



KSHSAA

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2020

LEGAL UNIFORMS for CROSS COUNTRY COMPETITORS

Rule 4-3

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 legal cross country uniform consists of “**shoes, school issued or school approved shorts and full length jersey or body suit (one or two piece).**”

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

SHOES

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

JERSEYS

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. 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.

SHORTS

1. Must be school issued or school approved.
2. Shorts **may vary in length and style, but must be of the same color for all team members.**
3. Shorts may contain no ornamentation which will be objectionable in taste.
4. The waistband of a competitor's bottoms shall be worn above the hips.
5. French or high cut apparel shall not be worn in lieu of the uniform bottom.
6. The looser fitting boxer-type bottoms or compression-style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
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.

HATS, CAPS, 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 worn, gloves must be the same color for all team members.
3. If hats, caps are approved for wear by the games committee, they should be the same color for all members of the team choosing to wear them. By KSHSAA policy, visors and baseball style hats **may not** be worn during competition by any competitor.

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.
2. 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.
3. Boxer underwear showing below the shorts is unacceptable.
4. A **single manufacturer's logo/trademark**, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on each item of apparel. Items with logos on the front and back that are visible must be removed, or all but one of the logos permanently covered.
5. The 'sports bra' is not considered as visible apparel underneath the jersey!

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.

HAIR ADORNMENT

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

1. Ribbon of any single color (Ribbon length such that it is not "flowing" 3" or less in length),
2. 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.
3. Unadorned devices such as bobby pins, barrettes and hair clips, no longer than two inches, may be worn to control a competitor's hair.
4. Headbands and head coverings are permitted unless banned by the games committee.

MISCELLANEOUS

1. 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**)
2. **GPS watches are not legal and considered an aid.**

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 Card" is to be turned in. 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.