



Player Uniform and Equipment

Updated: 11/27/18

Uniforms:

All players must wear a uniform kit consisting of the following apparel: jersey/t-shirt, shorts, socks and shin guards. The jersey/t-shirt must be a matching color/design and contain an unique visible permanent number from other players on the team. If both teams have the same jersey/t-shirt color, the home team is responsible to change to an alternate color. The alternate jersey/t-shirt must also have unique and permanent player number.

Recommended shoes for Stryker turf fields are considered turf or firm ground shoes due to the synthetic grass. Soccer shoes with leather or synthetic uppers that have cleats that are molded round studs are acceptable and most effective. No "screw ins," metal cleats, studs or cleats with toe picks or bars are allowed.

Youth team uniforms may not contain advertising that is inappropriate for youth sports. This includes but not limited to alcohol or tobacco products.

Uniform kits, containing jersey, socks and shorts, are provided to all recreational players each seasonal year (Aug to May). The player must do their best to maintain the uniform during the seasonal year. Lost uniform replacement costs are jersey - \$15, shorts - \$5, socks - \$5.

Equipment:

Illegal or dangerous equipment shall not be worn or used by any player during the game. This applies to all uniforms and equipment. The team is responsible to inspect all equipment for safety prior to the start of the game. Shin guards should not have any sharp or exposed edges. Referees will inspect before the start of the match and substitutes before the player(s) enter the field of play.

If a player is wearing or using unauthorized/dangerous equipment or jewelry, the referee will require the player to: 1) remove the item; 2) leave field of play at the next stoppage if player is unable or unwilling to comply. A player who refuses to comply or wears the item again will be cautioned.

Any player with blood on the uniform or themselves will be required to leave the field immediately. The player may not return until the blood has been removed and will follow the substitution rules to return to the game of play.

All items of jewelry including, but not limited to, necklaces, rings, bracelets, earrings, leather bands, and rubber bands, are not forbidden and must be removed. Using tape to cover jewelry is not permitted.

Splints, braces or casts must be covered to include padding thickness of one-half (1/2) inch minimum and deemed safe by the referee for the individual player and other players on the field. A medical release, specific to the injured player and signed by a licensed medical physician, may be requested by Field Administrators to verify player is eligible to play.

All coaches are encouraged to keep a first aid kit on hand with basic medical supplies for games, practices and tournaments. Medical releases are required for each player to be maintained by the coach, and should be current within 12 months as shown by the date signed by the parent/guardian.