

## • Shin Guard guidelines and clarification

• Soccer shin guards should generally cover most of the shin, spanning from just above the ankle to a few inches below the knee, typically chosen based on player height or shin length.

Proper fit ensures protection without restricting movement, with sizes commonly ranging from **Extra Small (under 4'7") to Large (5'11"+)**.

### **General Sizing by Height and Age**

- **XS:** Under 4'7" (approx. ages 4-8)
- **S:** 4'7" - 5'3" (approx. ages 8-12)
- **M:** 5'3" - 5'11" (approx. ages 12-15)
- **L/XL:** 5'11" and taller (approx. 15+ years)

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### **General Sizing Recommendations by Height & Age:**

- **Youth Small (approx. 4'7"-5'3"):** 6.5"-7.5" guard length.
- **Medium (approx. 5'3"-5'11"):** 7.5"-8.5" guard length.
- **Large (approx. 5'11"-6'3"):** 8.5"-9.5" guard length.
- **Extra Large (Over 6'3"):** 9.5"+ guard length.
- **Micro or mini soccer** shin guards typically measure between

3.5 to 4 inches in height and roughly 2 to 3 inches in width **are not allowed in LI Futsal League play**

- Referees have the final decision regarding the age appropriateness of the shin guard that a player is wearing
- There is some leeway indicated in the above guidelines - but **MICRO shinguards DO NOT fall into any category and are not allowed in LI Futsal league play**
- Players will be asked to leave the field to change to an age appropriate shin guard if necessary and can re-enter when corrected
- This is considered "**Improper Equipment**" so there is **NO** card for the offense - same applies to socks not covering the shin guard

## Footwear, Jewelry, and Hard Casts Policy

**Only non-marking footwear should be used.**

A flat soled non-marking indoor soccer or Futsal shoe is allowed.

No turf or "street" shoes, which are designed for outdoor use, or cleat shoes, are allowed.

Not only can turf shoes cause scuff marks but they are not designed to be used on hardwood surfaces like a gym floor and can result in player injury

Basketball sneakers, or a quality indoor soccer shoe designed to be used on indoor soccer pitches are a good choice.

Ideally, the indoor shoes should never be worn outdoors, as the grit that invariably attaches to the bottom of the shoe can cause damage to the gym floor.

**Ok for futsal** 😊

**NOT ok for futsal** 😡



**A PLAYER MUST NOT USE EQUIPMENT OR WEAR ANYTHING WHICH IS DANGEROUS TO HIMSELF OR ANOTHER PLAYER. THIS INCLUDES: HARD CASTS.** are considered to pose a danger to both the wearer and other players

and are not permitted to be worn. The practice of padding a hard plaster cast does not reduce the element of danger.

• **ANY KIND OF JEWELRY, REGARDLESS OF COVERING** [No earrings, bracelets, watches, necklaces regardless of covering]

The ONLY exception is for a player wearing a medical alert or religious bracelet PROVIDED THAT it's clearly visible & taped securely to the players' body