



KSHSAA

601 SW Commerce Place 66615
PO Box 495
Topeka, KS 66601-0495
PH: (785) 273-5329
FAX: (785) 271-0236



2016

LEGAL UNIFORMS for CROSS COUNTRY COMPETITORS

Rules 9-6 & 4-3

The following information is a guide as to what constitutes a legal uniform for a cross country competitor in interscholastic competition.

The Legal Uniform for Cross Country: *Rules 9-6 (1-4) & 4-3 (1-3)* . . . the legal cross country uniform consists of “**shoes, school issued shorts and full length jersey or body suit (one or two piece).**”

Each member of the team shall wear the same color & design uniform (jersey & shorts).

SHOES

1. Shall be worn on both feet and shall have an upper and definitely recognizable sole and heel. Spikes shall be no longer than one inch.

JERSEYS

1. Must be school issued.
2. Visible shirt worn under the jersey must be unadorned and of a single (same, solid) color.
3. The jersey may contain no ornamentation which will be objectionable in taste and shall not be knotted or have a knot-like protrusion.
4. 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.

SHORTS

1. Must be school issued.
2. Shorts **may vary in length and style, but must be of the same color for all team members.**
3. Shorts may contain no ornamentation which will be objectionable in taste.
4. The waistband of a competitor's shorts shall be worn above the hips.
5. French or high cut apparel shall not be worn in lieu of shorts.
6. The looser fitting boxer-type shorts are an approved short for boys and girls, while the closed let briefs are also acceptable for girls competition. 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.

HATS, CAPS, GLOVES

1. In the event of inclement weather meet management will advise coaches of the decision to permit, hats, caps and/or gloves.
2. If worn, gloves must be the same color for all team members.
3. If hats, caps are approved for wear by the games committee, they should be the same color for all members of the team choosing to wear them. By KSHSAA policy, visors and baseball style hats may not be worn during competition by any competitor.

VISIBLE ITEMS WORN UNDER THE JERSEY OR SHORTS

1. Garments worn under the shorts *above the knees* are considered foundation garments and do not need to meet color requirements.
2. Any visible shirt(s) worn under the jersey must be unadorned and of a single (and the same) color. If more than one (2 or more) wear a visible shirt under the jersey all must wear the same solid color, but not necessarily the same length. Not all team members are required to wear a shirt underneath, if one team member does.
3. Any visible garment underneath the shorts extending below the knees shall be unadorned and of the same single, solid color, but not necessarily the same length. If more than one (2 or more) wear visible tights below the knees, under the shorts they all must wear the same solid color. Not all team members are required to wear the tights.
4. Visible items worn under both the jersey and the shorts do not have to be the same color.
5. Boxer underwear showing below the shorts is unacceptable.
6. A **single manufacturer's logo/trademark**, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on each item of apparel. Items with logos on the front and back that are visible must be removed, or all but one of the logos permanently covered.
7. The 'sports bra' is not considered as visible apparel underneath the jersey!

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.
2. Coaches may prohibit their athletes from wearing jewelry.
3. Excessive safety pins are considered jewelry.

HAIR ADORNMENT

While participating in competition, it is permissible for a student to use in their hair for a functional purpose the following:

1. Ribbon of any single color (Ribbon length such that it is not "flowing" 3" or less in length),
2. If multiple "functional" rubber bands or ribbons are used, they must be the same color,
3. A "scrunchie" (device intended to hold hair in place) of a single color.
4. Unadorned devices such as bobby pins, barrettes and hair clips, no longer than two inches, may be worn to control a competitor's hair. Such unadorned items are not considered jewelry.
5. Headbands are permitted unless banned by the games committee.
6. Participants are not permitted to wear feather hair extensions, beaded items worn in the hair are illegal.

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 4-6-5 Note 1**)
2. **Rule 4-3-1 b 5** permits an American Flag, not to exceed 2"x 3" to be worn.
3. **GPS watches are not legal and considered an aid.**

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. 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.