



MINNESOTA STATE HIGH SCHOOL LEAGUE

Cross Country Uniform Rule Emphasis

The Cross Country uniform rule is primary for the management/administration of the meet and has nothing to do with an athlete's performance. The rule aids the meet management by requiring school teams to dress in like uniforms (*consistent in appearance*) so that they are easily identifiable when on the course and in the finish area.

Rule Components:

1. Each competitor's uniform shall consist of a full-length uniform top and bottom, or one-piece uniform issued by the school. The uniform must be the same color and design for all team members.
2. The top and/or bottom or one-piece uniform may have school name, logo, nickname and/or competitor's name. *The uniform top cannot be knotted or have a knot-like protrusion.*
3. The uniform bottom may vary in length and style. Loose-fitting, boxer-type bottoms or compression style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
4. French or high-cut apparel may be worn under the bottom, but not in lieu of the uniform bottom.
5. Uniforms must be worn as intended by the manufacturer. The waistband of the competitor's bottom shall be worn above the hips and unrolled. There shall be no visible bare midriff while the athlete is in the standing position.
6. One manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on each item of uniform — (*top, bottom or one-piece uniform*). The American flag, not exceeding 2 x 3 inches is also permitted. A commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom with approval from the school administrative team (*superintendent, principal, activities director*). The intent of this rule is that the patch has a special meaning to the entire team, not just one person.
7. Any visible garments (*with the exception of the sports bra and briefs*) worn by two or more relay team members or cross country team members underneath the uniform top and /or underneath the uniform bottom, shall be of the same, single, solid color, but not necessarily the same length. Note...Visible items worn under both the top and the bottom do not have to be the same color (Modifies Rule 4-3-1b.7).

NOTE INTERPRETATION: Undergarments displaying seams stitched on the outside of the garment in a visible contrasting color to the undergarment are legal if the stitching is used for construction of the garment and not design.

8. No clothing, hats or headgear displaying products, slogans, or graphic illustrations that are inappropriate to MSHSL principles will be acceptable. Coaches are responsible for proper team attire and should encourage uniformity on team dress.
9. Each competitor is required to wear shoes. Shoes must be worn on both feet and shall have an upper and recognizable sole and heel. The upper must be designed so that it can be fastened securely to the foot.

The sole and heel may contain grooves, ridges or track **spikes which are no longer than 1 inch**. The use of slippers or socks does not meet the requirements of the rule. **Note: socks and shoestrings are not part of the required uniform.**

10. Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, shall lead to a warning and if repeated, to disqualification from the meet.
11. There are no restrictions for jewelry or hair control devices. The hair control device cannot be knotted or have a knot-like protrusion. However, baseball hats, scarves, bandanas, do-rags, etc., shall not be worn during competition. Other prohibited items include face/body paint and/or stickers.
12. Arm warmers/lower leg warmers (i.e., skins) are legal and may be worn during a race unless the games committee determines otherwise. **Note:** Arm warmers/lower leg warmers are not an undergarment nor are they part of the required uniform so the logo and color requirements for uniforms/undergarments do not apply.
13. Competitors may wear soft and secure headwear for religious purposes without prior state association approval.
14. Medical Devices:
 - Insulin Pumps**—with approval from MSHSL, an insulin pump may be. Athlete must present MSHSL letter of approval to meet referee.
 - Heart Monitor**—with approval from MSHSL, a heart monitor may be worn. Athlete must present MSHSL letter of approval to meet referee.
 - Atomizer**—only with physician’s statement documenting need. Athlete must present MSHSL letter of approval to meet referee.
15. The head coach shall verify to meet officials in writing (*uniform verification form*) that his/her competitors are in proper uniform.

In the event of inclement weather, meet management may modify the uniform rule to allow competitors to wear school-approved warm-up suits, hooded sweatshirts, pullovers, sweatpants, hats/caps, gloves, long stockings, leotards, etc. All competitors are expected to present a personal appearance that will reflect the highest credit upon the sport and their school.

The penalty for an illegal uniform: competitor(s) shall not be eligible for competition until their uniform is made legal.

Please Note: The clerk of course may exercise some preventive officiating by doing a uniform check prior to the race. Please note that the primary responsibility for adhering to the competition rules is that of the competitor and the competitor’s coach. While preventative officiating is permissible and even encouraged when applicable, it is not the primary duty of the meet official and in no way minimizes the responsibility of the competitors and coaches to know and abide by the rules.