

COMPETITOR'S SHOES / JEWELRY / UNIFORM

SHOES

- Worn on both feet – upper and definite heel / sole
- Fastened securely to the foot
- Use of slippers or socks do not meet requirement
- Length of spikes, as stated by Games Committee

JEWELRY

- Jewelry shall not be worn (exception) religious or medical medals (taped)
- NO - rubber bands NO > Lance Armstrong bracelets NO > ear-rings
- NO - nose / lip / etc. pierced rings (can NOT be TAPED OVER)
- SUN GLASSES – ruled as LEGAL in Arizona.

TRACK JERSEY - SHORTS

- Full length track jersey OR one-piece uniform ISSUED BY SCHOOL
- Numbers on uniform, NOT cover Contestant Number
- Jersey / shorts may have school identification and athlete name
- Jersey NOT be knotted
- Single Manufacturers logo/trademark – limit 2 1/4 inch square
- American flag 2 X 3 inches permitted
- Bare midriffs NOT allowed
- Jersey must hang below / tucked into waistband, when standing tall
- BODY SUITS – One-piece body suits are legal as a uniform. However, if shorts are worn over the body suit, then the body suit becomes an undergarment and must be a solid color and unadorned.**

TRACK SHORTS / ONE PIECE UNIFORM

- ISSUED BY SCHOOL
- School identification OK
- Loose-fitting – boxer type shorts permitted – BOYS & GIRLS
- Closed-leg briefs / shorts OK – GIRLS
- Waistband of shorts must be above hips

VISIBLE UNDERGARMENTS

- Visible SHIRTS worn under uniform must be unadorned (Manufacturer's Logo OK)
 - Single color / hue
- Visible garments worn under top AND bottom do NOT have to be same color
- French / high cut apparel shall NOT worn in lieu of shorts

RELAY RACES UNIFORMS

- Each team member same color / design – SCHOOL UNIFORM
- Any visible garment(s) worn under the top OR bottom shall be a single color. If worn by more than one team member (2 or more)—same color.
- Visible garments worn under jersey AND shorts do not have to be the same color.
- Example: If a relay team member has a blue garment under his shorts and a red garment under his shirt, then any other relay team member that wears an undergarment must wear blue under his shorts and red under his shirt. Visible garments may vary in length.