



GHS A Track & Field Uniform Rules



GHS A 2012-13 Constitution & By-Laws - Section 14 - Track and Field - Sections B, G, H, and I

- B. All GHS A Track and Field meets will be run in accordance with the rules published in the National Federation Track and Field and Cross Country Rule Book with any exceptions and/or adoptions noted in this section.
- G. All competitors shall have legal uniforms. The uniform must consist of a track top and track bottom or a speedsuit (one-piece uniform) purchased by the school, inventoried by the school and issued by the school. In relay races, each team member shall wear the same color and design of school uniform. Any visible shirt worn under the track jersey, and other visible apparel worn under the shorts, must be unadorned and of a single (same) color. Uniforms must be exactly the same per event. (EXAMPLE: team members throwing the discus must have the exact same uniform. Relay team members must have on the exact same uniform, **IN ACCORDANCE WITH NFHS RULE 4-3-2** (see p. 2). But the discus and relay uniforms may be slightly different from each other.)

NOTE: Although CLOSED-LEG BRIEFS are legal bottoms for girls (NFHS Rule 4-3-1-c), a “general definition of a “closed-leg” brief bottoms is that it the leg enclosures run horizontally across the thigh when the athlete is standing upright.

[COMMENT: A frequently recurring uniform violation is a competitor who wears a top and/or bottom CLEARLY “labeled” with another sport (football, basketball, wrestling, etc.); these tops/bottoms do NOT satisfy the GHS A REQUIREMENT of “a track top and track bottom.”]

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

2013 National Federation Track and Field Rule Book - Uniform Rule 4, Section 3

Rule 4-3-1 . . . The competitor’s uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

- a. Each competitor shall wear shoes.
 1. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel.
 2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
 3. The use of slippers or socks does not meet the requirements of the rule.
 - b. Each competitor shall wear a full length track top or one-piece uniform issued by the school.
 1. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
 2. The top or one-piece uniform may have the school identification and the top may have the competitor’s name.
 3. The top shall not be knotted or have a knot-like protrusion.
 4. A single manufacturer’s logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top or one-piece uniform.
 5. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top.

NOTE: Only one American flag and/or commemorative patch may be displayed on the uniform (one or two piece).
 6. Bare midriff tops are not allowed.
 7. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing upright.
 8. Any visible garment(s) worn underneath the uniform top must be unadorned and of a single, solid color. As per NFHS rules, a single, visible manufacturer’s logo and/or single school name or insignia no more than 2¼ inches are permitted on the undergarment. Visible items worn under both the top and the bottom do not have to be the same color.
- NOTES:** 1. If more than one visible garment is worn under the uniform top, all must be the same color.
 2. A visible garment worn under the uniform top displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment’s construction is legal.
- c. Each competitor shall wear a track bottom or one-piece uniform issued by the school.
 1. The bottom or one-piece uniform may have the school identification.
 2. Loose-fitting, boxer-type bottoms or compression-style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
 3. French or high-cut apparel shall not be worn in lieu of uniform bottom.
 4. The waistband of a competitor’s bottom shall be worn above the hips.
 5. A single manufacturer’s logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the bottom or one-piece uniform.
 6. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform bottom.

NOTE: Only one American flag and/or commemorative patch may be displayed on the uniform (one or two piece).

Rule 4-3-1 . . . (continued)

7. Any visible garment(s) worn underneath the uniform bottom must be unadorned and of a single, solid color. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2¼ inches are permitted on the undergarment. Visible items worn under both the top and the bottom do not have to be the same color.

NOTES: 1. If more than one visible garment is worn under the uniform bottom, all must be the same color.

2. A visible garment worn under the uniform bottom displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment's construction is legal.

Rule 4-3-2 . . . Additional restrictions for relay races.

- a. Each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary,
- b. Any visible garment(s) worn by two or more relay Team members underneath the uniform top and/or bottom shall be unadorned and of the same single, solid color, but not necessarily the same length.

NOTE: Visible items worn under both the top and bottom do not have to be the same color.

PENALTY: (Articles 1,2) 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.

Typical Examples of Illegal Uniforms



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



ILLEGAL Uniform Top "bare midriff"



ILLEGAL Uniform Top with multiple manufacturer logos / references.



ILLEGAL Uniform Tops OR Undergarments with multiple manufacturer logos / references.



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



ILLEGAL Uniform Bottoms "French or High Cut"

Examples of Illegal and Legal "Closed-Leg" Women's Brief Uniform Bottoms



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



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