

Required and Recommended Equipment for PAL Soccer Players

Strongly recommended: Mark all your equipment with your name and phone number with a permanent marker.

Soccer Balls: (Strongly recommended to bring to each practice and game.)

VIP, U6, U8: Size 3

U10, U12: Size 4

U14, U16, U19: Size 5

Shinguards: (Required)

- Must be entirely covered by socks.
- Shall be made of suitable material (rubber, plastic, polyurethane or similar substance).
- Shall afford a reasonable degree of protection.
- Must be worn during practices, scrimmages and games.

Shinguards: (Recommended) Be large enough to cover most of the shin.

Footwear: (Required, any of the following, for all practices, scrimmages and games)

- Soccer shoes with rubber or plastic cleats and no sharp edges.
- Athletic shoes without any sharp edges.
- Any type of shoe, e.g., baseball or football cleats, having any number of rubber or plastic cleats and without any sharp edges. (Toe cleats allowed.)

Footwear: (Not allowed)

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

Socks: (Required) Must entirely cover shinguards and must be worn during all practices, scrimmages and games.

Socks: (Recommended) If shinguards are uncomfortable next to skin, wear a thin sock underneath the shinguard in addition to the required sock over the shinguard.

Drink bottle: (Strongly recommended) Bring to all practices and games to rehydrate frequently.