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.


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.