

CHECK YOUR UNIFORMS

Competitors must wear uniforms that comply with Rules 9-5 and 4-3 of the National Federation Rules Book. See Situation Rulings 9.5.3 and 4.3.1 (H)-(N) in the National Federation Casebook. Here are some guidelines.

Check with the Starters or the Referee *well before your race* if you have questions.

1. Tops. Teams must wear *identical* school-issued tops.
2. Bottoms. Boys must wear *identical* school-issued boxer-type shorts. Girls may choose: all must wear school-issued boxer-type shorts or all must wear school-issued brief-type shorts; whichever shorts girls wear, they must be *identical*.
3. Definition of *Identical* for Tops and Bottoms. *Identical* means *identical*. They must be the same length, the same style, and the same color.
4. Undergarments--Solid Colors. All undergarments that show out from under either tops or bottoms must be *solid colors*. No stripe or stripes or patterns of any kind are permitted. "Solid" means solid: the whole garment is one color with no variations, markings, colorings, stripe or stripes, patterns. A 1.5" x 1.5" manufacturer's mark is permitted.
5. Undergarments--Top--Colors. Anything that shows out from under the top must be the same color for all members of a team.
6. Undergarments--Tops--Lengths. Undergarments that show out from under the top may be of different lengths among team members.
7. Undergarments--Bottoms--Colors. Anything that shows out from under the bottoms must be the same color for all members of a team.
8. Undergarments--Bottoms--Lengths. Undergarments that show out from under bottoms may be of different lengths among team members.
9. Relation Between Top and Bottom Colors. Undergarments that show out from under the top may be a different color from undergarments that show out from under the bottoms.
10. Relation Between Tops and Bottoms. Tops and bottoms must meet; no bare midriffs. Girls may not wear bikini-type briefs.
11. Definition of *Team*. For the purposes of these uniform rules girls and boys from the same school are considered to be different teams. The uniforms of girls and boys from the same school may be completely different, but must follow the rules set out above.
12. **Challenge-Race Runners.** Runners in the Challenge Races must wear uniforms that comply with the rules relating to tops, bottoms, and solid-color undergarments. Challenge-Race runners from the same team *do not* have to wear identical uniforms.