

# LEGAL | ILLEGAL

## Uniforms Track & Cross Country

**ILLEGAL**

- Face Paint, Body Paint or Glitter

**LEGAL**

- Hair Ribbons
- Relay Team Headbands  
DO NOT have to match.
- Headbands are classified same as socks. Multiple colors.
- Rubber Bands (for hair)
- Soft Hair Barrett 2" Max
- Bobby Pins 2" Max

**ILLEGAL**

- Tape over jewelry (earrings)

**LEGAL**

- Multiple colored Sports Bras
- Rolled Waist Band above Hip

**ILLEGAL**

- Rubber Band Bracelets
- Silicone or Yarn Bracelets
- Bare Midriff

**LEGAL**

- Undergarments:
  - Above knee, Multiple color is ok
  - Below knee, must be single, solid color
  - 1 MFG logo
  - School name
- Socks DO NOT have to match. Multiple colors is ok.

**ILLEGAL**

- Baseball hats, scarves  
dew-rags, bandanas

**LEGAL**

- ONLY Sock Caps
- Sunglasses
- 2 1/4" MFG Logo
- Athlete's Name
- Team Name Top & Btm
- 2" x 3" USA Flag
- 2" x 2" Memorial Patch
- Forearm Pad (pole vault)
- Support Belt
- Cloth Wrist Band
- Watch

**ILLEGAL**

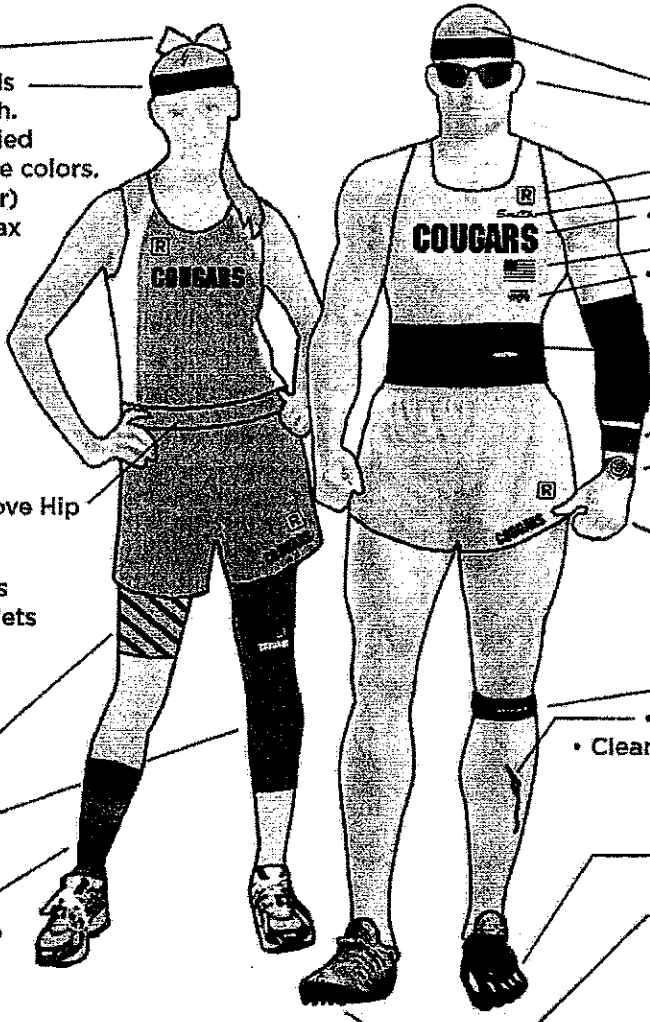
- Gloves for PV, Shot Discus and Relays

**LEGAL**

- Braces
- Bleeding (finish event)
- Clean Up or Change Uniform

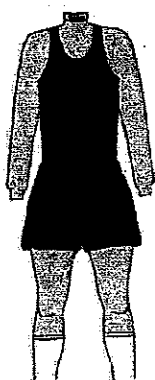
**LEGAL**

- 5 Finger Shoes with Upper and Heel
- 1/4" 7MM Max State Track Spikes



Undergarments that ends Above the knees may be multiple colors

**LEGAL**



Undergarments that extends Below the knees must be a solid color.

**LEGAL**



Second layer undergarments that end Above the knee may be multiple colors

**LEGAL**



Second layer undergarments that extend Below the knees must both be same color or it is

**ILLEGAL**

- Uniform Situations NOT COVERED above, will be ruled on by Meet Referee

- Offensive Tattoos MUST be Covered with Tape

- Medical Bracelets or necklace of Metal MUST be Taped to Body

- Religious necklaces MUST be Taped to Body

- Hard or unyielding casts or splints must be covered with 1/2" foam

## **MISSOURI STATE ADOPTION OF JEWELRY/UNIFORM RULES**

- By the approval of the MSHSAA Board of Directors, Missouri will put into place a more restrictive rule than the NFHS.
- Each track meet should start with a coaches meeting prior to the start of the meet to handle scratches/adds and other meet information. The meet Director may run this meeting; however, the Referee/Starter will attend to administer a **Jewelry/Uniform Warnings** to the entire field. From this point forward, any violation of the Jewelry/Uniform Rules will be a disqualification of the athlete from the event in which the violation occurred.
- At meets where a coaches meeting is not possible, a request for an alternative method for issuing the **Warnings** may be requested from the MSHSAA Office.
- At the State Championships, the **Warnings** will be attached to the Team Packet which must be picked up by each HEAD COACH. A **Warning** will also be given during the FIRST CALL to every event; for example, "First Call 100 meter dash: The uniform and jewelry rule are in effect."
- The ultimate responsibility to having each competitor compliant with the uniform and the jewelry rule is with the **COACH**.