

2024 TRACK AND FIELD LEGAL UNIFORM

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

COACHES MEETING

Sportsmanship, NFHS Rule 3-4-8. Prior to the meet, the referee shall either meet with or via written communication address 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.

When submitting regional entries, a coach will verify that their team will be legally equipped and will act with good sportsmanship. A check box, that the head coach with check, will verify a team is legally equipped.

The Legal Uniform for Track & Field: 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).

NOTE: The wearing of a medical alert with the alert visible is encouraged for risk minimization.

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. Spikes may not exceed $\frac{1}{4}$ inch. One-inch spikes are acceptable in the javelin if a grass runway is used and if approved by the games committee.
4. The use of slippers or socks does not meet the requirement.
5. At the KSHSAA State Track & Field Championship, $\frac{1}{4}$ inch spikes only are approved for the track events and javelin.

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 their 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 $2\frac{1}{4}$ square inches with no dimension more than $2\frac{1}{4}$ inches is permitted on the top and bottom or one-piece uniform. **Bottoms may have manufacturer's logo/trademark/ references larger than $2\frac{1}{4}$ square inches around the waistband. (Rule 4-3-1b5)**
9. 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 competitor will be disqualified from further competition in the meet.

Area of competition defined – for the KSHSAA State Track and Field Meet: The infield track, staging areas and all throwing areas are competition areas.

Area of competition defined – for KSHSAA Regional Track and Field Meets: While the games committee will specifically define the area at each regional, at the minimum it shall include the track and infield.

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.
5. 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.
6. 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.
7. 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.

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. Gloves may be worn during competition unless otherwise prohibited by NFHS rule.
 - a. Gloves may not be worn by relay team members.
 - b. Competitors in the shot, discus, javelin and pole vault may not wear gloves.
3. By KSHSAA policy, bandanas, visors and baseball style hats **may not** be worn during competition by any competitor.

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 the hair) 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 or 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.
2. Head coverings worn for religious reasons are not considered hair devices and must not be made of abrasive, hard or unyielding materials; and must be secured to the body and/or uniform.

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 or has a high probability to damage equipment.
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. 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. **Watches are permitted to be worn. The watch may not be set to transmit tactical information to a competitor during a race/event.**
3. Sunglasses may be worn unless prohibited by the games committee.
4. Under certain adverse conditions, competitors may participate with warm-up suits worn over the traditional jersey and shorts. The referee will determine the conditions.
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.

RELAYS – COACHES MUST CHECK RELAY TEAMS TO ENSURE COMPLIANCE

1. All relay 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. Each member of the relay team shall wear the same color and design uniform although the length of the bottoms may vary (top and bottom). **Rule 4-3-2** – This rule applies to relays, not individual events.
 - a. The following are examples of legal combinations:
 - i. No members with any visible undergarments.
 - ii. One member with visible undergarment(s) and three without visible undergarment(s).
 - iii. Two members with visible undergarment(s) and two without visible undergarment(s).
 - iv. Three members with visible undergarment(s) and one without visible undergarment(s).
 - v. All four members with visible undergarments.
3. Under-apparel may be different lengths.
4. Socks do not have to be the same color.
5. Relay competitors may not wear gloves.
6. Competitors' names on the back of the uniform need not be considered to be identical.

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-inch spikes). At some locations the javelin approach may be a grass surface.
3. Weight event competitors may wear weightlifters' support belts.
4. Gloves are not permitted.
5. New in 2024 are **Rules 6-4-1, 6-5-1** and **6-6-1**, which permits athletes to apply tape to their fingers as long as the fingers can move independently. See the rules for complete information.

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 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.