

# FOR LEVELS OF PLAY UP TO AND INCLUDING SENIOR HIGH SCHOOLS



## Player's Uniform (ART 4.3)

The uniform of all team members shall consist of:

- **Shirts (1) & Shorts (2)** of the same dominant colour.
  - If shirts have sleeves, they must end above the elbow.
  - The shorts must end above the knee.
- **Socks (3)** of the same dominant colour for all team members. Socks need to be visible.
  - Please note that this is the 'gold standard' and is encouraged in Canada; however, THIS WILL NOT BE REQUIRED FOR PLAY IN CANADA IF TEAMS CANNOT MEET THIS GUIDELINE (i.e. A1, A2, & A3 may wear white socks, and A4 & A5 may wear black socks.)
- **Shoes (4)** of any colour combination, but the left and right shoe must match. No flashing lights, reflective material or other adornments are permitted.
  - Any footwear that does not match shall not permitted during competition within Canada.
- **T-shirts (5)** worn under the game jersey are allowed at levels of play up to and including senior high school if they are the same, one solid colour as all other accessories of the team. The sleeves must end above the elbow, be hemmed and not frayed.



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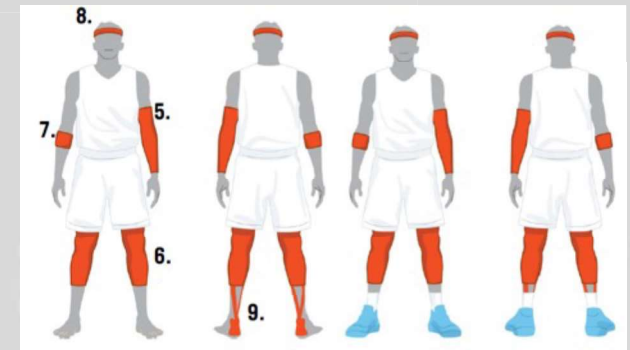
## Player's Uniform - Accessories (ART 4.4)

The following accessories are permitted:

- **Arm (5) & Leg (6) Compression Sleeves**
- **Wrist (7) & Headbands (8)**
  - maximum of 10 cm wide textile material
- **Tapings of arms, shoulders, legs, etc. (9)**
- **Compression Undershirts** with short sleeves, sleeveless, or long sleeves (10)
- **Compression Underwear** (any length) and **full-length Compression Leggings**
- **Headgear**
  - It shall not cover any part of the face entirely or partially (eyes, nose, lips etc.) and shall not be dangerous to the player wearing it and/or to other players. The headgear shall not have opening/closing elements around the face and/or neck and shall not have any parts extruding from its surface.

Please Note:

- Loose-fitting long sleeve shirts are not permitted at any time.
- "Compression" garments ARE NEVER LOOSE-FITTING (i.e. If it's loose, it is not compression and must be removed)



All players on the team must have all their T-shirts, arm and leg compression sleeves, compression undershirts/underwear, headgear, wrist and headbands of the same solid colour. Tapings should match but flexibility will be allowed on a regional basis but not for age group national championships.

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## Player's Uniform - Accessories (ART 4.4)

The following equipment are permitted **in any colour**:

- **Shoulder** (9), upper arm, thigh or lower leg protective equipment if the material is sufficiently padded.
- **Knee Braces** (10) if they are properly covered.
- **Ankle Braces** (11)
- Protector for an injured nose, even if made of a hard material.
- Spectacles, if they do not pose a danger to other players.
- **Mouth Guards** (12)

