



## MEMORANDUM

Updated November 30, 2024

# 2025-2026 NCAA Track and Field & Cross Country Frequently Asked Questions on Uniforms and Contest Delays Track & Field/Cross Country – 2025-26

*(This document includes specific NCAA Cross Country and Track and Field Rules references where applicable.)*

1. What words, logos and symbols are allowed on the uniform?

Here are the only items allowed by rule on the jersey:

### **Words**

- School name/reference
- Mascot name/reference

### **Logos**

- NCAA
- Conference
- School
- Mascot
- Commemorative or memorial patches
- Manufacturer Insignia

## **2. What size restrictions are there for these?**

There is no restriction on the school name or mascot. Pertaining to manufacturer logos: Per NCAA Bylaw 12.5.4, an institution's official uniform and all other items of apparel (that is, team jersey, socks) that are worn by student-athletes in competition may bear a single manufacturer's or distributor's normal trademark, not to exceed 2¼ square inches, including any additional material (that is, patch) surrounding the normal trademark or logo. The logo or trademark must be contained within a four-sided geometrical figure (that is, rectangle, square, or parallelogram). An institution's official uniform cannot bear a design element similar to the manufacturer's that is in addition to another logo or that is contrary to the size restriction (Rules 6-4.2, 14-4.2 and 22-3.2). As authorized by the institution or conference, allow a commemorative/memorial patch (e.g., names, mascots, nicknames, logos, and marks intended to celebrate or memorialize persons, events, or other causes). The patch must not exceed 4 square inches and must be placed on the front or sleeve of the uniform and may not interfere with any required markings. While not all team members are required to wear the commemorative/memorial patch, the patch must be identical for those who choose to wear the patch.

**3. Are any words other than the player's name allowed in the nameplate on the back?** Yes. The back of the jersey may contain one of the following: school name or a school mascot reference. Additionally, as authorized by the institution/conference, names/words intended to celebrate or memorialize persons, events, or other causes on the back of the jersey where the player name is traditionally located are allowed. The names/words may vary by team member.

a. In meets in which competitors' numbers/identification are prescribed officially, the competitor must wear the competitor's number/identifier assigned by meet management. The number/identifier must be visible without alterations while the athlete is competing.

b. The use of additional identification to aid in the placing of competitors or the counting of laps in a race shall be allowed and required when prescribed. Institution and sponsor logos shall not be obscured and uniform requirements shall be observed (Rules 6-4.4, 14-4.4 and 22-3.4).

**4. May the required uniform contain any other words, slogans, messaging, etc.?**

A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo of an apparel manufacturer or distributor. This restriction shall not include logos that identify the student-athlete's institution or conference. These restrictions apply to all apparel worn by student-athletes during the conduct of competition, including pre-meet or post-meet activities (Rules 6-4.2, 14-4.2 and 22-3.3).

**5. Are words, slogans, messaging, etc. allowed on items (e.g., taped wrists) other than required apparel/equipment?**

The rules do not specifically address words, slogans, messaging, etc. on items not required by rule.

**6. How does the unsportsmanlike conduct rule apply?**

Competitors are to abide by the letter and spirit of the rules and shall be responsible for conducting themselves in an honest and sporting fashion at all times toward opponents, officials and spectators. Competitors who conduct themselves in an unsporting manner, who are offensive by action or language, or who are found to be in violation of the code of conduct, shall be warned or disqualified by the referee from the event and from the remainder of the meet. (Rules 6-1, 14-1 and 22-1).

**7. What is the rule regarding refusal to play?**

A failure to participate is considered an assumption that the competitor in violation has abandoned the competition and, therefore, shall be barred from all remaining events in the current meet (Rules 6-2 and 14-2).

**8. Are there any playing rules that specify protocols for student-athletes and/or coaches during the national anthem?**

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No. Participants should be allowed to express their opinions (e.g., kneeling during the national anthem) as long as the action does not delay or disrupt competition.

Mark Kostek - Track & Field/Cross Country Secretary-Rules Editor

515-208-8300

kostekmt@gmail.com

MK:jf