

# ATTENTION PLAYERS

## ARE YOU PROPERLY EQUIPPED TO PLAY TODAY?

~CHECK THE FOLLOWING BEFORE YOU LEAVE THE LOCKER ROOM~

\*DON'T HAVE YOUR SELF REMOVED FROM THE GAME DUE TO THE FOLLOWING:

- NO Bands worn above your wrists. Play list allowed on wrist.
- NO Bands worn above your ankles.
- NO Bandana or other head coverings sticking out of the back of helmet.
- Towels: **MUST** be the SAME solid color for ALL Players wearing a towel.
- Jersey: unaltered & fits properly & **COVERS ALL** pads worn above the waistline?
- Jersey: unaltered & tucked in if longer than the waistline.
- Undershirt Longer than the jersey **MUST** be tucked in.
- Pants: long enough to cover your knees at **ALL** times.
- Pads required: Shoulder, Hip, Tailbone, Thigh & Knee pads. All must be properly covered when worn.
- Helmet: properly fitted with ear pads to protect player.
- Shields on helmets: **MUST** be Clear. **NO** tinting regardless of a medical note.
- Mouthpiece: **FULL** so to protect the player.
- Shoes: may have Football style Cleats (No Metal).

**\*Players Failure to do so will be sent to the sideline and not be able to participate until the issue has been corrected.**