

## Required Soccer Player Equipment

Jerseys – supplied by the school

Shorts – supplied by the school

Red Soccer socks – supplied by the school

Shin guards: must provide reasonable and adequate protection, must be professionally manufactured, age and size appropriate, not altered from the original state, worn under the socks, and worn with the bottom edge no higher than 2 inches above the ankle.

Shoes: Shoes may have leather, rubber, plastic, or nylon cleats as long as they are not dangerous (no baseball cleats) and have not been altered in any way.

Gender-appropriate athletic support equipment.

Mouth guard: a tooth and mouth guard shall:

1. Include an occlusal (protects and separates the biting surfaces) portion
2. Include a labial (protecting teeth and supporting structures) portion
3. Cover the posterior teeth with adequate surface
4. Be made of any readily visible color
5. Not be white
6. Not be completely clear

### Recommendations for required player equipment:

Mouth guard – one which conforms to the teeth either by having been made from an impression or constructed and fitted to the individual by impressing the teeth into the mouth protector itself.

### Prohibitions:

Jewelry, helmets, hats, caps or visors

### Other instructions:

Hair control devices must be of a soft material.

Sweatbands on the head or wrist must be of a soft material.

Compression shorts or compression body garments should be black or red.

For colder weather, gloves or skull caps should be black.