



Carbondale Jr. Sports Soccer Equipment Guide

Updated: 2/23/26

CJS Soccer Equipment Donation/Exchange Program

On game days, visit the small equipment shed next to the concession stand to donate gently used soccer cleats, shin guards, and balls. The items will then be available to players who may be able to use them.

Jersey	CJS will issue each registered player a jersey which must be returned at the end of the season. One way we keep registration costs down for the program is by utilizing reusable jerseys. Players must provide their own shin guards, shorts, and socks.
Soccer Ball	<p>Players must bring their own ball. If you do not have a ball, please visit the CJS equipment shed for a donated ball (see next section).</p> <p><u>Ball Sizes by Age*</u>:</p> <ul style="list-style-type: none"> • Pre-K/Kindergarten - Size 3 • 1st-2nd Grade - Size 3 or Size 4 (either are fine) • 3rd-4th Grade - Size 4 • 5th Grade and up - Size 5 <p>* If you already have a ball that is not the size indicated above for your child's age, you can use the ball you already have; you do not need to buy a new one.</p>
Shin Guards	Players must wear shin guards underneath long socks for all practices and games.
Cleats	<p>Soccer cleats are recommended but not required. Non-soccer cleats or spikes are not allowed (baseball/softball or football cleats with the front cleat).</p> <p>If your child does not have soccer cleats, check out the gently used cleats at the equipment shed to see if you can find some in your child's size.</p>
Goalkeeper Equipment	<p>The goalkeeper must wear a different color jersey or pinnie from either team's colors. CJS will provide pinnies to all teams for their goalkeepers to use.</p> <p>It is also recommended that goalkeepers in the 3rd-4th grade and older divisions to wear goalkeeper gloves to protect hands and fingers—however, gloves are not required.</p>
Other Restrictions	<p>No baseball caps/visors, non-prescription sunglasses, or jewelry (including necklaces, bracelets, and earrings). If determined to be safe by the referee, reasonable accommodations will be made for:</p> <ul style="list-style-type: none"> • Medical-related items • Hard casts (must be wrapped with bubble wrap) • Earrings that cannot be removed due to recent piercings (must be covered with band-aids)