

# PLEASE REVIEW AND ADVISE TEAMS OF THE JEWELRY RULE

## NO JEWELRY

INTRODUCTION: Cross Country athletes are prohibited from competing while wearing any jewelry (Rule 9-6-7, NFHS 2007 Rules Book. The only exceptions to this rule are watches, and religious and medical alert medals. While not inclusive, the following are some examples of acceptable and unacceptable items:

### LEGAL ITEMS:

- a. Watches (worn on the wrist).
- b. Religious medals – medal must be worn under the uniform and taped to the body.
- c. Medical alert bracelet – taped to the body and the alert may be visible.
- d. Insulin pump – taped to body, worn under the uniform and adequately padded.
- e. Heart monitor – only with the physician’s statement documenting the need (shown to the meet referee).
- f. Atomizer – only with physician’s statement documenting the need (shown to the meet referee).
- g. Glasses.
- h. Rubber bands or elastic bands used to control the hair – even if the elastic band has a small piece of metal.
- i. A scrunchie or ribbons used to control hair.
- j. Tattoo – unless objectionable. The tattoo must be covered if found objectionable.
- k. Regulation headband or knit cap – must be unadorned except for manufacturer’s logo/trademark/references, school name, school nickname, or school mascot.
- l. Regulation “sweat band” for the head or wrists when needed – must be unadorned except for manufacturer’s logo/trademark/references, school name, school nickname, or school mascot.
- m. A cast or brace.

### ILLEGAL ITEMS:

- a. Cloth/yarn/hemp/etc., bracelets.
- b. Rubber wrist/ankle bands.
- c. Earrings – even if covered with tape.
- d. Rings or any other jewelry (i.e., navel rings, tongue rings, eyebrow rings, nose ring, or post earrings of any kind).
- e. Barrettes or bobby pins/beads/etc.
- f. Face/body paint and/or stickers.
- g. Glitter.
- h. Baseball hats, scarves, bandanas, do-rags, etc.
- i. Pins, except to hold on competitor numbers.
- j. Ribbons, pins, etc., attached to shoes/shoelaces – exception – computer chips

Meet officials must still do preventative officiating and check all athletes before they compete. However, if an athlete competes while wearing illegal uniform/apparel, jewelry, and/or illegal items/equipment, he/she is subject to disqualification.