

## Uniform Guidelines and Interpretations

In the hope of answering as many questions as possible and avoiding any future frustration, we have created this document to help clarify rules regarding uniforms and legal participation in Track and Field.

First, the official legalese and then what it means to you.

### SECTION 3 COMPETITOR'S UNIFORM

**ART. 1 . . .** The competitor's uniform shall be issued by the school, **worn as intended by the manufacturer**, and have the following restrictions:

- a. Each competitor shall wear shoes.
  - Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel.
  - The (shoe) upper must be designed so that it can be fastened securely to the foot.
  - The use of slippers or socks does not meet the requirements of the rule.
- b. Each competitor shall wear a full length track top and bottom or one-piece uniform issued by the school.
  - The top shall not be knotted or have a knot-like protrusion.
  - Bare midriff tops are not allowed.
  - The top must hang below or be tucked into the waistband of the bottom when the competitor is standing upright.
  - The waistband of a competitor's bottom shall be worn above the hips and shall not be rolled.
  - Any visible garment(s) worn underneath the uniform top must be unadorned and of a single, solid color. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2¼ inches are permitted on the undergarment. Visible items worn under both the top and the bottom do not have to be the same color.

**ART. 2 . . .** Additional restrictions for relay races.

- a. Each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary.
- b. Any visible garment(s) worn by two or more relay team members underneath the uniform top and/or bottom shall be unadorned and of the same single, solid color, but not necessarily the same length.

**NOTE:** Visible items worn under both the top and the bottom do not have to be the same color.

### What it means to you...

- a. Each athlete will receive a team issued top and bottom as the official uniform. This uniform is to be turned in at the end of the season. Failure to do so will result in being issued an "obligation" by the Athletic Department.
- b. Athletes are responsible for ALL other clothing/spirit wear (optional)
- c. Compression or undergarment layers for Oxford Track and Field Athletes.
  - Boys will wear white for bottoms and/or white for tops
  - Girls will wear dark or navy blue for bottoms and white for tops
  - Please understand, the use of compression and/or under-layers is completely optional



Uniform compliance is a HUGE area of confusion for many teams, so we are including the interpretations for this years' MHSAA Coaches Rules Meeting:

16-17 Track Rules - Coaches

**Points of Emphasis**

## TRACK AND FIELD UNIFORM REGULATIONS

- Garments worn under the uniform bottom are considered foundation garments, providing they DO NOT extend beyond the knees, and are not subject to color or logo restrictions
- This holds true for sports bras and/or boxer style foundation garments as well





16-17 Track Rules - Coaches

**Points of Emphasis**

## TRACK AND FIELD UNIFORM REGULATIONS

- Two or more members of a relay team or cross country team wearing visible undergarments **extending below the knees shall be** the same single, solid color and unadorned
- The purpose for the specific uniform rules for relay and cross country teams is to ensure that members of the same team are easily identifiable to meet officials and other competitors



16-17 Track Rules - Coaches

NFHS Track and Field Rule 4-3-1 c (2) allows the wearing of compression-style uniform bottoms. The compression-style uniform bottom is now produced by a number of different companies in a variety of styles. Use of the compression shorts or pants can result in an illegal uniform and potential disqualification. Below are several examples with descriptions:



**LEGAL IF WORN UNDER UNIFORM BOTTOM**  
**LEGAL IF WORN IN LIEU OF UNIFORM BOTTOM**

This compression short is unadorned and of a solid single color. The shorts contain only one manufacturer logo located on lower left leg and therefore the shorts meet the requirements outlined in NFHS rule 4-3-1 (c) 5. This style of compression short could be worn under the uniform bottom or as the uniform bottom and would be legal.



**LEGAL IF WORN UNDER UNIFORM BOTTOM**  
**ILLEGAL IF WORN IN LIEU OF UNIFORM BOTTOM**

This compression short is unadorned of a single color with decorative waistband. The shorts contain multiple manufacturer logos or references on the waistband and one on the right lower leg and therefore the shorts would not comply with the requirements outlined in NFHS rule 4-3-1 (c) 5 if worn in lieu of uniform bottom. This style of compression short (not extending below the knees) and any similar variation of this short would be legal if worn under any uniform bottom because they would not extend below the knees therefore qualifying as a foundation garment.



16-17 Track Rules - Coaches



**LEGAL IF WORN UNDER UNIFORM BOTTOM**  
**ILLEGAL IF WORN IN LIEU OF UNIFORM BOTTOM**

This compression short is adorned with a decorative pattern. The shorts contain multiple manufacturer logos or references on the waistband and one on the right lower leg and therefore the shorts would not comply with the requirements outlined in 4-3-1 (c) 5 if worn in lieu of uniform bottom. This style of compression short (not extending below the knees) and any similar variation of this short would be legal if worn under any uniform bottom because they would not extend below the knees therefore qualifying as a foundation garment.



**ILLEGAL IF WORN UNDER UNIFORM BOTTOM**  
**ILLEGAL IF WORN IN LIEU OF UNIFORM BOTTOM**

This compression pant is adorned with a decorative pattern. The pants contain multiple manufacturer logos or references on the waistband and one on the right lower leg and therefore the pants would not comply with the requirements outlined in 4-3-1 (c) 5 if worn in lieu of uniform bottom. This style of compression pants (extending below the knees) and any similar variation of this pant would be illegal if worn under any uniform bottom because they do not qualify as a foundation garment.



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**LEGAL IF WORN UNDER UNIFORM BOTTOM**  
**LEGAL IF WORN IN LIEU OF UNIFORM BOTTOM**

This compression pant is unadorned and of a solid single color. The pants contain only one manufacturer logo located on right leg and therefore the pants meet the requirements outlined in NFHS rule 4-3-1 (c) 5. This style of compression pant could be worn under the uniform bottom as per 4-3-1 (c) 7 or as the uniform bottom and would be legal.



**LEGAL IF WORN UNDER UNIFORM TOP**

This shirt is unadorned and of a single solid color. It contains only one manufacturer logo located on the upper chest and therefore the shirt meets the requirements outlined in NFHS rule 4-3-1 b (8). This style of shirt could be worn under any uniform top and would be legal.



16-17 Track Rules - Coaches



**ILLEGAL IF WORN UNDER UNIFORM TOP**

This shirt is adorned, multi-colored with contrasting design. It contains multiple logo or manufacturer references on the chest and arms and therefore would not meet the requirements outlined in NFHS rule 4-3-1 b (8). This style of shirt and any similar variation of this shirt would be illegal if worn under any uniform top.



**LEGAL IF WORN UNDER UNIFORM TOP**

This shirt includes multi-colored stitching that functions as the actual seam for the undergarments construction. It contains one logo or manufacturer references on the sleeve therefore would meet the requirements outlined in NFHS rule 4-3-1 b (8) Note 2. This style of shirt and any similar variation of this shirt would be legal if worn under any uniform top.



There are some rules that are a little bit on the “newer” side that may cause some confusion for certain athletes, coaches, and event officials at other meets.

- Athletes MAY wear a watch in competition (non-GPS)
- Athletes MAY wear metal barrettes during completion
- Athletes MAY wear jewelry during competitions. AS LONG AS it is deemed safe to the athlete and the equipment.

Another important note to consider concerning “temporary body adornment”...While it is legal for an athlete to have a tattoo, it is NOT LEGAL for an athlete to compete with any temporary body markings. This would include, but is not limited to, temporary tattoos, henna, drawings, etc. Different coaches, officials, and games committees apply these rules differently. In the event of any confusion, always follow the directions of the official or the games committee.

As a staff, we realize that there are a lot of rules in track and field and it is hard to keep up with all of them. Our hope is that this information will help address some of the more common and confusing ones. If there is ever a question, please talk with one of the coaches.

Our general philosophy is pretty simple:

If it doesn't help you perform to the best of your ability, then you don't need or want it!