

Reminders

When in doubt, play without!

Laws of the Game 2025/26

Law 4 : The Players' Equipment

1. Safety

A player must not use equipment or wear anything that is dangerous.

All items of jewellery (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed. **Using tape to cover jewellery is not permitted.**

The players must be inspected before the start of the match and substitutes before they enter the field of play. If a player is wearing or using unauthorized/dangerous equipment or jewellery, the referee must order the player to:

- remove the item
- leave the field of play at the next stoppage if the player is unable or unwilling to comply

A player who refuses to comply or wears the item again must be cautioned.

2. Compulsory Equipment

The compulsory equipment of a player comprises the following separate items:

- a shirt with sleeves
- socks – tape or any material applied or worn externally must be the same colour as that part of the sock it is applied to or covers
- **shinguards*** – these must be made of a suitable material and be of an appropriate size to provide reasonable protection and be covered by the socks.

* **Mini shinguards are acceptable, but use is at the player's own risk exclusively.**

