

# OC TROJANS TACKLE CHECKLIST

## **STATE ID OR REAL ID**

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

## **SYFL Physical form**

All Physical must be completed on this SYFL form, all physicals must be dated in the 2024 year. We will be offering Physicals at uniform fitting on 5/2/24.

## **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 work for the 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.