

Player Dress Code



What Not to Wear! - Practice and Games

For your safety and the safety of other players on the field...

The following items **MUST NOT** be worn during practices or games

- No Jewelry!! This includes:
 - Bracelets (metal, string, rubber bands, etc)
 - Earrings (including starter studs. Take them out during, put them back in after)
 - Rings (finger or toe)
 - Body piercings (nose, eye, tongue, belly, or any other body location)
- No Hair Clips (metal, plastic, barrettes of any kind)
- No Headbands (metal, plastic, or cloth wrapped over a harder material)
- No Sunglasses or baseball caps
- No Hockey Gloves!
- No jeans or street clothes
- No Klingon Armor :-)

What Can I Wear?

Here are some items players can wear to practice or games

- Your Uniform for games. Your program tee shirt (if provided) for practice
- Scrunchies or stretchy hair ties to hold pony-tails, braids, etc
- Fabric only headbands
- When weather is cooler, under-armor or other brand long-sleeve shirts and leggings may be worn UNDER the uniform
- Club Spiritwear may be worn until game time
- Coats or jackets may be worn until game time
- If you require prescription glasses, it is recommended you obtain safety glasses and definitely a sports strap to keep the glasses from falling off
- Cloth gloves and knit caps may be worn. Prefer black or Red

Other Essential Requirements

Players must comply with the following for games or they will not be allowed to play per the referee for safety violations

- Wear proper soccer cleats. They must NOT have a middle cleat near the toes. (Some baseball, football, and golf cleats have these. They are neither safe nor suitable for soccer)
- For indoor programs you could have various forms of footwear – check the program listing for that information.
- Must wear shin guards!
- Soccer socks MUST completely cover the shin guards
- Uniform jersey with player's number must be the outer most piece of clothing at game time. The number must be seen

Failure to comply with any clothing/jewelry/footwear requirements will result in the player not being able to participate.