

## Prohibited Equipment for PAL Soccer Players During All Practices and Games

Note: Final determination as to safety is up to the referee during games; coaches are responsible for compliance during practices.

Jewelry of any kind. Includes bracelets and necklaces made of yarn, string, plastic or rubber. (Medical and religious bracelets and necklaces may be worn if taped down.)

Watches.

Earrings and body piercing, even when taped over.

Hard items in the hair.

Ribbons, bows or ornamental items in the hair.

Colored hair paint if it can be transferred to the ball.

Casts or splints (other than so-called inflated "air" casts or splints) even though covered with soft padding.

Ace bandages may be worn, even when visible and protruding from the uniform; however, no metal clips or other hard objects are allowed on or in ace bandages.

Knee braces, unless wrapped and covered with soft padding and approved by the referee.

Knee, thigh or hip pads containing sole leather, fiber, metal or other dangerous material, even when covered with soft padding.

Helmets made of hard material; however, soft headwear such as a knit cap is allowed. Goalkeepers may wear a soft-billed cap or a properly fitted and fastened helmet that is made of foam or other soft material.

Face or spectacle guards, but eyeglasses with or without restraining strap are permitted. Restraining strap must fit tightly against the back of the head.

Contact lenses are allowed.

Glasses and sunglasses, unless medically necessary.

Foreign objects (such as gum or ice) in the mouth. Players may wear internal orthodontic braces but are encouraged to simultaneously wear protective mouthpieces.

Hearing aids are allowed.

Footwear:

- Shoes having cleats with sharp edges.
- Shoes with metal cleats.
- Open toe sandals or flip-flops
- Shoes with "zipper" type laces.
- Shoes that are not tied or properly fastened.