

JEWELRY RULE

Cross Country athletes are prohibited from competing while wearing any jewelry (Rule 9-6-3, NFHS 2013 Rules Book). The only exceptions to this rule are wrist watches and religious and medical alert medals. While not inclusive, the following are some examples of acceptable and unacceptable items:

LEGAL ITEMS:

- a. Watches (worn around the wrist). **Watches with GPS capabilities are illegal.**
- b. Religious medals – bracelets or necklaces must be worn under the uniform and taped to the body.
- c. Medical alert bracelets. Medal bracelets or those not pliable must be taped to the body and the alert may be visible. Cloth, vinyl and rubber medical-alert bracelets that do not pose a risk of injury are no longer required to be taped to the body.
- d. Insulin pump – taped to body, worn under the uniform and adequately padded.
- e. Heart monitor – only with a physician’s statement documenting the need (shown to the meet referee in advance of race).
- f. Atomizer – only with physician’s statement documenting the need (shown to the meet referee in advance of race).
- g. Glasses.
- h. Any item used to control hair (i.e. *scrunches, rubber bands, elastic bands (even if the band has a small piece of metal), pre-wrap (or ribbons)*). **Note: Scrunchies, pre-wrap and ribbons must be of a single color.**
- i. Tattoo – unless objectionable. The tattoo must be covered if found objectionable by the games committee.
- j. Regulation headband or knit cap – must be unadorned except for manufacturer’s logo/trademark/references, school name, school nickname, and/or school mascot.
- k. Regulation “sweat band” for the head or wrists when needed – must be unadorned except for manufacturer’s logo/trademark/references, school name, school nickname, or school mascot.
- l. A cast or brace.
- m. Hair control devices such as bobby pins, barrettes and hair clips (unadorned) no longer than 2 inches.

ILLEGAL ITEMS:

- a. Bracelets (*with exception of medical bracelets*) of any kind—rubber, cloth, yarn, hemp/etc.,
- b. Ankle bands or bracelets.
- c. Earrings of any kind—even if covered with tape.
- d. Rings or any other jewelry (i.e., navel rings, tongue rings, eyebrow rings, or nose ring).
- e. Hair feathers.
- f. Face/body paint/glitter and/or stickers.
- g. Baseball hats, scarves, bandanas, do-rags, etc.
- h. Pins, except those used to secure competitor bibs.
- i. Ribbons, pins, etc., attached to shoes/shoelaces.

Penalty: When it is discovered that a competitor is wearing jewelry prior to the start of the race, he/she shall not be permitted to participate until the jewelry is removed. **Note:** the penalty will not apply if a competitor is not asked to remove their jewelry and is found to have jewelry on at the conclusion of the meet.

Please Note: The clerk of course may exercise some preventive officiating by doing a uniform/jewelry check prior to the race. Please note that the primary responsibility for adhering to the competition rules is that of the competitor and the competitor’s coach. While preventative officiating is permissible and even encouraged when applicable, it is not the primary duty of the meet official and in no way minimizes the responsibility of the competitors and coaches to know and abide by the rules.