



OSAA / U.S. Bank / Les Schwab Tires  
**2018 TRACK & FIELD STATE CHAMPIONSHIPS**  
3A, 2A, 1A – May 17-18, 2018  
6A, 5A, 4A – May 18-19, 2018  
University of Oregon, Hayward Field, Eugene, OR 97403



April 2018

TO: District Meet Directors and Head Track Coaches

FROM: Brad Garrett, Assistant Executive Director

SUBJECT: NFHS Track and Field Uniform Rule Clarifications – Compression Shorts and Garments under the Uniform Top

Head coaches please take a few moments to review the following clarifications with your staff. Coaches are responsible to ensure that participants are wearing the proper uniform as the manufacturer intended during all competitions. Taking a few moments to review these examples with your staff will help prevent issues during league/district qualifying meets and the OSAA Track and Field State Championships later this month.

NFHS Track and Field Rule 4-3-1 c (2) allows the wearing of compression-style uniform bottoms. The compression-style uniform bottom is now produced by a number of different companies in a variety of styles. Use of the compression shorts or pants can result in an illegal uniform and potential disqualification. Below are several examples with descriptions:



**LEGAL IF WORN UNDER UNIFORM BOTTOM**

**LEGAL IF WORN IN LIEU OF UNIFORM BOTTOM**

This compression short is unadorned and of a solid single color. The shorts contain only one manufacturer logo located on lower left leg and therefore the shorts meet the requirements outlined in NFHS rule 4-3-1 (c) 5. This style of compression short could be worn under the uniform bottom or as the uniform bottom and would be legal.



**LEGAL IF WORN UNDER UNIFORM BOTTOM**

**ILLEGAL IF WORN IN LIEU OF UNIFORM BOTTOM**

This compression short is unadorned of a single color with decorative waistband. The shorts contain multiple manufacturer logos or references on the waistband and one on the right lower leg and therefore the short would not comply with the requirements outlined in NFHS rule 4-3-1 (c) 5. If worn in lieu of uniform bottom. This style of compression short (not extending below the knees) and any similar variation of this short would be legal if worn under any uniform bottom because they would not extend below the knees therefore qualifying as a foundation garment.



## **LEGAL IF WORN UNDER UNIFORM BOTTOM**

## **ILLEGAL IF WORN IN LIEU OF UNIFORM BOTTOM**

This compression short is adorned with a decorative pattern. The shorts contain multiple manufacturer logos or references on the waistband and one on the right lower leg and therefore the short would not comply with the requirements outlined in 4-3-1 (c) 5 if worn in lieu of uniform bottom. This style of compression short (not extending below the knees) and any similar variation of this short would be legal if worn under any uniform bottom because they would not extend below the knees therefore qualifying as a foundation garment.



## **ILLEGAL IF WORN UNDER UNIFORM BOTTOM**

## **ILLEGAL IF WORN IN LIEU OF UNIFORM BOTTOM**

This compression pant is adorned with a decorative pattern. The pants contain multiple manufacturer logos or references on the waistband and one on the right lower leg and therefore the pants would not comply with the requirements outlined in 4-3-1 (c) 5 if worn in lieu of uniform bottom. This style of compression pants (extending below the knees) and any similar variation of this pant would be illegal if worn under any uniform bottom because they do not qualifying as a foundation garment.



## **LEGAL IF WORN UNDER UNIFORM BOTTOM**

## **LEGAL IF WORN IN LIEU OF UNIFORM BOTTOM**

This compression pant is unadorned and of a solid single color. The pants contain only one manufacturer logo located mid right leg and therefore the pants meet the requirements outlined in NFHS rule 4-3-1 (c) 5. This style of compression pant could be worn under the uniform bottom as per 4-3-1 (c) 7 or as the uniform bottom and would be legal.

NFHS Track and Field Rule 4-3-1 b (8) allows participants to wear a garment under the uniform top. Wearing a garment under the uniform top can result in an illegal uniform and potential disqualification. Below are several examples with descriptions:



### **LEGAL IF WORN UNDER UNIFORM TOP**

This shirt is unadorned and of a single solid color. It contains only one manufacturer logo located on the upper chest and therefore the shirt meets the requirements outlined in NFHS rule 4-3-1 b (8). This style of shirt could be worn under any uniform top and would be legal.



### **ILLEGAL IF WORN UNDER UNIFORM TOP**

This shirt is adorned, multi-colored with contrasting design. It contains multiple logo or manufacturer references on the chest and arms and therefore would not meet the requirements outlined in NFHS rule 4-3-1 b (8).

This style of shirt and any similar variation of this shirt would be illegal if worn under any uniform top.



### **LEGAL IF WORN UNDER UNIFORM TOP**

This shirt includes multi-colored stitching that functions as the actual seam for the undergarments construction. It contains one logo or manufacturer references on the sleeve therefore would meet the requirements outlined in NFHS rule 4-3-1 b (8) Note 2.

This style of shirt and any similar variation of this shirt would be legal if worn under any uniform top.