**INSPECTION**
- Prior to any game the referee shall inspect the player’s equipment and prevent any player whose equipment does not conform to the requirements of this Law from playing until such time as it does comply.

**SAFETY**
- A player shall not wear anything which is dangerous to any other player or themselves.

**BASIC EQUIPMENT**
- The basic compulsory equipment to be worn by a player shall consist of:
  - a **Shirt**
  - **Shorts**
  - **Socks**
  - **Shin-guards**
  - **Shoes**
- Shoes and shinguards must be **SAFE**.

**UNIFORM SHIRTS**
- All players on a team must wear shirts with sleeves (short or long) of the same color, except the goalkeeper.
- The goalkeeper must wear a color different than that of either team and the Referee(s).
- It is the responsibility of the home team to change to a different color if the two teams are wearing the same color.
- Numbers on shirts are required and must be different for each player.
- However, when a team must wear alternate shirts because of a color conflict, such shirts need not be numbered.
- For an unresolved color conflict, the referee may permit the game to proceed.
SHIN-GUARDS
- Shinguards shall:
  ➢ be made of a suitable material (rubber, plastic, or similar substances) and
  ➢ provide a reasonable degree of protection
  ➢ be covered entirely by the socks.

FOOTWEAR
- Shoes that meet the following criteria are typically considered to be legal:
  ➢ those made by well-known manufacturers and designated as soccer footwear
  ➢ gym shoes
  ➢ any type of shoe that has any number of cleats
  ➢ shoes with cleats that are made of rubber, plastic or metal that have no sharp edges.
- Shoes shall be properly tied (or otherwise appropriately fastened).

PERSONAL EQUIPMENT
- Illegal equipment: The following shall be considered examples of illegal equipment and shall not be worn by any player:
  ➢ shin-guards with exposed sharp edges,
  ➢ jewelry or watches,
  ➢ face or spectacle guards,
  ➢ helmets of hard material,
  ➢ any type of cast or splint (other than so-called inflated "air" casts or splints), even though covered with soft padding,
  ➢ knee brace(s) - unless wrapped and covered with soft padding and approved by the Referee,
  ➢ cleats with sharp edges,
  ➢ foreign objects in the mouth (such as gum or ice), other than internal orthodontic devices.
- NOTE: The foregoing examples are not intended to be all-inclusive.
  ➢ The Referee may determine other equipment to be illegal or dangerous.
  ➢ The items listed above are considered to be illegal equipment (except as noted) at all times.
  ➢ Use of these items shall not be permitted at any time, even by agreement between the coaches and the Referee.
**Legal Equipment:** The following shall be considered examples of legal equipment, and as such may (except as noted) be worn by any player:

- soft head wear such as knit cap,
- goalkeeper may wear gloves,
- a soft-billed cap or a properly fitted and fastened safety helmet, made of foam or other soft material hearing aids,
- eyeglasses, with or without strap,
- contact lenses soft gloves,
- warm-up suit, hooded sweatshirts, sweatpants and similar soft apparel - but only if worn under the player's uniform.

**PUNISHMENT**

- For any infringement of this Law 4, the player shall be instructed by the Referee to immediately:
  - adjust their equipment or
  - obtain missing equipment, or
  - leave the field-of-play to do so if correction on the field is deemed to be impractical.
- A player who has been instructed to leave the field-of-play shall not return without first reporting to the Referee (or an Assistant Referee), who shall determine that the player's equipment is in order.
- The player shall only re-enter the game at a moment when the ball has ceased to be in-play and only with the Referee's permission.