

Warning

1. While the National Federation has modified its rules on jewelry, NYSPHSAA has not. The rules clearly state that jewelry is not to be worn during competition. Putting band aids over earrings is still a violation of the rules. Over the past few meets, there have been several athletes who have been wearing necklaces. Again a violation. The rule states you are suppose to receive a warning, then disqualification from the event. **This is your warning.** Athletes found wearing jewelry will be disqualified from that event, their marks will not count.
2. The rule on compression shorts has not changed. Shorts can have a business card size logo on them; that is not a problem. What is a problem are those shorts that have writing around the waistband; those are illegal. That rule has not changed. If you are wearing these shorts underneath a pair of shorts, that is not a problem. Athletes wearing illegal shorts will be disqualified.
3. Why are we doing this starting today? The answer: these are the rules, and starting next week, we have many scoring meets. I do not want a meet decided because somebody is wearing a necklace or illegal shorts. Officials and meet management have enough things to do then worry about being the fashion police, but the rules must and will be enforced. Thank you for your cooperation.

Coach Dave Hennessey,
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