

NMAA TRACK AND FIELD UNIFORM

Guidelines & Specific Information

The NMAA will institute a new procedure at the 2008 State Track and Field Championships to minimize athlete disqualifications due to the uniform rules.

We will have “Uniform Inspectors” at the final staging area to make an attempt at not having any disqualifications due to uniform issues. The initial staging area clerks will also try to advise athletes on improper uniforms or dress.

Uniform Inspector Duties:

1. Check all track athletes for improper uniforms, jewelry, etc.
 2. Check all relay teams for proper uniformity and staying within the rules.
 3. Advise athletes on improper uniforms, and have them make adjustments prior to competition.
- Should an athlete still compete with an improper uniform, jewelry, etc. even after being inspected, he or she, if detected, will be disqualified as per the rules. (Example: An athlete puts on an earring after leaving the final staging area and competes with it on. If detected, the athlete will be disqualified.)

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 Attached)
- 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 Track will be defined as the competition area in all running events.**
 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 as well as Breath-Right strips covering nose rings.*

Relay Uniforms

Safest Procedure: All 4 relay contestants dress identically as to avoid any issues.

Exceptions and Frequently Asked Questions

1. *In relay races, each team member must wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary.*
2. *Three members wear black shorts with no tights. One member wears black shorts but has black tights. **Legal.***
3. *Two members wear black shorts with no undergarments. Two members wear black shorts with full length tights of matching solid color. **Legal.***

***Note:** Any member may wear under garments if they are all of the same solid color, regardless of length.*
4. *One of the four members can be slightly different from the other three as long as he/she meets all other uniform specifications.*
5. *Two members wear boxer type green shorts that come down close to the knees. Two members wear shorter more traditional green shorts. **Legal.***
6. *Three members wear black tights and one wears white tights. **Illegal: They must all be of the same color.***
7. *All 4 relay members have green shorts, green spandex, and an additional set of white spandex under the shorts. **Illegal: The undergarment must be of one solid color.***
8. *All 4 members wear body suits that have stripes in the leg area. **Legal.***
9. *All 4 members wear body suits with stripes in the leg area, but one or more members wear shorts. **Illegal: The undergarment must be of one solid color.***

10. *All 4 members wear body suits of a solid color with shorts above the body suit.*

Legal: As long as the undergarment is of a solid color.

11. *Can athletes tape their uniform tops as to tighten them? **No.***

12. *Any type of metal 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.*

* Should coaches or athletes have questions prior to competition they should report to the uniform inspectors at the final staging areas for clarification and/or a ruling on questionable uniforms or dress.