

NMAA CROSS COUNTRY UNIFORM

Guidelines & Specific Information

The NMAA will have “Uniform Inspectors” at the start area to ensure that all runners meet required uniform specifications. **PLEASE SEE RULE 9 SECTION 6 OF THE NFHS CROSS COUNTRY RULEBOOK FOR SPECIFICS.** The NMAA will have Uniform Inspectors at the start area to ensure that all runners meet required uniform specifications.

Uniform “Points of Emphasis

- A. All coaches must read Section 6, Competitor’s Uniform Section of the NFHS Track and Field / Cross Country Rulebook.
- 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. *Can an athlete remove any part of his/her uniform prior to leaving the finish area other than shoes?* **No! The turf field will be defined as the finish area.**
 - 6. *Can an athlete wear a top that shows the midriff when standing erect?*
No.

7. *Will the athlete be disqualified if the midriff was fine prior to the event, but does come up during competition? **No.***
8. *Can sunglasses be worn during competition? **Yes.***
9. *Can caps of any type be worn during competition? **No.** Exception may be granted due to inclement weather. Gloves are acceptable.*
10. *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.***
11. *Can athletes tape their uniform tops as to tighten them? **No***
12. *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.*
13. *“Lance Armstrong Live Strong” type bands **are not** permitted as well as Breath-Right strips covering nose rings.*

Uniforms

*Safest Procedure: **All team members should dress identically to avoid any question.***

1. Undergarments may be worn by one or more team members. They may be of varying lengths but must be of the same solid color. Tops and bottoms may be of different colors, but must be used in the same sequence. *For example members of a team may wear white spandex tops and black spandex bottoms underneath their school uniform.*