



12.0 Uniforms and Equipment

- 12.1 All players shall wear regulation soccer equipment as prescribed by FIFA and Ontario Soccer for all games.
- 12.2 All teams must play all their District games in their primary registered team colours **as published on the league website.** Where registered colours are similar or not sufficiently distinctive, the home team must change. Goalkeepers must wear uniforms distinctive from both teams and match officials
- 12.2.1 It is the Team Officials responsibility to update the team colours on the league website in a timely manner.**
- 12.3 All players shall wear numbered shirts for all games.
- 12.3.1 No two (2) players on the same team shall wear the same number and no player shall change his number during the game without the consent of the referee.
- 12.3.2 Numbers shall be a minimum of eight (8) inches in height and of a contrasting colour to the body of the shirt. Such number will be recorded against the players' name, on the game sheet. All numbers must be legible.
- 12.4 Players Equipment – “A player must not use equipment or wear anything that is dangerous to himself or another player, including any type of jewelry “ [Law 4 – CSA](#)
- 12.5 Jewelry – All items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands etc) are strictly forbidden and must be removed.
Exceptions – Medic Alert Bracelets
- 12.6 Protective Equipment – Hats and bandanas are not allowed on the field of play. Headscarves and turbans are CSA approved as [per Fifa Law](#) (see Ontario Soccer website). Exceptions – the goalkeeper/outfield player may wear a hat for medical reasons (with a medical letter) however the hat may not be a baseball cap; if the cap has a peak it must face forwards and have a soft peak and must not contain metal or plastic parts. Eyeglasses are permitted providing they are sport spectacles and are safe for the players themselves and for other players.
- 12.7 Casts – hard plaster casts are considered to pose a danger to both the wearer and other players and are not permitted on the field of play.
Exceptions – soft, lightweight casts will be permitted providing the cast does not present a danger to the individual or any other player.
- 12.7.1 Officials have the final say on the safety and inclusion of identified casts at the field.