Shin guards must be worn at all practices and games.  Players supply their own.

Soccer appropriate footwear, no baseball cleats allowed.

Safety sport-type specs are required by CLSF and the IYSA (governing body to CLSF) for all children who wear glasses. Regular glasses may not be worn.

Jewelry, **INCLUDING EARRINGS OR STUDS,**or other items considered by the referee to be dangerous may not be worn. Exception: religious or medical medallions which must be taped to the body with medical data visible.

For a player to participate with a cast, it must be covered by ¾” thick foam (or similar material) and securely wrapped.  No exposed metal fastening clips. A written note from the doctor giving permission for the player to participate must be shown to the referee at every game.  No padding or no note means no play!