

## Cross Country Uniform Rule Emphasis

The Cross Country uniform rule is primary for the management/administration of the meet and has nothing to do with an athlete's performance. The rule aides the meet management by requiring school teams to dress in like uniforms (*consistent in appearance*) so that they are easily identifiable when on the course and in the finish area. Each competitor's uniform shall consist of shoes and a full-length cross country top and bottom or one-piece uniform issued by the school.

### Rule Components:

1. The rule requires the use of a full-length cross country top and bottom or one-piece uniform issued by the school. The bottoms may vary in length and style, but must be the same color and design for all team members. Loose-fitting, boxer-type bottoms or compression style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls. The one-piece uniform, top and bottom may have school identification and the top may have the competitor's name. The top cannot be knotted or have a knot-like protrusion.
2. French or high-cut apparel may be worn under the bottom, but not in lieu of the uniform bottom.
3. Uniforms must be worn as intended by the manufacturer. The waistband of the competitor's shorts shall be worn above the hips. There shall be no visible bare midriff while the athlete is in the standing position.
4. One manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on each item of uniform—(*top, bottom or one-piece uniform*). The American flag, not exceeding 2 x 3 inches is also permitted. A commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom with approval from the school administrative team (superintendent, principal, activities director). The intent of this rule is the patch has a special meaning to the entire team, not just one runner.
5. Each team member must wear the same color and design school uniform. Any visible apparel worn under the top and other visible apparel worn under the bottom must be unadorned (*except for manufacturer's logo and/or single school name or insignia with no dimension more than 2 ¼ inches*) and of a single (*and the same*) color. Visible items worn under both the top and the bottom do not have to be the same color. If worn by more than one team member (*two or more*), that apparel must be the same color, but not necessarily the same length.

**NOTE INTERPRETATION:** Undergarments displaying seams stitched on the outside of the garment in a visible contrasting color to the undergarment are legal as long as the stitching is used for construction of the garment and not design.

In the event of inclement weather, meet management may modify the uniform rule to allow competitors to wear school-approved warm-up suits, hooded/turtleneck sweatshirts/pullovers sweat pants, hats/caps, gloves, long stockings, leotards, etc. All competitors are expected to present a personal appearance that will reflect the highest credit upon the sport and their school.

## Cross Country Uniform Rule Emphasis (cont'd)

**NO CLOTHING, HATS OR HEADGEAR DISPLAYING PRODUCTS, SLOGANS, OR GRAPHIC ILLUSTRATIONS THAT ARE INAPPROPRIATE TO MSHSL PRINCIPLES WILL BE ACCEPTABLE. COACHES ARE RESPONSIBLE FOR PROPER TEAM ATTIRE AND SHOULD ENCOURAGE UNIFORMITY ON TEAM DRESS.**

6. A shoe is a covering for the foot. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel. The upper must be designed so that it can be fastened securely to the foot. The sole and heel may contain grooves, ridges or track **spikes which are no longer than 1 inch**. The use of slippers or socks does not meet the requirements of the rule. **Note: socks and shoe strings are not part of the required uniform.**