

# Cross Country Uniform Reminders

1. Must wear shoes.
2. Full-length cross country jersey and cross country shorts or one-piece uniform issued by the school.
3. Same color and design for all team members (jersey and shorts or one-piece uniform).
4. Shorts may vary in length and style, but must be the same color for all team members. **The waistband of a competitor's bottom shall be worn above the hips. Bottoms must be worn as the manufacturer intended and may not be rolled down.**
5. The one-piece uniform, jersey and shorts may have school identification.
6. Tops must be worn as the manufacturer intended. Must **hang below or be tucked into the waistband of the bottom of the uniform** when the competitor is standing erect. *Bare midriiffs are not acceptable.*
7. Any visible shirt worn under the jersey and other visible apparel worn under the shorts must be a single solid color and unadorned. Visible items worn under both the top and the bottom do not have to be the same color. **NOTE:** Manufacturer's logos/trade names, not to exceed 2 ¼" are permitted on each item of apparel. *The restriction of a single logo/trade name has been deleted. Multiple logos/trade names are now permitted, however none of the visible logos/trade names may exceed 2 ¼".*
8. If worn by more than one team member (two or more), that apparel must be of the same color, but not necessarily the same length.  
Example:       Blue long sleeve shirt  
                  Blue short sleeve shirt
9. Top and bottom visible apparel does not need to be the same color.  
Example:       Blue shirt  
                  Black tights
10. The American Flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom.
11. No marking on sweat outfits other than the school markings.
12. **No Jewelry.** Rule of Thumb: "If they were not born with it, they can't wear it." (Exceptions: religious or medical taped to body--no chains). Rule 4-3-4 bans all forms of jewelry including rope and leather bracelets and necklaces. (Beads in the hair or woven into the hair, rubber bracelets, nose rings, tongue studs, eyebrow ring/studs, etc. are illegal.)
13. Socks must be of a solid color and not above the knee.
14. No headgear may be worn that is hazardous to other competitors or inappropriate to cross-country. Bandannas are **not** legal. Hair retention devices including head bands are legal, provided they conform to the rule (single solid color). Hats, earmuffs, and gloves may be worn of any color or appropriate design for protection during cooler temperatures.
15. Watches are legal.

**Atomizer/Inhaler Rules (Note: Rule 4-5-NOTE):** The use of an atomizer during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a **physician's statement documenting the need** of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet.

**(The physician's statement MUST clarify the need to use an atomizer "during competition")**