

2005 CIF/CCS CROSS COUNTRY **NO JEWELRY**
This may be helpful in determining what athletes can and cannot do in this regard:

Track & Field and Cross Country athletes are prohibited from competing while wearing jewelry. (Track & Field RULE 4, 3-6, X C - Rule 9, 5-7 NFHS 2005 Rules Book). The only exception to this rule is religious and medical medals if not detached, must be taped to the body. A watch may be worn. While not inclusive, the following are some examples of allowed vs. prohibited items. N F H S.

Legal items:

- One watch – worn on the wrist
- Religious medal – Medal must be taped to the body under the uniform.
- Medical alert bracelet – taped to the wrist with the faceplate showing.
- Insulin Pump – approved and verified in writing from physician
- Heart monitor – only with physician's statement documenting the need.
- Atomizer - only with physician's statement documenting the need
- Glasses – preferred framed to eliminate the chance of injury
- Rubber bands or elastic bands to control the hair – even if the elastic band has a small piece of metal. (Additional – girls may wear ribbons in the hair that match the school colors) not extreme.
- A scrunchie or ribbon to control the hair – maximum of two ribbons in total – school colors.
- Tattoo – unless objectionable – if objectionable it must be covered.
- Regulation headband or knit cap – Must be unadorned except for school name, school nickname, or school mascot, school colors.
- Regulation "sweat band" for the head when needed - Must be unadorned except for school name, school nickname, or school mascot, school colors.
- An American Flag, not to exceed 2 X 3 inches.
- One manufacturer's logo/ trademark is permitted on each piece of apparel which does not exceed 2 ¼ square inches and may not exceed 2 ¼ inches in any direction.

ILLEGAL ITEMS:

- No chains or necklaces.
- Cloth/ yarn/ hemp /etc, bracelets.
- Rubber band or bands on wrist/ankle.
- Earrings – even if covered with tape.
- Rings or any other jewelry/ piercing (ie, navel rings, tongue rings, eyebrow rings, and other pierced body parts)
- Barrettes or bobby pins/ beads/etc.
- Face/ body paint and or stickers, Glitter.
- Baseball hats, scarves, bandannas, do-rags, etc
- Pins, except to hold on competitor numbers.
- Ribbons, pins, etc. Attached to the shoes/ shoes/ laces (exception-computer chips)

Clerks, the meet Referee, starters, and Field Event Judges, etc must still do preventive officiating and check all athletes before they compete. However if an athlete arrives at the venue to compete &/or competes while wearing illegal uniform, other apparel, jewelry, and/or illegal items./equipment, he/she will be disqualified.

The games Committee is responsible for the proper operation of the meet.
Rule 3, Section 2. Articles including article 2-3-4 including J – K & O enforced.