

OC Trojans Tackle Check-list

All links are clickable

STATE ID OR REAL ID

All athletes must have a state ID or real ID to compete in the SYFL (Snoop League).

SYFL Physical form

All Physical must be completed on this SYFL form, all physicals must be dated in the 2025 year. We will be offering Physicals at uniform fitting on 5/22/25.

REPORT CARDS

SYFL requires that all athletes competing turn in a report card of the 2025-2026 school year

HELMETS

Any brand and color helmet that fits your athlete. There are many price points to pick from. Helmets will be recertified and painted.

SHOULDER PADS

Any brand shoulder pads that work for your athlete. Check measurements and sizing for each brand.

GIRDLE

Girdles will go under practice uniform and game day uniform. Girdles are integrated with hip pads, thigh pads and butt pad. Knee pads are separate.

KNEE PADS

Knee pads must be worn for game days.

VISORS

Clear visors only for game days, no exceptions.

BACK PLATES

Back plates can be worn during practice and games.

CUPS

Cups do not need to be worn if you are wearing a girdle

MOUTH GUARD

Mouth guards must be worn during practice and games. Mouth guards must have a lip guard and attached to football helmet.