



# AMERICAN YOUTH SOCCER ORGANIZATION

a nonprofit corporation dedicated to youth soccer

**everyone plays®**

## **Are there any special requirements for soccer shoes and shinguards?**

Soccer shoes and shinguards made by any established soccer equipment manufacturer are acceptable. Other shoes and shinguards are acceptable if, in the opinion of the referee, they are not dangerous to the player wearing them or to another player and the shinguards afford the player a reasonable degree of protection. A piece of cardboard, rolled up newspaper or similar makeshift items do not constitute proper shinguards. The referee must inspect all cleats to ensure there are no sharp edges; this is especially important for aluminum and nylon cleats.

Shinguards must be completely covered by the player's stockings. Players are not allowed to wear their shinguards over their stockings and then roll the stockings down over the shinguards. The shinguards must be worn completely under the stockings.