

UNIFORM RULES 2017

TOP (or one piece uniform)

- 1) Uniform must be school issued with a # at least 4" place horizontally on back and in a contrasting color.
- 2) May have school ID and/or competitor name
- 3) No knot or knot-like protrusion.
- 4) May have only 1 manufacturer's logo no more than 2¼ in².
- 5) May have a flag or memorial patch 2" x 3".
- 6) No bare midriff. Top must hang below the waist or be tucked in when standing erect.
- 7) The Games Committee may declare the top must be tucked in.

UNDERGARMENTS/FOUNDATIONS -TOP

- 1) Any shirt worn under the top or one piece uniform must be a single solid color.
Exceptions:
 - a) For girls, sports bras or crop tops do not have to be a single solid color.
- 2) Shirts with contrasting colored seams are legal
- 3) One logo is allowed - no more than 2¼ in²
 - a) Note that some undergarments have a logo on the front and back that show.
- 4) In non-relay events – athletes from the same school do not have to match.
- 5) Undergarment does not have to be the same color as the bottom undergarment.
- 6) If using tape to cover logos, tape must match the undergarment.

BOTTOM (or one-piece uniform)

- 1) Bottom or one-piece must be school-issued.
- 2) May have school ID
- 3) Loose-fitting, boxer type or compression-style bottoms are permitted. Closed-leg briefs acceptable for girls. French or high cut apparel shall not be worn in lieu of uniform bottom.
 - a) Uniform bottom may be short or long. i.e.: compression tights that are below the knee and school-issued are legal.
- 4) Waistband must be above the hips and not rolled down.
- 5) Logo/flag-see # 5 & 6 under Top
- 6) Bottoms with manufacturer's logo multiple times around the waist or around the waist and on the leg are illegal.
- 7) If using tape to cover logos, tape must match the garment

UNDERGARMENTS/FOUNDATIONS – BOTTOM

- 1) Any garment worn under the bottoms but above the knee is legal
- 2) Any garment worn under the bottoms extending below the knee must be a single solid color.
 - a) Undergarments with contrasting colored seams are legal
 - b) One logo is allowed - no more than 2¼ in².
 - i) If using tape to cover logos, tape must match the undergarment.
 - c) In non-relay events – athletes from the same school do not have to match.
 - d) Bottom undergarment color does not have to be the same as the shirt undergarment.
 - e) If shorts are worn over a body suit and the body suit leg extends below the knee, it is to be treat as an undergarment.

RELAY TEAMS

- 1) Relay team uniforms/undergarments must comply with the above rules.
- 2) Relay team uniforms must match in color and design but not length.
 - a) A combination of two-piece and one-piece uniforms may be worn by team members, as long as, the color and design matches. i.e.: if the shorts have a stripe then the leg of the one-piece uniform must have an equivalent stripe.
- 3) If an undergarment is worn under the top of the uniform by more than one member, they must be the same single solid color. Sleeve length does not matter.
- 4) If an undergarment is worn under the bottom of the uniform by more than one member and extends below the knee, they must be the same single solid color.
- 5) Undergarments worn under the top and the bottom do not have to be the same color.

JEWELRY

- 1) Jewelry is legal as long as it does not pose a danger to competitors or equipment.
- 2) Medical alert should be visible
- 3) A watch may be worn as long as it is not a GPS watch.

HAIR CONTROL

- 1) Hair control devices and/or hair accessories are now permitted. Pre-wrap is legal as a hair control device but not as a headband.
- 2) The Nike headband that ties is legal.

SHOES

- 1) Games committee may determine the length of spikes
- 2) Must wear shoes on both feet with secure upper and sole.
- 3) Socks-no restrictions.

HEADGEAR

- 1) Hats and caps are prohibited
Exceptions:
 - a) During Inclement weather a Navy watch style knit cap is permitted.
 - b) Competitors may wear headband with or without ear protectors.
 - c) Pole vaulter are permitted to wear helmets.

REMOVAL OF ANY PART OF THE UNIFORM

- 1) Excluding shoes, while in the area of competition is illegal

ATOMIZER

- 1) If an athlete carries an atomizer while competing, a note from the doctor must be given to the referee prior to the beginning of the meet.
- 2) Any medical device worn outside the body, the athlete must have a note from a doctor and follow the same procedure as an atomizer.

RELIGIOUS APPAREAL

- 1) Any religious apparel that conflicts with the uniform rules must have a waiver from OHSAA or Dale Gabor.