

National Federation Track and Field Rule Book - Uniform Rule 4, Section 3

4.3.1: The competitor's uniform shall be issued by the school and have the following restrictions:

a. Each competitor shall wear shoes.

1. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel.
2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
3. The use of slippers or socks does not meet the requirements of the rule.

b. Each competitor shall wear a track top (singlet) or one-piece uniform issued by the school.

1. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
2. The top or one-piece uniform may have the school identification and the top may have the competitor's name.
3. The top shall not be knotted or have a knot-like protrusion.

The top may have sleeves that vary in length, it may be long-sleeved, short-sleeved or tank style.

A t-shirt is not considered to be an acceptable competition top.

4. A single manufacturer's logo/trademark/reference, no more than 2 1/3 square inches with no dimension more than 2 1/4 inches, is permitted on the top or one-piece uniform.

5. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, no to exceed 4 square inches, may be worn on the uniform top.

6. Bare midriff tops are not allowed.

The uniform top must completely cover the torso to the top of the shorts when standing at rest.

c. Each competitor shall wear a track bottom or one-piece uniform issued by the school.

1. The bottom or one-piece uniform may have the school identification.
2. Loose-fitting, boxer-type bottoms or compression-style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls.

Body suit or compression attire is allowed, but when it is a male contestant, he must wear shorts over the suit/compression short.

When this occurs, the suit/compression short does not have to be a single color, but it must be the same color for all members of a relay team.

3. French or high-cut apparel shall not be worn in lieu of uniform bottom.

4. The waistband of a competitor's bottom shall be worn above the hips.

5. A single manufacturer's logo/trademark, no more than 2 1/4 inches, is permitted on the bottom or one-piece uniform.

6. The American Flag, not exceeding 2 x 3 inches and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform bottom.

d. Any visible garment(s) worn underneath the uniform top or bottom shall be a single, solid color and unadorned except for:

1. A single school name or insignia no more than 2 1/4 square inches with no dimension more than 2 1/4 inches;
2. A single, visible manufacturer's logo as per NFHS rules.

4.3.2: Additional restrictions for **relay teams and cross country teams**

a. In relay races, each team member shall wear the same color and design of school uniform although the **length** of the bottom or top or one-piece uniform **may vary**.

b. Any visible garment(s) worn under the top and other visible garment(s) worn under the bottom and extending below the knee shall be unadorned and of a **single (and the same) color**. Visible garments worn under both the top and bottom do not have to be the same color. If worn by **more than one team member (two or more)**, that garment(s) must be the same color but not necessarily the same length.

4.3.3(a): Jewelry shall not be worn by contestants:

- a. Medical alert/religious medals are not considered jewelry and must be taped to the body and alert may be visible.
- b. A watch may be worn around the wrist.

The allowance for wearing a wristwatch will be determined by the meet referee or meet director.

Extra clothing and hats and/or gloves may be worn in inclement weather with the meet director's prior approval.

4.3.3(b): Unadorned hair devices may be worn by contestants:

a. Unadorned devices, such as bobby pins, barrettes and hair clips, no longer than 2 inches may be worn to control hair.

A headband is any item that goes around the entire head and it must be unadorned and worn on the forehead/crown.

Hair devices made of soft material (rubber, cloth, or elastic bands) and no more than 2 inches wide may be worn.