



## **Prohibited Equipment**

**Final determination pertaining to safety is made by the referee (coaches for La Liga). THEIR DECISION IS FINAL.**

**NO** jewelry of any kind. This includes but is not limited to watches, bracelets, earrings, and body piercing.

**NO** string or yarn bracelets or necklaces.

**NO** hard items, bows, ribbons, paint, or colored hair spray are permitted in hair.

**NO** casts or splints are allowed even if covered with soft padding.

**NO** metal clips or hard objects are allowed on or in ace bandages.

**NO** knee, thigh or hip pads containing leather, metal or hard material even when covered by soft padding.

**NO** helmets.

**NO** face or spectacle guards.

**NO** non-prescription sunglasses.

**NO** foreign objects (such as gum or ice) in the mouth.

**NO** footwear containing

Cleats with sharp edges.

Shoes with metal or screw in cleats.

Open toe sandals or flip flops.

Shoes with zipper laces.