



KANSAS STATE HIGH SCHOOL ACTIVITIES ASSOCIATION



## 2012 Legal Uniforms for Track & Field Competitors

*The following information is a guide as to what constitutes a legal uniform for a track & field competitor in regular-season meets and regional and state competition.*

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### COACHES MEETING [3-4-8, 4-3-3]

**Sportsmanship, NFHS Rule 3-4-8,**—Prior to the meet, the referee shall either meet with or via written communication address with the head coach(es) and captain(s) that everyone is expected to exhibit good sportsmanship throughout the meet.

**Verification of Legal Equipment, NFHS Rule 3-4-8,** Prior to the start of the meet, the head coach shall be responsible for verifying to the referee that all his/her competitors are properly equipped (uniform, equipment and no jewelry) in compliance with these rules.

**No Jewelry, NFHS Rule 4-3-3,** Contestants shall not wear jewelry.

At each regular season meet, the head coach shall turn in a properly completed card verifying their understanding of these rules and ensuring compliance by each competitor representing their school. This card is to be given to the meet manager/referee at the scratch meeting.

**At regional meets, coaches shall turn in a properly completed KSHSAA card to the meet director at the scratch meeting. As a qualifying event for the State Meet, coaches are ensuring compliance with the rules, i.e., “sportsmanship, properly equipped” (uniform, equipment and no jewelry).**

**At the state meet, when the coach picks up the packet and gives the competitor his/her assigned number, the coach is acknowledging awareness and compliance of Rule 4-3-3.**

### JEWELRY

#### [Rule 4-3-3]—[3-4-8 (b)]

⊕ *KSHSAA Track & Field Manual*, states: “no jewelry”— which has always been a Kansas rule for Regional & State Meets. Schools are expected to follow this same rule during regular season invitational events.

#### **Schools shall follow NFHS Rule 4-3-3!**

1. Prohibited! This bans all forms of jewelry including rope, leather bracelets and earring studs.
2. Religious medals may be taped to the body (no chain), under the uniform.
3. A medical alert bracelet is permitted if taped to the wrist with the faceplate showing. (*Coaches must carefully monitor athletes with known physical challenges*).
4. Excessive safety pins on the jersey are considered jewelry.
5. Unadorned devices, such as bobby pins, barrettes and hair clips, no longer than two inches, may be worn to control a competitor's hair. Such unadorned items are not considered jewelry.
6. PENALTY: For the first violation, the competitor shall be required to remove the jewelry before further competition and 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 he/she shall then notify the head coach of the offending school of the competitor's violation and the warning.
7. A competitor who competes with jewelry hidden by tape will be disqualified from the meet. [**Rule 4-6-1**], i.e., it is unsportsmanlike conduct— unethical.
8. By the 1994 NFHS rule change, watches are not considered jewelry and may be worn during competition.

9. Coaches aware of navel rings and/or other pierced body parts should not permit athletes to practice/compete without removing such items.

## HAIR DECORATIONS/ADORNMENTS

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

While participating in competition, it is permissible for a student to use in their hair for a functional purpose the following:

*Ribbon or yarn of any single solid color (length such that it is not “flowing” – 3 inches or less in length);*

*If multiple functional rubber bands, ribbons, yarn are used in the hair, they must be of the same color;*

*A “scrunchie” (device intended to hold hair in place while in competition which is composed of an elastic material covered with cloth or a cloth like material) of a single solid color;*

*Any ribbon, rubber band, yarn, cloth or cloth like material worn in the hair must have a functional purpose, i.e., to hold the hair in place while in competition.*

*Unadorned devices (such as barrettes, bobby pins, clips, combs, no longer than two inches) may be worn in the hair. Beaded items worn in the hair are illegal.*

*Track participants will not be allowed to wear feather hair extensions (latest trend in adding style and texture to hair), tensile, etc. in their hair during practice and competition. This is considered “ADORNMENT” and is not permitted by NFHS and KSHSAA rule. All KSHSAA sports codes are consistent, feathering will not be permitted during any activities under NFHS rule jurisdiction.*

## UNIFORMS:

**In addition to NFHS rule 4-3 (Competitors uniform), the following uniform information is applicable in KSHSAA interscholastic meets:**

1. The uniform must consist at a minimum of a top and bottom or may be a one-piece uniform.
2. The uniform top and bottom worn by a contestant during interscholastic competition must be a school issued top and bottom or school issued one-piece uniform.
3. Uniforms must be worn as intended by the manufacturer.
4. The top shall not be knotted or have a knot-like protrusion [4-3-1b(3)].
5. Any visible undergarments must be unadorned and of a single solid color. Visible undergarments

for the top and the bottom do not have to be of the same color [4-3-1b(8)].

6. Neither the uniform top nor bottom may contain any ornamentation which will be objectionable in taste. Questions relevant to the application of this provision will be brought to the attention of the meet referee for a ruling.

**NOTE: The uniform top (singlet) or bottom shall not be removed by a contestant in the area of competition. Appropriate decorum requires the top not be removed and the bottom is always worn with the waistband above the hips.**

**Rule 4-3-4 ...Removing any part of the team uniform, excluding shoes, while in the area of competition, shall lead to a warning and if repeated, to disqualification from the event. If the incident reoccurs, the athlete will be disqualified from further competition in the meet.**

- ✓ **Area of competition defined – for the KSHSAA State Track & Field meet** – The infield, track, staging areas and all throwing areas are competition areas. Athletes wanting to ‘sun-bathe’, i.e., remove any part of the team uniform (top, bottom or one-piece uniform) must be in the stands or on the hillsides!
- ✓ **Area of competition defined – for the KSHSAA Regional Track & Field meets** – While the games committee will specifically define the area at each regional, at the minimum it shall include:
  - The track
  - The infield

## UNIFORM TOPS [4-3-1b]

**POE - [4-3-1b(6-7)]** – Bare midriff tops are not allowed. **If the uniform top is not tucked in, the top must at the minimum extend below the top of the shorts when the athlete is in a normal standing position.** Games committee may determine that tops (which extend below the top of the shorts) must be tucked into the shorts [3-2-4(j) & 3.2.4 I].

## UNIFORM BOTTOMS [4-3-1c]

1. **NFHS rule 4-3-1c(2)** permits the uniform bottom to be “loose-fitting, boxer-type bottoms, compression-style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls.” **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.** Girls may wear either closed-leg briefs or school issued spandex shorts with an inseam of 2 inches or more. Traditional loose-fitting, boxer-type bottoms/shorts may also be worn.

- Individual bottoms worn by members of the school team may vary in length but the design must be the same for all relay team competitors in the same relay. The bottoms must be of the same color and design. **[4-3-2(a)]**
- French or high cut apparel shall not be worn in lieu of uniform shorts. **[4-3-1c(3)]**
- The waistband of a competitor's shorts shall be worn above the hips **[4-3-1c(4)]**.

### **BODY SUIT [4-3-1b]**

It is now permissible by NFHS rule for a competitor to wear either a school issued two-piece (top and bottom) or a school issued one-piece body suit during competition.

**Additional NFHS UNIFORM rulings are found in the NFHS casebook (4.3.1 & 4.3.2)**

### **SHOES [4-3-1(a)]**

- Shoes are required with a definite upper and recognizable sole and heel. Shoes shall be worn on both feet **[4-3-1]**. The use of slippers or socks in lieu of shoes does not meet the requirement of the rule.
- The upper portion of the shoe must be designed so that it can be fastened securely to the foot by laces, Velcro and/or zippers.
- There is no limit to the number of spikes.
- Spikes may not exceed 1/4-inch. One-inch spikes are acceptable in the javelin if a grass runway is used and if approved by the Games Committee (Casebook 4.3.1-Footwear).

At the KSHSAA State Track & Field meet, 1/4-inch spikes only are approved for the track events and the javelin.

### **UNDERGARMENTS**

- Any visible shirts(s) worn under the uniform top and other visible apparel worn under the uniform bottom must be of a single (and the same) color and unadorned (exception: undergarment may have the school name, school insignia or school mascot – one school name or insignia or mascot may be on each item of clothing undergarment but on undergarments there is a size limitation - no more than 2 1/4 square inches with no dimension more than 2 1/4 inches)

- Visible items worn under both the uniform top and the uniform bottom do not have to be the same color **[4-3-1c(7)]** but they must be of a single solid color.
  - A single visible manufacturer's logo/trade mark/name, not to exceed 2 1/4 square inches with no dimension more than 2 1/4 inches is permitted on each item of apparel.
- Visible undergarments must be unadorned (other than the exceptions in 4-3-1c(5-6) and NOTE) and of a single (and the same) color. Visible items worn under the top and the bottom do not have to be of the same color.
  - Boxer underwear showing below the bottom is unacceptable.
  - Sports bras are no longer classified as visible apparel! While this clarification has been of benefit to athletes, coaches and meet officials, it must be understood that the removal of a team jersey by competitors, leaving only a sports bra, is a violation of rule 4-3-4.
  - Athletes choosing to change from school issued tops to other tops **MAY NOT** do so in the competition area.

### **SWEAT SUITS**

- Under certain adverse conditions, competitors may participate with warm-up suits worn over the traditional jersey and shorts. (*1991 Rules Book, pg. 66*)
- The referee will determine the conditions.

### **RELAYS– Coaches must check relay teams to ensure compliance.**

- Each member of the relay team shall wear the same color and design uniform (*top and bottom*). **[Rule 4-3-2]—This rule applies to relays, not individual events.**
- A relay team may have:  
[Case Book 4.3.2 A, B, C, D, E, F]

The following are examples of legal combinations:

- No members with any visible under garment(s).
- One member with visible under garment(s) and three without visible under garment(s).
- Two members with visible under garment(s) and two without visible under garment(s).

The visible under garment(s) (of the two members) must be unadorned and of a single and the same color.

- D. Three members with visible under garment(s) and one without visible under garment(s). Visible under garment(s) (of the three members) must be unadorned and of a single and the same color.
  - E. All four members with visible under garment(s). Visible under garment(s) must be unadorned and of a single and the same color.
3. Under apparel may be different lengths.
  4. Socks do not have to be the same color.
  5. Relay competitors may not wear gloves. **[Rule 5-10-5]**
  6. Competitors' names on the back of the uniforms need not be considered to be identical. [Case Book 4.3.2B]
4. The responsibility to be in proper uniform is that of the coach and athlete.
 

*\*This includes proper display of contestant numbers. [4-3-1(b)(1)]*
  5. Neither meet directors, Games Committees nor the vote of the coaches can supersede the *National Federation Track & Field Uniform Rules. (NF Interpretations 1990 #12)*
  6. With the addition of the required **Verification by Coaches** relative to sportsmanship, legal uniforms and equipment, and no jewelry, minimal challenges during regular season events as well as during high school regional and state meets are anticipated. If questions exist, be sure they are answered prior to the beginning of competition.
  7. Stocking caps
 

In the event of inclement weather (cold, wet) stocking caps may be worn during competition (providing the games committee has not established a policy against the wearing of these items). **By KSHSAA policy, visors and baseball style hats may not be worn during competition by any competitor.**

### FIELD EVENTS

1. Must follow the same rules for shoes, uniform tops and uniform bottoms.
2. Javelin throwers may wear different shoes if approved by the Games Committee (up to 1" spikes). At some regional locations, the javelin approach may be a grass surface.
3. Weight event competitors may wear weight lifters belts. (*NF Interpretations 1988 #10*)
4. Weight event competitors may not wear weights. (*NF Interpretations 1988 #10*)
5. Gloves are not permitted **[Rules 5-10-5, 6-4-7; 6-5-7; 6-6-6; 7-5-21]**

### PENALTIES

A contestant (track or field) who competes with an illegal uniform **shall** be disqualified from that event. **[Rule 4-3-2 Penalty]**

### ADDITIONAL UNIFORM NOTES:

1. Races will not be delayed in order to permit competitors to comply with uniform rules.
 

***Coaches—check your athletes!***
2. School uniforms should show evidence of conforming to the color and design of uniforms worn by teammates.
3. If the starter, referee or any other meet official detects an illegal uniform prior to the start of competition; it is good practice in preventive officiating to call this to the attention of the contestant. Races and/or trials should not be delayed so an athlete may be in compliance.

8. Sunglasses
 

Unless prohibited or restricted by the games committee, sunglasses may be worn during competition. Sunglasses may not be adorned and the frames must be of a single solid color.
9. Gloves
 

In the event of inclement weather (cold, wet) unless prohibited by the games committee, gloves may be worn during competition unless otherwise prohibited by NFHS rules (i.e., gloves may not be worn by relay team members, competitors in the shot, discus, javelin, pole vault).
10. American Flag/Commemorative or Memorial patch
 

NFHS rule 4-3-1b(5) and NOTE and 4-3-1c(6) permits the placement of one (1) American flag (not exceeding 2 x 3 inches) and/or one (1) commemorative or memorial patch (not exceeding 4 square inches) on either the uniform top or bottom. The rule does not permit the placement of one (1) American flag on both the top and bottom and/or the placement of one (1) commemorative or memorial patch on both the top and/or the bottom. As per NFHS rule, prior to placing a commemorative or memorial patch on the uniform, KSHSAA policy requires that the school administration submit in writing a request to the KSHSAA for approval to permit placing a commemorative or memorial patch on the uniform.