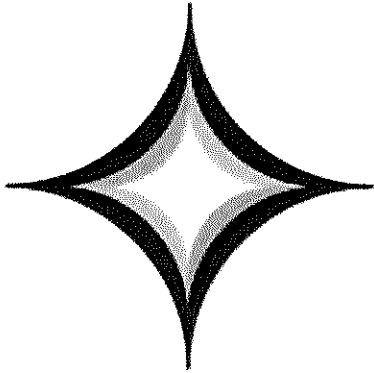


## **Equipment**



### **Shoes**

Shoes must be worn by all players. Rubber soled shoes or tennis shoes are suitable but indoor soccer shoes are recommended. No cleats are allowed.

### **Shin Guards**

Shin guards are worn at the discretion of each individual player. The LA Galaxy Soccer Center does not mandate the use of shin guards, but strongly recommends it for all of our youth participants.

### **Ball**

Only official low bounce Futsal balls shall be used for games and shall be provided by LA Galaxy Soccer Center. Teams and players may bring their own balls and use them for practice and warm up but may not be used for games.

### **Uniforms**

Uniforms must meet the following requirements:

- We encourage all teams to wear the same colored shirts
- A player not having the same color uniform as his/her team will be asked to wear a pinney.

### **Casts and Jewelry**

Casts (plastic or other hard substance) may not be worn during games. Any exposed metal may be considered legal if covered by a soft material and taped. Exposed jewelry such as wrist watches, bracelets, loop earrings and neck chains may not be worn during games. Medical alert bracelets or necklaces will be permitted but if worn will need to be taped to the body. Players found to be playing with prohibited casts or jewelry will be issued a yellow card and will need to immediately remove such items before being allowed to return to the field.