

NMAA CROSS COUNTRY UNIFORM

“Points of Emphasis” and Frequently asked Questions or Problem Areas.

A. All coaches must read Section 3 Competitor’s Uniform Section of the NFHS Track and Field Rulebook. (Pgs. 25-26)

B. Frequently asked questions:

1. *Is jewelry allowed?* **No.**
2. *Are watches okay if worn around the wrist?* **Yes.**
3. *Can medical alert medals be worn?* **Yes, but they must be taped to the body.**
4. *Can religious medals be worn?* **Yes, but they must be taped to the body and must be worn under the uniform.**
5. *Who determines whether it is a religious medal at the NMAA state Championships?* **The Uniform Inspectors.**
6. *Can an athlete remove any part of his/her uniform prior to leaving the competition area other than shoes?* **No! The football field will be defined as the competition area.**
7. *Can an athlete wear a top that shows the midriff when standing erect?* **No.**
8. *Will the athlete be disqualified if the midriff was fine prior to the event, but does come up during competition?* **No.**
9. *Can sunglasses be worn during competition?* **Yes.**
10. *Can caps of any type be worn during competition?* **No.**

11. *Can headbands be worn?* **Yes, but they must be of one solid color. and have no more than 2 ½ inch manufactures log. The band must be one of the same color as the team. Solid white or black are permissible as well.**
12. *Can athletes tape their uniform tops as to tighten them?* **No**
13. *Any type of medal such as but not limited to bobby pins, etc. **will not** be allowed in the hair. Beads or other plastic items **will not** be allowed. Cloth and tape will be allowed to be worn.*
14. *“Lance Armstrong Live Strong” type bands **are not** permitted nor are Breath-Right strips covering nose rings.*
15. *If one member of the squad wears undergarments (tights/undershirt) must all members of the squad wear them? **No, any number of runners on the team (one or more) may wear undergarments as long as they are of the same solid color.***
16. *Can runners wear arm warmers?* **No**

In the case of inclement weather, meet administrators have the authority to make adjustments to the uniform policy as they see fit.

