



San Diego County
Track Starters Association

TO: All San Diego County Track Coaches and Athletic Directors
FROM: CIF San Diego Section & San Diego Track Starters Association
SUBJ: 2010 Track Season Points of Emphasis

1. Uniforms must be school issued. (4.3.1)
2. Body suits are acceptable as long as they are school issued. Body suits should show evidence of conforming to the color and design of other uniforms worn by teammates. (4.3.1b)
3. A school issued singlet must be worn by all competitors. School issued tee-shirts are not acceptable uniform tops (i.e. weight event contestants). (4.3.1b)
4. The competitor's singlet must be tucked in at the starting line. (4.3.1b7)
5. Midriff Singlets: The bottom of the singlet must fall below the waist line of the short when the competitor is standing upright at rest. (4.3.1b7)
6. Bicycle shorts are acceptable as long as they are school issued. Shorts should show evidence of conforming to the color and design of other uniforms worn by teammates. (4.3.1c)
7. Waist bands on shorts must be unrolled and above the hips (4.3.1c4)
8. Singlets or uniforms may not be removed in the competition area at any time. (4.3.4)
9. Relay teams must look the same. *(Example: 3 runners with royal blue tops & bottoms, 1 runner with powder blue top & bottom would not be acceptable).* Please note that NFHS rules will be enforced regarding uniforms and visible undergarments for relay teams. (4.3.2)
10. Field event judges will be enforcing uniform and jewelry rules. (4.3)
11. Please remember, NFHS rules state, *"the ultimate responsibility for each athlete to be in a legal uniform rests with the coach and the individual athlete. Rules 4.3 and 9.6 state the uniform requirements and restrictions for track and field. Coaches must stress to the student-athlete that the uniform shall be worn as intended by the manufacturer. Failure to properly wear the uniform will result in a penalty."*
12. Only competitors are allowed in the staging area. Coaches, friends, family members or other visitors will not be allowed access to the staging area.

13. All contestants in running events must be visually checked by meet officials in the staging before being allowed to enter the track.
14. Headbands, sweatbands and non-prescription sunglasses are not to be worn during competition.
15. Hair may be held with hair bands or rubber bands only. Streamers, ribbons, etc. are not allowed.
16. No electronic devices of any kind are allowed in the competition area. This includes but is not limited to: I-Pods, MP3 players, CD players, radios, cell phones, camcorders, cameras & wireless devices.
17. Jewelry must be removed at the time the contestant is checking in with the clerk of the course or the field event judge. (4.3.3)
18. Any special uniform conditions or religious issues must be addressed with the S.D. Starters Association prior to the day of the meet. Contact Ken Holly at (619) 698-3006.