

Uniforms—2014

Each year the NFHS strives to simplify rules that relate to the uniform policy. The major modification for 2014 can be summarized is as follows:

- 1. Any visible undergarment worn underneath the uniform bottom that **does not extend below the knees** is now **considered a "foundation garment" and NOT subject to the single, solid color rule.** [Rules 4-3-1c(7) and 9-6-1c(7)]
- 2. An **undergarment extending below the knees shall meet all requirements regarding a visible undergarment.** It must be unadorned and of a single, solid color. A single manufacturer's logo and/or single school insignia no more than 2¼ inches is permitted. For relays and cross country teams, the 2014 Uniform Rules are applied as follows:

- 1. Any visible garment(s) worn by two or more relay (cross country) team members underneath the uniform bottom and **extending below the knees shall be unadorned and of a single color, but not necessarily the same length.**
- 2. A visible undergarment worn underneath the uniform bottom that does not extend below the knees is now **considered a "foundation garment" and NOT subject to the single, solid color rule.**

The new uniform rule can best be illustrated by the following situation:

Situation: A relay team reports for their race with all runners wearing a uniform bottom under which runner 1 wears a solid red compression garment; runner 2 wears a solid green compression garment; and runner 3 wears a black compression garment with two white stripes down the side. (a) All compression garments

worn by runners 1, 2, and 3 are above the knees. (b) Runners 1 and 2 have compression garments above the knees and runner 3 has a compression garment that extends below the knees. (c) Runners 1 and 3 have compression garments above the knees and runner 2 has a compression garment that extends below the knees.

Ruling: (a) and (c) legal; (b) illegal.
Comment: The team in (a) is "legal," as all compression garments are considered "foundation garments" and NOT subject to the single, solid color rule; (c) is "legal" because the compression garment worn by runner 2 complies with the visible undergarment rule; and (b) is "illegal" since runner 3's below-the-knee compression garment is not a single color.

If a relay team (cross country team) wears compression shorts as outer garments, making them the uniform bottoms, then these compression shorts are subject to all the restrictions as to relay team (cross country team) colors and logos.
The 2014 Uniform Rule emphasizes that foundation garments play no significant role in the officiating process and are now treated identical to sport bras. The penalties for violating the 2014 Uniform Rules are identical to the penalties enforced and applied in 2013.

Visible undergarment extends below the knees LEGAL	Visible undergarments extend below knees Both must be same color ILLEGAL	Foundation garment ends above knees LEGAL	Foundation garments end above knees LEGAL