



2016 GHSA Cross Country Uniform Rules Clarification



- Each team member shall wear the same color and design of school uniform. If undergarments are worn by two (2) or more team members, all undergarments must be of the same color and design, but not necessarily of the same length.
- The GHSA has opted to continue the requirement that **ALL VISIBLE UNDERGARMENTS** must be **UNADORNED** and of a **SINGLE, SOLID** color – if the athlete wears more than one (1) layer of undergarments, all must be of the same color.
- Undergarments having a waistband with multiple logos/references of the manufacturer are **NOT** legal as uniform bottoms.
- Undergarment tops and/or bottoms do not have to be the same color.
- Any **OTHER** clothing items (socks, head wear, sleeves, gloves etc.) are **NOT** considered part of the uniform.
- Gloves are permitted.
- The GHSA has opted to **PROHIBIT** the wearing of jewelry and hair beads of any kind during competition.
- The wearing of jewelry, hair beads, sunglasses (without a doctor's note) and use of wristwatches with GPS capability during competition is **ILLEGAL**. The penalty for each of these violations is **DISQUALIFICATION**.
- The ultimate responsibility for uniform compliance lies with the coach. Coaches should inspect any/all garments competitors wear to make sure they are in compliance with GHSA and NFHS uniforms rules. On the next page is a Uniform Guidelines document.

While Uniform rules are quite specific, there is always some gray area open to interpretation by meet officials. Coaches should anticipate the strictest interpretation of the rules that their team may encounter. As the season begins, make sure your athletes thoroughly understand the rules governing jewelry and uniforms. Even though many of the early small meets may not strictly enforce these rules, impress upon your athletes the importance of being in compliance anyway. Prevent a pattern of competing while violating these rules even if there are no apparent consequences for doing so. As important meets approach, reaffirm that all athletes are fully aware of, and in compliance with the rules. Again, try to anticipate the strictest interpretation and prepare accordingly.

NFHS and GHSA penalty for illegal uniform:

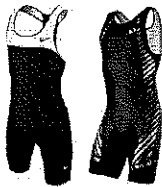
For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition and shall be issued a warning that a subsequent violation shall result in disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.



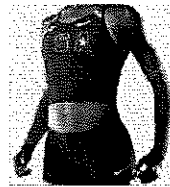
The following items are not allowed during GHS A Cross Country competition:

- (a) jewelry
- (b) hair beads of any type
- (c) sunglasses (Note: Prescription sunglasses are permitted if accompanied by a Physician's note stating that the eye wear is necessary for competition.)
- (d) Electronic devices, including GPS devices)
- (e) Medical alert medals are not considered jewelry. The alert should be visible. When the medal is attached:
 1. to a bracelet made of metal or an unyielding material, it shall be taped to the body.
 2. to a bracelet made of a pliable material, it is not required to be taped to the body.
 3. to a necklace, it shall be taped to the body.
- (f) Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.
- (g) Hair control devices, such as bobby pins, barrettes and hair clips, no longer than 2 inches, may be worn to control a competitor's hair.

Typical Examples of Illegal / Legal Uniforms



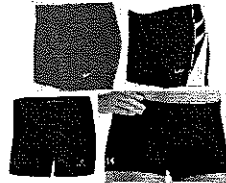
ILLEGAL
One-piece Uniforms with multiple manufacturer logos / references.



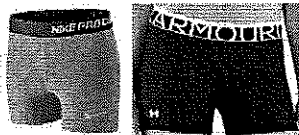
ILLEGAL
Uniform Top "bare midriff"



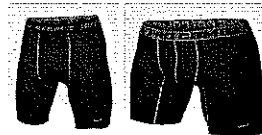
ILLEGAL
Uniform Bottoms "French or High Cut"



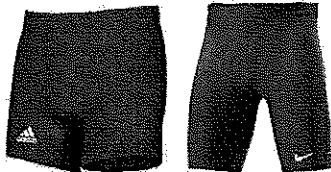
LEGAL
"Closed-Leg" Women's Brief Uniform Bottoms



ILLEGAL
Uniform Bottoms with decorative waistbands and multiple manufacturer logos / references.



ILLEGAL
Uniform Bottoms with decorative waistbands and crotch outline / opening



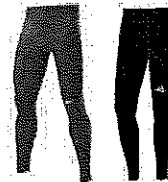
LEGAL
Uniform Bottoms single manufacturer logo, no crotch outline or opening, no decorative waistband.



ILLEGAL
ALL Undergarments are NOT of a single (same) color.



ILLEGAL
Uniform Bottoms with decorative waistbands, multiple manufacturer logos, crotch outline



LEGAL
Uniform Bottoms with single manufacturer logo, NO decorative waistband or crotch outline

NOTE: The ultimate responsibility to have each competitor compliant with jewelry and uniform rules is with the coach. Coaches should inspect any/all garments that competitors wear to ENSURE that they are in compliance with the GHS A & NFHS Jewelry and Uniform Rules!!