

*OHIO HIGH SCHOOL ATHLETIC ASSOCIATION
4080 ROSELEA PLACE
COLUMBUS, OHIO 43214*

***CROSS COUNTRY
COMPETITOR UNIFORM - COACH CHECKLIST***

It is the responsibility of the coach and competitor to be sure that the competitor is dressed in the proper uniform for competition. This checklist is provided to remind coaches of the proper uniform. If there are further clarifications needed, ask the **Meet Referee**. Do not ask other officials.

NOTE: If there is any question that cannot be answered "Yes," the problem must be resolved by the **Meet Referee** in order for the competitor to compete.

A - UNIFORM

- 1) Is the top (full length) and bottom or one-piece uniform school issued?
- 2) Is the uniform a one-piece or a boxer type bottom or a closed-leg brief?
- 3) Is the **assigned number** fastened securely to the front of the top of the uniform by three or more pins?
- 4) Are the **assigned chips** fastened securely to both shoes?
- 5) For **CROSS COUNTRY TEAM** competition: Are **all team members** wearing the same color and design school uniform?
- 6) Are all competitors wearing **shoes** securely fastened to the foot by laces or velcro?

B - VISUAL APPAREL WORN UNDER THE TOP AND BOTTOM

- 7) Is the **visible SHIRT** worn under the jersey and other **visible apparel** worn under the shorts of a single, solid color?
- 8) Is the manufacturer's logo or trademark (if there is one) no larger than 2 1/4 square inches with no dimension more than 2 1/4"?
- 9) Does the **visible** apparel worn under the top or bottom or one-piece uniform have a design that will not be visible outside or through the top or bottom or one-piece uniform?
- 10) For **CROSS COUNTRY TEAM** competition: If one or more than one team member is wearing a visible undergarment, is the color of the garments on the team members the same color?

C - OTHER APPAREL

- 11) If any runner wears a **cap**, is it a Navy Watch-Style knit cap with no bill? If it has a tassel or tail, is it less than 1/2 the depth or length of the cap?
- 12) If any runner wears a **headband/ear protector**, is the apparel manufactured for that purpose?
- 13) Have the competitors removed all jewelry?

EACH ATHLETE ON EVERY TEAM MUST COMPLY WITH THE ABOVE OHSAA UNIFORM REGULATIONS.

ATOMIZERS: The use of an atomizer during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician statement documenting the need of the athlete to use the prescription is presented to the meet referee at the starting line of each race. (NFHS Rule 4-5-8d)