



MHSAA Cross Country 2021 Rule Adaptations to NFHS Cross Country rules

- **A contestant in a cross country meet shall not run a distance greater than 5,000 meters (3.1 miles). A student or team shall participate in no more than four interscholastic scrimmages and in no more than 15 days of competition, exclusive of the MHSAA tournament.**

Uniforms, Attire, Adornments

- **The only head attire that may be worn during competition will be a knit stocking cap, sweat band, ski band, hats with bills (baseball style) or the hood of a one-piece uniform.**
- **Should the uniform jersey hang below the waistband of the shorts, jerseys must be tucked in.**
- **Sunglasses may be worn in competition.**
- **Competitors may not wear temporary body adornment (painted or fastened) during competition.**