



## UNIFORM POLICY

All players are required to wear the official NYSA or NMU uniform for all league games. Shin guards and soccer cleats are also required.

Socks must be pulled up to cover the entire shin guard. Players not attired in the proper uniform will not be allowed to play, until properly dressed.

Additional clothing (such as sweatshirts or long pants) will not be allowed to be worn over the uniform while a player is participating in the game. Hooded shirts are not allowed to be worn under the uniform.

Sneakers or cleats designed for sports other than soccer are not allowed as footwear for games or practices. Baseball and some football cleats have an additional spike on the toe of the shoe, which can cause injury to others. Sneakers do not offer the traction, or the support of a soccer cleat, which in turn can lead to injury during play.

Jewelry of any kind is not allowed. Nor is a player permitted to wear anything that is dangerous to any player (including themselves). This includes, but is not limited to, rings, bracelets, watches, necklaces and earrings. ***Earrings must be removed for participation.*** Players may not tape or place a band-aid over the earring in order to play. Referees may refuse to permit other items not listed here if, in their opinion, those items are determined to be dangerous to any player.

Players with a medical stabilizer or cast are not allowed to participate in practices or games. This includes hard casts, splints, and soft braces.

Eyeglasses are not allowed, unless they have a plastic frame. Metal rims are not allowed. Sunglasses are not allowed. Retaining straps are required. Safety or sport-type goggles or glasses are strongly encouraged.