



What Jersey, Shorts, and Socks do I Need to Use?



LSA Jersey, Shorts, and Socks Guidelines

This is a general guide on what jersey, shorts, and socks should be worn. A team's jersey, shorts, and socks should match and are REQUIRED for all games. Practices are more lax and typically do not require any particular color or coordination.

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

● Team Jersey



- ✓ Official LSA team jersey – Included in Registration fee and ordered by LSA
- ✓ Correct team color
- ✓ Player number clearly visible
- ✓ Worn during all games
- 👉 LSA prefers no names on the back of the jersey. Names on the back of jerseys can present a potential safety risk. If a team decides to do so it is at their cost and must be on all. We recommend nicknames or first names, not last names to prevent a stranger from getting a child's complete name.

● Soccer Shorts



- ✓ Athletic shorts appropriate for soccer – PRO TIP: Try to find shorts without pockets.
- ✓ Jersey should be tucked into shorts during a game.
- ✓ No hard zippers, buttons, or metal
- ✓ Match team color on game day – Coaches will provide guidance
- 👉 Black and Navy are good colors in general and can be used for practices if coach chooses a different color for game days.

● Soccer Socks



- ✓ Soccer-length socks
 - ✓ Must fully cover shin guards
 - ✓ Match team color on game day
- 👉 Black and Navy are good colors in general and can be used for practices if coach chooses a different color for game days.

Quick Parent Rule

Jersey visible on game day.

Shin guards covered by socks.

No hard or dangerous materials on any clothing.