

Track and Field Uniform Regulations

- Undershirt must be a single solid color. (If more than one undershirt is worn underneath the uniform they must be the same color.)
- Undergarments above the knee can be any color. Undergarments extending below the knee must be a single solid color.
- Nike Pro, Nike Combat, Under Armour full length or short style compression gear worn solely as a uniform would be illegal for two reasons (Rule 3 Article 1.4). The manufactures logo around the waist exceeds the 2 ¼ square inch limit and many of these compression style garments have more than one manufactures logo. If worn as an undergarment they could still be illegal. (Rule 3 Article 1.7).
- RELAYS- Any visible garment worn by two or more teammates extending below the knee must be of the same solid color. (All four do not need to wear). Undergarments of the uniform top must the same color if worn by two or more members.
- Jewelry is allowed.
- Watches are allowed.
- Hats are not allowed.
- Headbands must be one single color.

Note: When a uniform violation is observed the uniform must become legal before becoming eligible to compete. The referee must be notified of the violation. The referee will then notify the head coach of the violation.

Uniform Clarification

Nike Pro, Nike Combat, Under Armour full length or short style compression gear worn solely as a uniform would be illegal for two reasons (Rule 3 Article 1.4). The manufactures logo around the waist exceeds the 2 ¼ square inch limit and many of these compression style garments have more than one manufactures logo. If worn as an undergarment they could still be illegal. (Rule 3 Article 1.7).

