

What Kind of Shin Guards do I Need to Use?

LSA Shin Guard Guidelines

This is a general guide on what kind of and how shin guards should be worn. Shin guards are **REQUIRED** for all practices and games.

All pictures are for example purposes. This is not an endorsement of any style, brand, or store.

● ACCEPTABLE Soccer Shin Guards (Worn Properly)



- ✓ Designed specifically for soccer
- ✓ Must be worn at ALL games and practices
- ✓ Must be fully covered by soccer socks
- ✓ Must fit properly (cover shin from just above ankle toward knee)

● ACCEPTABLE Soccer Shin Guard Styles



- Ankle-protection style
 - Sleeve and shin guard combo
 - Slip-in style (held in place by sock or sleeve)
- If it protects the shin and is covered by socks — you're good.

● NOT ACCEPTABLE Shin Guard Usage



- ❌ Players without shin guards will not participate
- ❌ Shin guards should be under the players socks
- ❌ Guards too small to cover the shin

● Improper Shin Guards



- ❌ Other sports pads
- ❌ Guards not intended for soccer

Quick Parent Rule:

No shin guards = no play.