

5. 2015 CROSS COUNTRY TOURNAMENTS

Coach Checklist – Competitor Uniform

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 **Tournament Referee**. Do not ask other officials.

NOTE: If there is any question that cannot be answered affirmatively, then the problem must be resolved 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 uniform or a boxer-type bottom or a closed-leg brief?
- _____ 3) Does the top have the tournament number securely fastened on the top or one-piece uniform?
- _____ 4) Are all team members wearing the same color and design school uniform?
- _____ 5) Are all competitors wearing shoes securely fastened to the foot?

B - Visual Apparel Worn Under the Jersey or Shorts

- _____ 6) Is the visible shirt worn under the top unadorned and of a single solid color? Is the visible apparel worn under the bottom or one-piece uniform – IF BELOW THE KNEE - unadorned and of a single color?
- _____ 7) If there is a manufacturer's logo – is it no larger than 2 1/4 square inches?
- _____ 8) Does the visual apparel worn under the top or bottom or one-piece uniform have a design or printing that will not be visible outside or through the top or bottom or one-piece uniform?
- _____ 9) If more than one team member is wearing a visible shirt or apparel under the one-piece uniform, top or bottom, is the color of the shirt or apparel on the team members the same color?

C - Other Apparel

- _____ 10) If any runner wears a cap, is it the Navy Watch Style knit cap with no bill with a tassel or tail no longer than 1/2 the depth or length of the cap?
- _____ 11) If any runner wears a headband, is the headband manufactured for that purpose?