SDHSAA UNIFORM REGULATIONS – NFHS Rule 4-3-1

The following is a guide for what constitutes a legal uniform for track & field competition in South Dakota.

UNIFORM REQUIREMENTS

I. Manufacturer's Logo, Patches, American Flag

a. A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼", is permitted on the top or one-piece uniform.
b. A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches, is permitted on the bottom or one-piece uniform. Bottoms may have manufacturer's logo/trademark/references larger than 2 ¼ square inches around the waistband.
c. One American flag and/or commemorative or memorial patch may be displayed on the one- or two-piece uniform (not exceeding 2" x 3")

II. Tops or One-Piece Uniform

a. Must be school-issued or approved
b. Must be worn as the manufacturer intended. Must hang below or be tucked into the waistband of the bottom of the uniform when the competitor is standing erect.
c. One-piece uniforms are legal and may be worn in lieu of the traditional top and bottom.
d. The jersey may not contain ornamentation that will be objectionable in taste.
e. The jersey shall not be knotted or have a knot-like protrusion.
f. Football jerseys are not considered a school-issued uniform. 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.
g. The top and bottom may have school identification and the top may have the competitor's name.
h. Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal. The area of competition includes, but is not limited to, the infield, track, staging area, and all field event areas. Athletes wanting to remove any part of the team uniform must be in the stands or team camp areas outside the competitive area or infield.

III. Bottoms or One-Piece Uniform

a. Must be school-issued or approved
b. Loose fitting boxer type bottoms or compression-style bottoms are permitted for boys and girls. Closed leg briefs are acceptable for girls.
c. The bottom may contain no ornamentation which will be objectionable in taste.

IV. Shoes

a. Shoes are required with a definite upper and recognizable sole and heel. Shoes shall be worn on both feet. The use of slippers or socks does not meet this rule.
b. The upper must be designed so it can be securely fastened to the foot.
c. There is no limit on the number of spikes.

V. Warm-Up/Sweat Suits

a. Under adverse weather conditions, competitors may participate with warm-up/sweat suits worn over the traditional top and bottom. If so, they shall have no markings other than that of the school the contestant represents. It is assumed the school-issued uniform is being worn under the warm-up/sweat suits.

VI. Visible Garments

a. Any visible garment worn underneath the uniform top and/or bottom is to be considered a foundation garment. A foundation garment is not subject to logo/trademark/reference or color restrictions.

VII. Headgear/Sunglasses

a. No caps/hats/visors allowed. Stocking hats/ear muffs/hoods are not allowed unless conditions warrant. Adverse weather conditions are a Referee's decision.
b. Headbands/hair control devices are legal and can be of any color or design. Multiple logos are legal as long as they are appropriate for high school athletics.
c. Sunglasses are legal.
d. Religious headwear is permitted and no prior state authorization is required.

VIII. Relays

a. All relay and cross country team members must wear uniforms clearly indicating, through **PERDOMINANT COLOR**, school logo and color combination of all outer garments worn as a uniform, that members are of the same team.
b. Relay competitors may not wear gloves.

IX. Field Events

a. Must follow the same rules as above.
b. Weight belts are allowed to be worn.
c. Weights, gloves or illegal implements are illegal in the warmup and competitive areas of field events.

X. Penalties

a. A competitor who competes in violation of the above rules shall be disqualified from the event.
b. In running events, when the Starter begins his or her instructions, that indicates the starting point for enforcement of uniform violations.
c. In field events, when a competitor has been called and the clock has started to complete his or her attempt, that indicates the starting point for enforcement of uniform violations.

XI. Additional Notes

a. Competition will not be delayed in order to permit competitors to come into compliance with these rules.
b. If the Starter, Referee or other meet official detects an illegal uniform prior to the start of competition, it is good practice in preventative officiating to call this to the attention of the contestant.
c. Numbers, when used, must be unaltered and displayed properly. Failing to wear a contestant number properly or wearing the wrong contestant number will result in a one-point team deduction.

COACHES MEETING

1. Prior to the start of the meet, the Referee shall meet with all head coaches to address the following:
    a. All team members are expected to exhibit good sportsmanship.
    b. The head coach shall verify, verbally or in writing, that all of his/her competitors are properly equipped (uniform, equipment, etc.) in compliance with the rules.
    c. Any special circumstances, procedures, and information pertaining to the meet.
2. In South Dakota, at each regular season meet, the Referee/Meet Manager will determine the procedure for verifying the competitors are properly equipped in compliance with the rules. The Starter will assume the duty if there is no Meet Referee.
3. In South Dakota, at the State Meet, coaches will turn in a signed/properly completed SDHSAA form at the time the Referee meets with the coaches. The form will be in each coach's team packet and teams/athletes may not compete until the signed form is turned in.