

# Players Equipment A General Reminder

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## Undergarments (e.g. Skins)

If thermal undergarments are worn under playing shorts and are visible, they must be the same colour as the playing shorts. Also, they may not extend beyond the knee.

Undershirts, if they extend beyond the shirt sleeves must have sleeves the same colour as the playing shirt sleeves.

## Shinguards

Shinguards must provide 'a reasonable degree of protection'. To fulfill their protective function, shinguards must cover the shins, that is, the portion of the leg from the ankle to the knee. The most vulnerable section of the leg in Football is the lower part of the shin, so the shin guard must start there. Shinguards for adults should be between 13 and 18 cm long.

Referees will ensure themselves that the players' shinguards are providing adequate protection.

## Spectacles

Referees will assure themselves that any glasses worn by players are safe for the player themselves and other players. Sports safety spectacles are best, but if they are not worn, spectacles must be

- Robust
- Have plastic lenses
- Be securely fixed to the head

## Hair fastenings

Metal hair-fastenings are not permitted. This includes bobby pins and hair-slides. Rigid hair bands are not permitted. Soft hair-ties are permitted.

## Plaster and fibre-glass casts

Players may not wear plaster or fibre-glass casts even if these are covered by padding.

## Jewellery

No jewellery is permitted. Taping of wedding bands or earrings is not permitted. The wearing of plastic or rubber bracelets is not allowed. Players may wear a sweat-band or gloves, provided there is nothing underneath the band or gloves.