

Track and Field Jewelry Rule – 2008

The National Federation Track and Field Rules book includes a rule on jewelry, 4-3-3: Jewelry shall not be worn, except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible.

The penalty for wearing jewelry is disqualification from the event.

Rule 3-4-8: Prior to the start of the meet, the referee shall, either by a meeting or written communication, address the following with all head coaches and team captains;

- 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, and no jewelry) in compliance with these rules.
- c. Any special circumstances, procedures and information pertaining to the meet.

While not inclusive, the following are some examples of allowed vs. prohibited items:

Legal items:

1. Watch (worn on the wrist).
2. Religious medal: medal must be taped to the body under the uniform, medical alert bracelet – taped to the wrist with the faceplate showing.
3. Insulin pump – is approved by the MSHSL.
4. Heart monitor – only with the physician's statement documenting the need (shown to the meet referee).
5. Atomizer – only with physician's statement documenting the need (shown to the meet referee).
6. Glasses.
7. Rubber bands or elastic bands to control the hair – even if the elastic band has a small piece of metal.
8. Scrunchies, rolled prewrap or a ribbon to control hair.
9. Cast or brace – unless on the throwing hand.
10. Tattoo – unless objectionable.
11. Regulation headband or knit cap – must be unadorned except for manufacturer's logo/trademark/reference, school name, school nickname, or school mascot.
12. Regulation "sweat band" for the head or wrists – must be unadorned except for manufacturer's logo/trademark/reference, school name, school nickname, or school mascot.
13. An American flag not to exceed 2 x 3 inches.
14. A commemorative or memorial patch, not to exceed 4 square inches.
15. One manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches is permitted on each piece of apparel.

Illegal items:

1. Cloth/yarn/hemp/etc., bracelets.
2. Rubber band(s) on wrist/ankle.
3. Earrings – even if covered with tape.
4. Rings or any other jewelry, i.e., navel rings, tongue rings, eye brow rings, and other pierced body parts.
5. Barrettes or bobby pins/beads/etc.
6. Face/body paint and/or stickers.
7. Glitter.
8. Baseball hats, scarves, bandannas, do-rags, etc.
9. Pins, except to attach competitor numbers.
10. Ribbons, pins, etc., attached to shoes/shoelaces.

The above illegal items may be approved by the Minnesota State High School League, on a case by case basis, under specific guidelines. If the League has deemed an above illegal item legal, the athlete must carry proof of that rule exception and present to the meet referee prior to competing.

Clerks, the meet referee, starters, and field event judges, etc., must still do preventative officiating and check all athletes before they compete. However, if an athlete competes while wearing illegal uniform/other apparel, jewelry, and/or illegal items/equipment, the athlete will be disqualified.