

Uniform Dress Code

All athletes are to be in legal uniform in order to compete. A player not conforming to this uniform policy shall be directed to leave the game.

- All players on a team will wear like-colored uniforms (which include no trim of a different color) consisting of T-shirts and shorts.
- A number on the uniform shall identify each player. The number shall be at least four (4) inches high on top of the front of the shirt and at least six (6) inches high on the back of the shirt. Please refer to diagram at bottom of page.
- Appropriate playing shoes are to be worn.
- If a player wears an undershirt, it shall be plain and of similar color to the predominant color of the uniform shirt or shorts. This color MUST be consistent among all members of the team. Players shall not wear undergarments or tights that extend below the uniform shorts. (Exception: compression shorts that are unadorned, of a single color similar to the predominant color of the uniform bottom, and do not extend below the knee, may be worn.)
- Players shall not wear uniforms that include advertising or a partial/whole manufacturer's logo or trademark that exceeds 1 ½ inches high by 1-½ inches wide, or appears more than once on each piece of the uniform.
- Uniform shirts shall be tucked inside the shorts/bottoms and the shorts/bottoms shall be above the hips (no sagging).
- Any body adornment, such as body painting, or tattoos will be covered. Further, any excessive face make-up will not be permitted.
- Hair styles/cuts will not include any sprayed hair colors contrary to the natural color of the hair, hair sprinkles, excessively spiked hair, long/straggly hair, etc.
- Individual athletes MUST wear matching socks of a solid white color only, that shall be of equal length and no higher than the knee.
- In case of cold weather, coaches are to use their best judgment and if necessary allow the athlete to also wear sweats as a means to stay warm. The sweats may or may not be of a color matching the uniform. This does not excuse the athlete from being in legal uniform, nor does it apply to indoor games. The jersey is to be worn outside of the sweatshirt to allow all parties to identify all players at all times. Sweatpants can be worn either inside or outside the shorts. Bike shorts, tights, turtlenecks, T-shirts are not appropriate attire for warmth.