supersede the National Federation Track & Field Uniform Rules.
7. 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.
8. Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, shall lead to a warning and if repeated, to disqualification from the event.

#### **PENALTY – ILLEGAL UNIFORM**

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 be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.

Per **Rule 3-4-8**, prior to the start of the meet, the head coach shall be responsible for verifying to the meet director that all his/her competitors are properly equipped (uniform, equipment, number and chip placement) in compliance with these rules. Any questions regarding legality shall be resolved prior to the start of the meet.

For KSHSAA events, a properly completed "Sportsmanship & Uniform Verification Card" is to be turned in to meet management. Coaches will verify that team members will be expected to exhibit good sportsmanship and will comply with all NFHS and KSHSAA rules. Prior to the meet, coaches and meet personnel are to be advised of any special concerns or rules in an effort to prevent disqualifications, and to review special circumstances, procedures and information pertaining to the meet, particularly how the individual qualifiers are determined.

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