

# CROSS COUNTRY UNIFORM RULE EMPHASIS

The Cross Country uniform rule is primary for the management/administration of the meet and has nothing to do with an athlete's performance. The rule aides the meet management by requiring school teams to dress in like uniforms (consistent in appearance) so that they are easily identifiable when on the course and in the finish area. Each competitor's uniform shall consist of shoes and a full-length cross country top, bottom, or one-piece uniform issued by the school.

## Rule Components:

1. The rule requires the use of a full-length cross country top and bottom or one-piece uniform issued by the school. The bottoms may vary in length and style, but must be the same color and design for all team members. Loose-fitting, boxer-type bottoms, one-piece uniform and closed-leg briefs (for girls) are acceptable. The one-piece uniform, top and bottom may have school identification and the top may have the competitor's name. The top cannot be knotted or have a knot-like protrusion.
2. French or high-cut apparel may be worn under the bottom, but not in lieu of the uniform bottom.
3. Uniforms to be worn as intended by the manufacturer. The waistband of the competitor's shorts shall be worn above the hips. There shall be no visible bare midriff while the athlete is in the standing position.
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 each top, bottom or one-piece uniform. The American flag, not exceeding 2 x 3 inches is also permitted. A commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom. Only one manufacturer's logo is permissible for a one-piece uniform.
5. Each team member must wear the same color and design school uniform. Any visible apparel worn under the top and other visible apparel worn under the bottom must be unadorned (*except for manufacturer's logo and/or single school name or insignia with no dimension more than 2 ¼ inches*) and of a single (*and the same*) color. Visible items worn under both the top and the bottom do not have to be the same color. **If worn by more than one team member (two or more), that apparel must be the same color, but not necessarily the same length.**

6. A shoe is a covering for the foot. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel. The upper must be designed so that it can be fastened securely to the foot. The sole and heel may contain grooves, ridges or track **spikes which are no longer than 1 inch**. The use of slippers or socks does not meet the requirements of the rule.
7. 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. If the incident recurs, the athlete will be disqualified from further competition in the meet.
8. The head coach shall verify to meet officials either verbally or in writing that all of his/her competitors are properly equipped (*uniform, equipment and no jewelry*) in compliance with these rules.
9. The penalty for an illegal uniform is disqualification from the meet.

**Please Note:** The clerk of course may exercise some preventive officiating by doing a uniform check prior to the race. Please note that the primary responsibility for adhering to the competition rules is that of the competitor and the competitor's coach. While preventative officiating is permissible and even encouraged when applicable, it is not the primary duty of the meet official and in no way minimizes the responsibility of the competitors and coaches to know and abide by the rules.

A jury of appeals, if appointed, shall serve as the final board of appeals. Misapplication of the rules must be filed within 30 minutes after the announcement of event results.

Video replay or television monitoring equipment, other than the official equipment approved by the games committee, shall not be used to make decisions related to the meet.