

RULE 4 – THE PLAYERS' EQUIPMENT

Safety

A player must not use equipment or wear anything that is dangerous. All items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands etc.) are forbidden and must be removed. Using tape to cover jewelry is not permitted.

A player wearing a rigid cast is not permitted to play. A player may be permitted to wear a brace at the referee's discretion.

Basic Equipment

The basic compulsory equipment of a player is:

- a jersey or shirt with sleeves, if undergarments are worn, the colour of the sleeve must be the same main colour as the sleeve of the jersey or shirt
- shorts – if undershorts or tights are worn, they must be of the same main colour as the shorts
- stockings
- shin guards
- footwear, suitable for artificial surfaces

Shin guards

Shin guards:

- are covered entirely by the stockings
- are made of rubber, plastic or a similar suitable material
- provide a reasonable degree of protection

Colours

- The two teams must wear colours that distinguish them from each other and also the referee and the assistant referee
- Each goalkeeper must wear colours that distinguish him from the other players, the referee and the assistant referee

Infringements and Sanctions

For any infringement of this Rule:

- play need not be stopped
- the player at fault is instructed by the referee to correct his equipment
- the player leaves the field of play when the ball next ceases to be in play, unless he has already corrected his equipment
- any player required to leave the field of play to correct his equipment does not re-enter without the referee's permission
- the referee checks that the player's equipment is correct before allowing him to re-enter the field of play; this may be delegated to the assistant referee

The player who has been required to leave the field of play because of an infringement of this Rule and who re-enters the field of play without the referee's permission is cautioned and shown the yellow card.

Restart of Play

If play is stopped by the referee to administer a caution:

- the match is restarted by a free kick taken by a player of the opposing side, from the place where the ball was located when the referee stopped the match (See Rule 13 – Position of Free Kick)