

## **NMAA CROSS COUNTRY UNIFORM POLICY**

### ***“Points of Emphasis” and frequently asked questions.***

A. All coaches must read the Competitor’s Uniform Section of the NFHS Track & Field and Cross Country Rulebook. (Pgs. 69-71 )

B. Items of concern:

1. *Is jewelry allowed?* **Yes.**
2. *Are watches okay if worn around the wrist?* **Yes.**
3. *May medical alert medals be worn?* **Yes.**
4. *May an athlete remove any part of his/her uniform prior to leaving the competition area other than shoes?* **No! The starting line, race course, and stadium field area will be defined as the competition area.**
5. *May an athlete wear a top that shows the midriff when standing erect?*  
**No.**
6. *Will the athlete be disqualified if the midriff was fine prior to the event, but does come up during competition?* **No.**
7. *Can sunglasses be worn during competition?* **Yes.**
8. *Can caps of any type be worn during competition?* **No.**
9. *May headbands be worn?* **Yes.**
10. *May athletes tape their uniform tops as to tighten them?* **No**
11. *Metal/ Plastic hair ties such as but not limited to bobby pins, cloth, tape, etc. will be allowed in the hair.*

12. *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.**

13. *May runners wear their short bottoms rolled down at the waist?*

**No**, *uniforms must be worn as intended by the manufacturer.*

14. What is the allowable maximum size of the manufacturer's logo?

**Two and one-quarter inches. This includes the logo on the headband.**

15. *May an athlete use an inhaler during competition?* **Yes, but a note**

**from a physician deeming it necessary for the competitor to have the inhaler at all times during competition must be filed with the NMAA prior to the state competition taking place.**

16. *May a competitor use Breathe-Right strips or any other nasal strips*

*during competition?* **No, the use of any type of nasal strips is not allowed.**

In the case of inclement weather, **meet administrators** have the authority to make adjustments to the uniform policy as they deem necessary.