



AYSO Region 1103

Uniform Policy

What You Are Provided:

Jerseys are not provided with your registration, but are required, and are purchased separately. Region 1103 will re-use these jerseys for several years. You may purchase a jersey set consisting of two jerseys, a pair of shorts, and two pair of soccer socks, or you may purchase individual pieces to replace lost or damaged uniforms. The cost of this uniform set is \$30, and individual jersey tops may be purchased for \$15. Individual shorts or socks may be purchased for \$5 each. Players MUST be in uniform to participate in scheduled games.

What You Still Need:

You are responsible for your own shin guards. AYSO requires the use of shin guards at all practices and games. You are also responsible for one appropriately sized soccer ball. U-05, U-06 and U-08 players will need a size 3, U-10 and U-12 will need size 4. Everyone U-14 and above should use a size 5. You may also choose to acquire soccer shoes or additional soccer socks for practice or games. Shoes may not have metal cleats, and may not have a protruding toe cleat.

Dress Code

Players participating at practice or games are required to wear shin guards. These shin guards must be completely covered, ideally by a pair of soccer socks. Alternatively if no soccer socks are available, a pair of long sweats may be worn. Players participating in games will be required to wear their jersey. In the event of cold or inclement weather, the jersey must be the outermost layer (worn over the top of any sweat shirts or jackets, not underneath and hidden). Players participating in practice are not required to wear their jersey. They may not wear obscene or inappropriate clothing. Players must wear matching colored socks at all games.

In the event of cold or wet weather, you should dress in layers. Players will get hot as they play, and similarly will get chilled before and especially after the game. A player will be much more comfortable with a t-shirt and perhaps a sweatshirt or hoodie on under their jersey, and a heavy coat over their jersey which can be removed during playing time. Don't forget a hat and gloves. More often than not this is what helps the most.

In the event of extreme heat, please be aware of your hydration. Heat exhaustion and heat stroke are very real and dangerous concerns.

Each team will also be responsible for a goalie jersey. This jersey may or may not be provided to your coach, depending on their certifications. Should you need to provide your own, it must be colored different than both your own team's jersey, and your opponents.

Jewelry and Casts

Players participating in either practices or games may not under any circumstances wear jewelry. There will be no exceptions to this. Ear Rings, necklaces, bracelets, hair pins, hair clips, and hard hair bands will not be allowed. Soft hair bands or scrunchies are fine, as are head sweat bands. Wrist Sweat bands are not allowed. Players may not participate if they are in a hard cast, regardless of what body part has been immobilized. Players may wear soft braces or removable soft casts, as long as they are covered in some fashion (long sleeves, long pants, or a sports wrap).