

2021 TRACK AND FIELD LEGAL UNIFORMS

The following information is a guide to what constitutes a legal uniform for a track and field competitor in regular season meets and regional and state competition.

Coaches Meeting

Sportsmanship, NFHS Rule 3-4-8. Prior to the meet, the referee shall either meet with or via written communication address the head coach(es) and captain(s) that everyone is expected to exhibit good sportsmanship throughout the meet.

Verification of Legal Equipment, NFHS Rule 3-4-8. Prior to the start of the meet, the head coach shall be responsible for verifying to the referee that all his/her competitors are properly equipped. Forms will be required for the 2021 season.

At the state meet, when the coach picks up the packet and gives the competitor his/her assigned number, the coach is acknowledging awareness and compliance of all NFHS Rules.

Jewelry

1. The NFHS states the prohibition of jewelry is no longer necessary in track and field. The meet referee may direct the athlete and coach that an item is to be removed if not properly secured or has a high probability to damage equipment.
 - Coaches may prohibit their athletes from wearing jewelry.
2. Excessive safety pins on the jersey are not permitted.

Hair Decorations/Adornments

The KSHSAA policy regarding items worn in the hair by cross country and track and field competitors is as follows:

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

Ribbon or yarn of any single solid color (length such that it is not "flowing" – 3 inches or less in length);

A "Scrunchie" (device intended to hold hair in place while in competition which is composed of an elastic material covered with cloth or a cloth-like material) of a single solid color;

Any ribbon, rubber band, yarn, cloth or cloth-like material worn in the hair must have a functional purpose, i.e., to hold the hair in place while in competition.

Unadorned devices (such as barrettes, bobby pins, clips - no longer than 2 inches) may be worn in the hair.

Uniforms

In addition to NFHS Rule 4-3 (Competitor's Uniform), the following uniform information is applicable in KSHSAA interscholastic meets:

1. The uniform must consist at a minimum of a top and bottom or may be a one-piece uniform.
2. The uniform top and bottom worn by a contestant during interscholastic competition must be a school issued top and bottom or school issued one-piece uniform.
3. Uniforms must be worn as intended by the manufacturer.
4. The top shall not be knotted or have a knot-like protrusion [4-3-1b (3)].
5. Any visible garment(s) worn underneath the uniform top or bottom is considered a foundation garment [4-3-1b (8)].
6. Neither the uniform top nor bottom may contain any adornment which will be objectionable in taste. Questions relevant to the application of this provision will be brought to the attention of the meet referee for a ruling.

NOTE: The uniform top (singlet) or bottom shall not be removed by a contestant in the area of competition. Appropriate decorum requires the top not be removed and the bottom is always worn with the waistband above the hips.

Rule 4-3-3 ...Removing any part of the team uniform, excluding shoes, while in the area of competition, shall lead to a warning and if repeated, to disqualification from the event. If the incident reoccurs, the athlete will be disqualified from further competition in the meet.

- **Area of competition defined – for the KSHSAA State Track & Field Meet** – The infield, track, staging areas and all throwing areas are competition areas. Athletes wanting to sun-bathe, i.e., remove any part of the team uniform (top, bottom or one-piece uniform) must be in the stands or on the hillsides!
- **Area of competition defined – for the KSHSAA Regional Track & Field Meets** – While the games committee will specifically define the area at each regional, at the minimum it shall include the track and the infield.

Uniform Tops

[4-3-1b (3)]

Bare midriff tops are not allowed. If the uniform top is not tucked in, the top must at the minimum extend below the top of the shorts when the athlete is in a normal standing position. The games committee may determine that tops (which extend below the top of the shorts) must be tucked into the shorts.

Uniform Bottoms

[4-3-1b (4)]

1. **NFHS Rule 4-3-1c (1)** permits the uniform bottom to be "loose-fitting, boxer-type bottoms or compression-style bottoms for boys and girls. Closed-leg briefs are acceptable for girls." By KSHSAA policy, school issued or school approved spandex shorts may be worn by either boys or girls. If any competitors are wearing school issued or school approved spandex shorts or one-piece uniforms, the inseam length of the shorts must be a minimum of 2 inches. Girls may wear either closed-leg briefs or school issued or school approved spandex shorts with an inseam of 2 inches or more. Traditional loose-fitting boxer-type bottoms/shorts may also be worn.
2. Individual bottoms worn by members of the school team may vary in length, but the design must be the same for all relay team competitors in the same relay. The bottoms must be of the same color and design. *[4-3-2(a)]*
3. French or high cut apparel shall not be worn in lieu of uniform shorts. *[4-3-1b (4)]*
4. The waistband of a competitor's shorts shall be worn above the hips. *[4-3-1b (4)]*

Body Suit

[4-3-1b]

It is permissible by NFHS rule for a competitor to wear either a school issued or approved two-piece (top and bottom) or a school issued or approved one-piece body suit during competition.

Shoes

[4-3-1(a)]

1. Shoes are required with a definite upper and recognizable sole and heel. Shoes shall be worn on both feet. *[4-3-1]* The use of slippers or socks in lieu of shoes does not meet the requirement of the rule. *(4-3-1(3))*
2. The upper portion of the shoe must be designed so that it can be fastened securely to the foot.
3. Spikes may not exceed ¼-inch. One-inch spikes are acceptable in the javelin if a grass runway is used and if approved by the games committee.

At the KSHSAA State Track & Field meet, ¼-inch spikes only are approved for the track events and the javelin.

Undergarments

1. Any visible shirt(s) worn under the uniform top and other visible apparel worn under the uniform bottom are considered foundation garments.
2. Athletes choosing to change from their uniform tops to other tops **MAY NOT** do so in the competition area.

Sweat Suits

1. Under certain adverse conditions, competitors may participate with warm-up suits worn over the traditional jersey and shorts.
2. The referee will determine the conditions.

Relays – Coaches must check relay teams to ensure compliance

1. Each member of the relay team shall wear the same color and design uniform although the length of the bottoms may vary (*top and bottom*). **[Rule 4-3-2]—This rule applies to relays, not individual events.**

The following are examples of legal combinations:

- a. No members with any visible undergarment(s).
- b. One member with visible undergarment(s) and three without visible undergarment(s).

- c. Two members with visible undergarment(s) and two without visible undergarment(s).
 - d. Three members with visible undergarment(s) and one without visible undergarment(s).
 - e. All four members with visible undergarment(s).
2. Under-apparel may be different lengths.
 3. Socks do not have to be the same color.
 4. Relay competitors may not wear gloves.
 5. Competitors' names on the back of the uniforms need not be considered to be identical.

Field Events

1. Must follow the same rules for shoes, uniform tops and uniform bottoms.
2. Javelin throwers may wear different shoes if approved by the games committee (up to 1-inch spikes). At some locations, the javelin approach may be a grass surface.
3. Weight event competitors may wear weightlifters' support belts.
4. Gloves are not permitted.

Penalty – Illegal Uniform

For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.

Additional Uniform Notes

1. Races will not be delayed in order to permit competitors to comply with uniform rules.

Coaches—check your athletes!

2. School uniforms should show evidence of conforming to the color and design of uniforms worn by teammates.
3. 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.
4. The responsibility to be in proper uniform is that of the coach and athlete.
*This includes proper display of assigned contestant numbers. [4-3-1(b) (1)]
5. Neither meet directors, games committees nor the vote of the coaches can supersede the *National Federation Track & Field Uniform Rules*.
6. **Stocking Caps** - In the event of inclement weather (cold, wet), stocking caps may be worn during competition (providing the games committee has not established a policy against the wearing of these items). By KSHSAA policy, visors and baseball style hats may not be worn during competition by any competitor.
7. **Sunglasses** - Unless prohibited or restricted by the games committee, sunglasses may be worn during competition. Sunglasses may not be adorned and the frames must be of a single, solid color.
8. **Gloves** - In the event of inclement weather (cold, wet), unless prohibited by the games committee, gloves may be worn during competition unless otherwise prohibited by NFHS rules (i.e., gloves may not be worn by relay team members, competitors in the shot, discus, javelin, pole vault).
9. **American Flag/Commemorative or Memorial Patch**
NFHS Rule 4-3-1b(6) permits the placement of one (1) American flag (not exceeding 2 x 3 inches) and/or one (1) commemorative or memorial patch (not exceeding 4 square inches) on either the uniform top or bottom. The rule does not permit the placement of one (1) American flag on both the top and bottom and/or the placement of one (1) commemorative or memorial patch on both the top and/or the bottom. As per NFHS rule, prior to placing a commemorative or memorial patch on the uniform, KSHSAA policy requires that the school administration submit in writing a request to the KSHSAA for approval to permit placing a commemorative or memorial patch on the uniform.