



CROSS COUNTRY UNIFORM GUIDELINES 2025

UNIFORM

- All competitors will wear a school-issued or school-approved uniform (bottoms, jersey, or bodysuit; one- or two-piece) and shoes.
- Competitors are permitted to wear bodysuits during competition. Previously, shorts were required at meets. The bodysuits must still meet other NFHS uniform restrictions, including logo restrictions. They can be either one or two-piece suits.
- Each team member shall wear the same color and design school-issued or school-approved uniform (shorts, jersey, or body suit; one or two pieces). Same means “similar” or varying shades of the same color. The printing, design, and or lettering on the jersey or bodysuit must be such that each runner can be easily identified so that as a person views the runner’s uniforms together, they appear similar, and the team is easily identified.

UNDERGARMENTS

- Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.
- Undergarments worn under the school-issued or school-approved uniform are not required to be the same in color or style. It is legal for a team to wear more than one undergarment

HEADWEAR

- Headbands to keep the hair from interfering with a contestant’s vision will also be permitted.
- Religious headwear is not considered a hair device and is permitted without an association approval letter.
- Stocking hats are allowed.

SHOES

- Shoes are required.
- Spiked shoes or flats are recommended. Spiked shoes are recommended to have spikes that do not exceed 5/8 inch in length. The maximum length allowed by NFHS rule is 1 inch.

JEWELRY & ACCESSORIES

- Jewelry will be permitted
- Contestants with painted bodies or faces, as well as any costumes, will not be permitted to **compete** or participate in awards ceremonies.
- Watches may be worn during regular season and/or state series competition.
- Removable arm sleeves, calf sleeves, and wrist sweatbands are legal to wear in competition.

IESA EXCEPTIONS TO NFHS UNIFORM RULES

1. [4-3-1b3] Uniforms may be taped or knotted when done for the purpose of allowing for a better fitting uniform.
2. [4-3-1] Unapproved adornment devices may not be worn.

ADDITIONAL CONSIDERATIONS FOR IESA SCHOOLS

1. At the sectional and state meet, all participants will be issued a numbered bib to be worn on the front of their jersey. At the State Meet, runners will also wear hip numbers
2. Uniforms must be worn as the manufacturer intended. The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.
3. Temporary tattoos are not permitted for competition.

XC AND TR UNIFORM GUIDE



Legal Uniform for team and individual



Illegal uniform for team; Legal for individual



Legal Uniform for team and individual



Illegal uniform for team; Legal for individual



Legal Uniform for team and individual



Illegal uniform for team; Legal for individual