

## **SOCCER SAFETY CHECKLIST**

It is the responsibility of all players and coaches to learn, understand, and abide by the rules of the game. It is also the responsibility of each parent / guardian to learn the safety rules of Soccer and ensure their child is uniformed correctly before each practice and game. These simple rules can protect all players from potential serious injury:

**Shin Guards** - Shin Guards must be worn at all times. Shin Guards must be completely covered by outer sock or shin guard must be part of a shin guard-sock combination.

**Cleats** - Soccer cleats are allowed. No metal cleats allowed.

**Jewelry** - No jewelry is allowed to be worn. This includes watches, bracelets, necklaces, earrings, or charms. Earrings must be removed and may not be taped over. Medical bracelets must be covered with tape or a secure wristband.

**Hair** - Only soft hair holders are allowed. Beads, pins, plastics, barrettes, or other hard objects are not allowed. No baseball hats.

**Casts** - No casts are allowed.

Safe participation for our players, coaches, referees, and spectators is SCORE's #1 goal. Learning and abiding by these rules will help us ensure a safe and fun experience for all.

I acknowledge I have read and will abide by these rules. I understand no child will be allowed to participate in SCORE practices or games when not following these rules.

Player \_\_\_\_\_

Parent / Guardian \_\_\_\_\_

Coach \_\_\_\_\_

Date \_\_\_\_\_