



# Player Equipment

A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewellery). **Please avoid injuries!**

## Jewellery

- All items of jewellery are potentially dangerous. The term "dangerous" can sometimes be ambiguous and controversial, therefore in order to be consistent any kind of jewellery has is forbidden. Players are not allowed to use tape to cover jewellery. Taping jewellery is not adequate protection.
- Rings, necklaces, bracelets, earrings, leather or rubber bands are not necessary to play and the only thing they can bring about is injury and are not allowed. Only exception to this rule is a medical bracelet that **MUST** be covered with a sweat band only. Players won't be asked to remove wedding band as long as band doesn't have rough surfaces.
- In order to avoid "last minute" problems, teams should inform their players in advance.

## Basic Equipment

The basic compulsory equipment of a player is:

- Soccer jersey - if undershirt with long sleeves are worn, they are of the same main colour as the jersey. League is not allowing shirts or a jersey from a different set of a similar colour to be worn, all players must wear a jersey that is of the same set.
- Soccer shorts - is one solid colour (sometimes with stripes or sponsor logo in a different colour). Vast majority of soccer shorts are black or white. If thermal under shorts are worn, they are of the same main color as the soccer shorts. League is not allowing multicolour rainbow (clown) shorts, cargo shorts, shorts with pockets, swim shorts, shorts that go below your knees, hiking shorts, etc.
- Soccer socks - please don't show up with two different colour socks.
- Shin guards - are covered entirely by the soccer socks and are kept like that throughout the duration of the whole game. They are made of a suitable material (rubber, plastic, or similar substances) and provide reasonable degree of protection.
- Outdoor soccer shoes - must be studs or blades. Running shoes, indoor soccer shoes are not allowed.

## Goalkeepers

- Each goalkeeper wears colours that distinguish him from the other players, the referee and the assistant referees. Goalkeeper is the only player that can wear long (sport, keeper) pants.
- If a player or goalkeeper wears improper equipment or jewellery it will be cautioned by the referee and will be asked to leave the field to correct it.