



MHSAA Cross Country 2026 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**
- A XC jersey should be worn as intended by the manufacturer. There is not a rule that states that the uniform must be tucked in.
- Sunglasses may be worn in competition.
- The MHSAA adaptation that limited what type of head attire was allowed during competition has been eliminated. This means that athletes may now wear any type of hat during competition.
- The MHSAA adaptation that did not allow temporary body adornment in competition has been eliminated. This means that athletes may now have or wear temporary body adornment (painted or fastened) during competition.

Coaches should be reminded that they are responsible for ensuring that their team members follow basic sportsmanship and appropriateness for school-based sport on any hat and temporary body adornment that is worn.