



AYSO Region 1103

Uniform Policy

What You Are Provided:

Jerseys are not provided with your registration, but are required, and are purchased separately. Region 1103 will re-use these jerseys for several years. You may purchase a jersey set consisting of two jerseys, a pair of shorts, and two pair of soccer socks, or you may purchase individual pieces to replace lost or damaged uniforms. The cost of this uniform set is \$30, and individual jersey tops may be purchased for \$15. Individual shorts or socks may be purchased for \$5 each. Players **MUST** be in uniform to participate in scheduled games.

What You Still Need:

You are responsible for your own shinguards. AYSO requires the use of shinguards at all practices and games. You are also responsible for one appropriately sized soccer ball. 5U, 6U and 8U players will need a size 3, 10U and 12U will need size 4. Everyone 14U and above will use a size 5. You may also choose to acquire soccer shoes or additional soccer socks for practice or games. Shoes may not have metal cleats, and may not have a protruding toe cleat.

Dress Code

Players participating at practice or games are required to wear shinguards. These shinguards must be completely covered, by a pair of soccer socks. Alternatively, if no soccer socks are available, a pair of long sweats may be worn. Players participating in games will be required to wear their jersey. In the event of cold or inclement weather, the jersey must be the outermost layer (worn over the top of any sweatshirts or jackets, not underneath and hidden). Players participating in practice are not required to wear their jersey. They may not wear obscene or inappropriate clothing. Players must wear matching colored socks at all games.

In the event of cold or wet weather, you should dress in layers. Players will get hot as they play, and similarly will get chilled before and especially after the game. A player will be much more comfortable with a t-shirt and perhaps a sweatshirt or hoodie under their jersey, and a heavy coat over their jersey which can be removed during playing time. Don't forget a hat and gloves. More often than not this is what helps the most.

In the event of extreme heat, please be aware of your hydration. Heat exhaustion and heat stroke are very real and dangerous concerns.

Each team will also be responsible for a goalkeeper jersey. This jersey may or may not be provided to your coach, depending on their certifications. Should you need to provide your own, it must be colored different than both your own team's jersey, and your opponent's.

Jewelry and Casts

Players participating in either practices or games may not under any circumstances wear jewelry. There will be no exceptions to this. Earrings, necklaces, bracelets, hairpins, hair clips, and hard hair bands will not be allowed. Soft hair bands or scrunchies are fine, as are head sweatbands. Wrist sweatbands are not allowed. Players may not participate if they are in a hard cast, regardless of what body part has been immobilized. Players may wear soft braces or removable soft casts, as long as they are covered in some fashion (long sleeves, long pants, or a sports wrap).

Cochlear Implants

The AYSO National Rules and Regulations (NRR) specify that players must not use equipment or wear anything that is dangerous. Necklaces are forbidden and, if worn, must be removed. Headbands (sweatbands) are permitted.



Headbands
ALLOWED



Necklaces
NOT ALLOWED

Consistent with the direction of the AYSO NRR, players who wear cochlear implants shall secure the external components with a headband as shown above and not a necklace.

Footwear

Applies to: All players for Region-sanctioned activities (matches, practices, clinics). Coaches and referees are responsible for enforcement at check-in.

(1) Purpose

To keep players safe, protect our fields, and promote proper soccer technique by setting clear, simple rules for footwear.

(2) What's Allowed

- Molded soccer cleats made by a soccer shoe manufacturer, e.g., Adidas, Diadora, New Balance, Nike, Puma, et al.
 - Studs must be molded (rubber or plastic), non-metal, and non-removable.
 - This includes firm-ground (FG) and multi-ground (MG) designed for soccer.
- American football or baseball cleats only if the single front toe cleat is completely removed/shaved off flush with the sole.
- Flat-soled athletic shoes: tennis shoes and running shoes are permitted.

Recommendation: Sport-specific soccer shoes are strongly recommended. They are typically lighter and give players a better touch/feel on the ball, improving control and safety.

(3) What's NOT Allowed

- Any metal or studs, including aluminum-tipped cleats.
 - Prohibited due to the types of fields we use in the Region and player safety.
- Screw-in or detachable studs of any kind.
- Cleats with unshaved/raised toe cleats (common on football/baseball models).
- Damaged footwear

(4) Inspection and Enforcement

- Referees (and coaches at practices) will inspect footwear before participation.
- Players with non-compliant or unsafe footwear will not be allowed to play until corrected.
- A quick field fix is allowed, e.g., swapping to running shoes or presenting football/baseball cleats with the toe cleat shaved flush.

(5) Questions and Clarifications

- If you're unsure whether a shoe complies, bring it to the coach or referee before the session.
- When buying new footwear, look for products marketed specifically as soccer shoes to ensure compliance and best performance.

Thank you for helping us keep games safe and fields in great shape.