

Guidelines for Jewelry, Braces, Glasses & Casts

The following is a listing of common items often encountered by referees that officiate matches in Central Virginia. To insure the safety of all players, the following items, are **NOT ALLOWED**, to be worn or used by a player, on the Pitch, prior to or during a game. Referee officials will adhere to these guidelines and these apply to all ages whether there is a referee or not.

Watches

Metal or cloth bracelets (whether loosely or snugly fitting)

Cloth or metal necklaces (whether loosely or snugly fitting)

Bracelets must be removed prior to play; whether or not to cut them off and play

Is a decision of the player.

Metal or plastic barrettes

Ribbons in the hair are allowed - if all players with ribbons on the same team have

The same color.

Earrings - whether or not they are pierced, on the lower or upper ear

Earrings must be removed. If they require a tool, they must be removed or the player

Does not play.

Players may NOT tape earrings in order to play.

Rings on fingers or thumbs

One smooth wedding band (no stones or sharp edges) by players in the Adult Leagues

Is allowed.

Any body piercing jewelry (nose, eyebrow, tongue, navel, etc.- including that under clothing)

Referees will NOT inspect under clothing for these items, it is the responsibility

Of the player, parents and coach to insure that the players safety is protected by

The absence of these covered items.

Wire rim glasses

Plastic frame glasses are permissible - even if they contain a "wire" within the plastic

Arm of the glasses.

Socks which are not the same color.

One player may not wear two different color socks.

If players on the same team have different colors, the referee should make every

Effort to play, avoid targeting.

If players on the opposing teams have the same color socks, the referee should allow play,

Doing the best, he/she can.

Elbow, finger or wrist braces which contain any hard or inflexible substances.

Knee braces are permitted - if all exposed hard edges and joints are properly

Padded. If during the game, the player uses the knee brace as a 'weapon' in the

Opinion of the referee, it will no longer be allowed.

Medical and/or religious bracelets and necklaces are permitted as long as the item is securely taped to the

Player.

Hard casts are allowed as long as they are covered sufficiently to prevent damage to the player or other players; covering casts with foam or other substances is allowed. The referee will determine the safety of the cast and at any time during the match can send off a player deemed unsafe or playing in an unsafe manner. If a player decides to play wearing a hard or soft cast, a Dr's note must be available at all times to be reviewed by the league to confirm that the Dr has approved for the player to participate and will not further damage the injury.

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