

What equipment will my player need?

Players should have shorts, socks, and molded soccer cleats. Shinguards are required. A ball is good to have, but not necessary.

NYSA provides U6 through U8 players with t-shirt jerseys. U9 to U19 teams provide their own uniforms.

A player shall not wear anything which is dangerous to another player or to themselves (i.e., rings, watches, earrings, etc.) Any piercings must be removed.

Shinguards

Shinguards **are required** at all practices and games. These are available from several local shops and stores in a wide variety of styles. Pick whatever style that seems most appropriate for your player and their shin protection. Shin guards can cost as little as \$5 or more than \$50, depending on the materials. They can range from a simple piece of plastic to state-of-the-art synthetic materials. The strength of the shin guard materials is in direct proportion to the strength of the opponent's kicking ability.

Shoes

Simple molded cleats are the most flexible (especially for the young ones that will probably out grow them every year). Players participating in the premier or select programs or on older teams (U13 and up) should check with their coach (your team may be participating in matches on artificial surfaces, which may suggest a somewhat different shoe).

A Ball

Always a good idea for a player to be able to get ball touches at home. Check with your coach regarding the appropriate ball size for your player (i.e. size #3, #4, or #5).

Can my child use his/her baseball or football cleats?

It is the responsibility of the referee to determine that all players are in compliance with FIFA Laws of the Game Law 4, which states in part that "A player must not use equipment or wear anything which is dangerous to himself or another player (including any kind of jewelry)." A referee may look at shoes that have been manufactured for another sport and decide that the shoes would be safe on the soccer field, but it is also possible that a specific

shoe, in the opinion of the referee, would be dangerous on the field. The style of baseball shoe that included a flat metal cleat by the toe would undoubtedly fall into this unsafe category. Even some shoes manufactured for soccer could be dangerous. For instance, cleats with screw-in studs may be worn down so that there is metal showing. In such an instance, the referee may consider these to be unsafe.