

AYSO Soccer
Safety is FIRST!

Player Safety Rules *At-A-Glance*

NO

- Pets inside fence
- Playing without shin guards and socks
- Jewelry or ornaments, including:
 - earrings
 - chains, necklaces
 - wristbands or strings
 - pierced body jewelry
 - hair barrettes or clasps
 - hair beads
 - plastic, metal, wood headbands, or any hard material
 - hats
- Hard casts or splints
- Hard padding
- Sunglasses
- Metal or toe cleats that might hurt other players

YES

- Proper soccer uniform
- Prescription glasses (straps allowed)
- Knee braces (soft or padded)
- Protective head gear (soft)
- Medical alert bracelets
- Religious medallions (must be secured or taped)
- A toboggan in cold weather

Have Fun!

Remember: *The Laws of the Game* say that the Referee has the final word on safety.