



SPORTSMANSHIP STATEMENT

All cross-country coaches are required to enforce the sportsmanship rules for all team members. Acts meant to demean or to intimidate opposing contestants, teams, spectators and officials are not in the highest ideals of interscholastic education and will not be tolerated. Let this event reflect mutual respect.

EQUIPMENT

Coaches:

Receiving this statement indicates that it is your (coach) responsibility to make sure as meet referee or meet director that your contestants are legally equipped and uniformed according to National Federation of State Association rules.

Please note:

- *Jewelry can be worn if allowed by NFHS rules or governing body for the sport (USGA or USTA).*
- NFHS Track and Field Rules/Cross Country do not have a policy on jewelry, **so jewelry is allowed in Track and Field and Cross Country.**
- Each competitor must wear a school issued track and field/cross country uniform and each uniform must be worn as intended by the manufacturer.
- A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼" is permitted on each top and/or one-piece uniform. Bottoms may have manufacturer's logo/trademark/references larger than 2¼ square inches around the waistband.
- Any visible garment(s) worn underneath the uniform top and/or bottom is now considered a foundation garment and not subject to logo/trademark/reference or color restrictions. 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.
- All relay team/cross country team members must wear uniforms clearly indicating, through a predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team. Any visible garment(s) worn underneath the uniform top and/or underneath the uniform bottom is now considered a foundation garment and not subject to logo/trademark/reference or color restrictions.
- Competitors must wear their assigned, unaltered contestant number.

IF YOU HAVE ANY QUESTIONS, PLEASE MAKE SURE YOU TALK WITH MEET MANAGEMENT