



October 15, 2025

NFHS Cross Country Weekly Rule Interpretations

SITUATION 1: At a large cross country invitational, the games committee has made no statement about hats and sunglasses and the state association does not have a policy in the handbook. Athlete A shows up wearing (a) sunglasses, (b) billed hat with no logo. The clerk informs the athlete that these are not permitted in all cases. **RULING:** Incorrect procedure. **COMMENT:** If hats and sunglasses are not addressed by the state associations rules or games committee rules, they are permitted to be worn by an athlete.

SITUATION 2: School A arrives at the start line in their school approved and school issued uniform. The clerk notices that the team has what appears to be cow spots all over their running shorts. The clerk informs the team that they must change their shorts before competing. **RULING:** Incorrect Procedure. **COMMENT:** There is no obligation that the school uniform shorts to be the school colors. The entire team is uniform and clearly recognizable to their opponents. The uniform bottoms are school issued, and school approved. Bottoms may also have manufacturer's logo/trademark/references larger than 2¼ square inches around the waistband. Additionally, there may be a logo on the thigh if it meets the 2¼ square inches requirement. [4-3-1b]



SITUATION 3: When reporting to the clerk of the course, all members of Team B are wearing compression garments under their shorts. Some extend below the knee and some do not. They are all different colors, and the team is wearing black running shorts over these foundation garments. The clerk observes and takes no further action and the team competes. **RULING:** Correct procedure. **COMMENT:** Compression style shorts and tights are considered foundation garments when worn under the team short. The color and length play no role in the uniform for officiating purpose. These foundation garments may be any color or design unless the state association has applied stricter rules in their handbook. [4-3-1b7]