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.