

SDHSAA TRACK UNIFORMS

The following is a guide for what constitutes a legal uniform for track & field competition in South Dakota.

JEWELRY (RULE 4-3-3) (Rule 3-4-8b)

1. Rule 4-3-3 bans all forms of jewelry including rope and leather bracelets and necklaces
 - a. *Beads in the hair or woven into the hair are considered jewelry and are illegal.*
 - b. *The Lance Armstrong bracelets are considered jewelry and are illegal.*
 - c. *A “permanent” ear ring, nose ring, etc. that can not be removed is illegal.*
2. Religious and medical medals/medallions may be taped to the body (no chains) under the uniform. The medical alert should be visible.
3. A medical alert bracelet is permitted if taped to the wrist with the faceplate showing.
4. Competitors may not have metal pins or hard plastic barrettes in their hair.
5. The penalty for competing while wearing jewelry is event disqualification.
6. The competitor who competes with jewelry hidden by tape will be disqualified from the meet (Rule 4-5-1), i.e., unsportsmanlike conduct – unethical
7. Watches **are not** considered jewelry. A single watch may be worn on the wrist.
8. Electronic monitoring devices which have been placed on athletes by the judicial system **are not** considered jewelry. Coaches must have written verification that an athlete must wear one of these “GPS” devices.
9. Coaches aware of navel rings and/or other pierced body parts should not permit athletes to practice/compete without removing them.

MANUFACTURER’S LOGO/COMMEMORATIVE OR MEMORIAL MATCH/AMERICAN FLAG (RULE 4-3-1)

1. A single manufacturer’s logo/trademark/reference, no more than 2 ¼” square inches with no dimension more than 2 ¼”, is permitted on the top or one-piece uniform.
2. A single manufacturer’s logo/trademark/reference, no more than 2 ¼”, is permitted on the bottom or one-piece uniform.
3. Only one American flag and/or commemorative or memorial patch may be displayed on the uniform (not exceeding 2x3 inches) (one or two piece)

COMMENT: The track and field or cross country uniform may display a single American flag and/or a single commemorative or memorial patch on the uniform whether it is a one-or two-piece uniform. The items (flag and patch) could be worn on the top, the bottom or split, but no two of the same items are permitted.

TOPS OR ONE PIECE UNIFORM (Rule 4-3-1b)

1. Must be school issued
2. 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 midriffs are not acceptable.
3. One piece uniforms are now legal in high school track & field and may be worn in lieu of the traditional top and bottom.
4. The jersey may not contain ornamentation that will be objectionable in taste.
5. Any visible shirt(s) worn under the top of the uniform and other visible apparel worn under the bottom of the uniform must be unadorned and of a single solid color. Visible items worn under both the top and the bottom do not have to be the same color.
6. The jersey shall not be knotted or have a knot-like protrusion.

7. Football jerseys are not considered a school issued uniform. If a tank top style top cannot be found (usually involves field event competition), a t-shirt the same color of the school uniform is acceptable.
9. The top and bottom may have school identification and the top may have the competitor's name.
10. Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.
 - a. The area of competition includes, but is not limited to, the infield, track, staging area, and all field event areas. Athletes wanting to remove any part of the team uniform must be in the stands or team camp areas outside the competitive area or infield.

BOTTOM ON ONE PIECE UNIFORM (Rule 4-3-1c)

1. Must be school issued
2. Loose fitting boxer type shorts are permitted for boys and girls, and closed leg briefs are acceptable for girls.
3. Bottoms may vary in length and style, but must be the same color for all team members.
 - a. Loose fitting boxer type shorts, one-piece uniform, leotards, and closed leg briefs/bicycle shorts are acceptable.
4. The bottom may contain no ornamentation which will be objectionable in taste.
5. **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.**

SHOES (4-3-1a)

1. Shoes are required with a definite upper and recognizable sole and heel. Shoes shall be worn on both feet.

NOTE: The use of slippers or socks does not meet this rule.
2. The upper must be designed so that it can be fastened securely to the foot.
3. There is no limit on the number of spikes.

SOCKS

1. If socks are worn, they must be of a solid color.
2. Socks must not be above the knee.
3. Manufacturer's logos are permitted, as well as, limited stripping on the top. The overall look must be of a solid color.
4. The socks may have school identification which is limited to school name, nickname or mascot.

SWEATSUITS

1. Under adverse weather conditions, competitors may participate with warm-up suits worn over the traditional top and bottom. If so, they shall have no markings other than that of the school the contestant represents. It is assumed the school issued uniform is being worn under the sweat outfits.

VISIBLE UNDERGARMENTS (4-3-1d)

1. Bicycle shorts, thigh huggers, one piece body suits and leotards worn under the traditional shorts must adhere to the undergarment rule.
 - a. Any visible garment worn under the uniform top or bottom must be unadorned (except for single, visible manufacturer's logo) and a single color.
 - b. Visible garments worn under the top and bottom do not have to be the same color.
2. Boxer underwear or sports briefs showing below the shorts is unacceptable. This determination is made during inspection prior to the start of the race. If such undergarments,

not intended to be visible, become visible during a race due to the cut or style of the short, it is not considered a violation, unless an athlete has rolled these items up and they come down while competing.

3. Sports bras are not classified as visible apparel. It must be understood, however, that removal of a team jersey by competitors, leaving only a sports bra, is a violation.

HEADGEAR/SUNGLASSES

1. No bandanas. No caps, hats, or ear muffs unless weather conditions warrant. Likewise, hoods on one-piece uniforms may not be worn unless weather conditions warrant. Adverse weather conditions are a referee's decision.
2. Sweat bands, arm bands, wrist bands and knee bands of a solid color are legal. Manufacturer's log on these items is limited to 2 ¼" x 2 ¼". All other writing is illegal. Pre wrap, hair control devices, and head bands likewise must be a solid color. The rules do not require the head bands, etc. all be the same color for relay team members.
3. The head band rule does not apply to pole tail holders, rubber bands in the hair, etc. It only applies to items worn in the hair that encircle the entire head. If the pole tail holders, pre wrap, etc. are worn no "tails" can be extending down the back of the head. They must be trimmed.
4. Sunglasses are legal in South Dakota.

RELAYS (Rule 4-3-2)

1. Each member of a relay team shall wear the same color uniform. Any combination of top & bottom and one-piece uniforms is considered legal as long as all uniforms are the same color. NOTE: Style in the rule book is referring to markings/decorations such as stars, stripes, etc.
2. A relay team may have the following:
 - a. No member with under apparel
 - b. One member with under apparel
 - c. Two members with and two without under apparel
 - d. Three members with and one without under apparel
 - e. All four members wearing under apparel
3. Under apparel may be different lengths but must be the same color.
4. Relay competitors may not wear gloves.

FIELD EVENTS

1. Must follow the same rules for shoes, tops, and bottoms.
2. Weight event competitors may wear weight lifters belts.
3. Weight event competitors may not wear weights.
4. Gloves are not permitted in field events.

PENALTIES (Rule 4-1,2,3 Penalty)

1. A competitor who competes with an illegal uniform shall be disqualified from that event.

COMMENTS

1. Competition will not be delayed in order to permit competitors to comply with uniform/jewelry rules.
2. Slight variation in design, width of strips, or number of strips is permissible
3. School uniforms should show evidence of conforming to the color and design of uniforms worn by teammates.

4. 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 will not be delayed so that an athlete may be in compliance.
NOTE: When will athlete be disqualified for illegal uniform or jewelry?
Field Events: Following meeting with the head event judge.
Running Events: When the starter begins his/her commands. In relays, once the gun is fired, there is no more preventative officiating.
5. The responsibility to be in proper uniform is that of the coach and athlete.
6. The competitor shall display his/her assigned unaltered contestant number when numbers are used. The penalty for not wearing a contestant number or wearing an incorrect number at the SD State Track & Field meet shall be a one point team deduction.

COACHES MEETING

1. Prior to the start of the meet the referee shall meet with all head coaches to address the following:
 - a. All team members are expected to exhibit good sportsmanship
 - b. The head coach shall verify, verbally or in writing, that all of his/her competitors are properly equipped (uniform, equipment, no jewelry) in compliance with the rules.
 - c. Any special circumstances, procedures, and information pertaining to the meet.
2. In South Dakota, at each regular season meet the referee/meet manager will determine the procedure for verifying the competitors are properly equipped in compliance with the rules. The starter will assume the duty if there is no meet referee.
3. In South Dakota, at Regional and State Meets, coaches will turn in a signed/properly completed SDHSAA form at the time the referee meets with the coaches. At the State Meet, a form will be in each coach's packet. This form, signed by the head coach, will be turned in at the referee's meeting with the coaches. Teams/athletes cannot compete until this form is turned in.