

Casper's Clarifications

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April 17th, 2026

#1 Meta AI Glasses: [Meta AI Glasses: Ray-Ban Meta & Oakley Meta | Meta Store](#) = example

Rule: 4-6-6c (NEW) Clarifies athletes are NOT permitted to wear any type of audio or video recording devices during a race, trial, or while in restricted areas. Athlete is subject to disqualification.

Rationale: No athlete participating in a meet is permitted to wear any type of audio or video devices to record or transmit in a race, trial or in restricted areas. This language aligns with other NFHS rule book.

Point of Emphasis: These Meta AI Glasses look much like your normal glasses; however, typically meta glasses will have a small circular camera in each corner by the hinge and a larger temple strap to hold the batteries.

Coaches: Have a team meeting and address the above with your team – they are illegal

Officials: If an athlete is wearing these glasses at the start line of a race or is in a field event and or in restricted area, the athlete is disqualified.

#2 Spike Length: [E73930 Markwort 3/16" Pyramid Track Spikes](#) = example

Rule: 3-2-4a The Games Committee determines the length of spikes allowed on the track, apron, and runways.

Note: We are STILL experiencing athletes having too long of pyramid spikes. If your athlete purchases new running spikes, the pyramid spikes that came with the new shoes are too long and are illegal.

Rationale: Games Committee requires 3/16" pyramid spikes or smaller, no needle spikes. The cost of repairing runways, aprons and the track itself is very expensive.

Coaches: Do a team spike check and make sure all your athletes are compliant with the 3/16" pyramid spike Games Committee requirement.

Officials: Do random checks throughout the meet and or before a field event begins. Good practice to have your event judges take care of this before their event meeting with the athletes.

#3 T-Shirt

Note: If a tank top-style top cannot be found (usually involves field event competition), a t-shirt in a school color or in a predominant uniform top color is acceptable.

Coaches: If your athlete is wearing a t-shirt in lieu of a school issued uniform top, make sure the t-shirt is a school color or predominant color of your uniform top. Example: If your school colors are gold and black and your school issued uniform top is gray, then the t-shirt would be legal if it was gold, black, or gray. If the t-shirt was white, then this would be an illegal uniform and the athlete will be disqualified per rule 4.3.1 and our SDHSAA handbook rule. (uniform specifics are within my earlier clarification as well)