



## HOW TO SELECT THE RIGHT SHIN GUARDS

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It is mandatory for Big Country Soccer Association (BCSA) players of ALL LEVELS to wear shin guards to protect their lower legs from impact injuries.

### **HOW TO SELECT THE RIGHT SHIN GUARDS:**

There are 3 basic types of shin guards:

#### **1. Slip-in Shin Guards** - Recommended for older youth players

They are portable and lightweight. You can wear them right under your socks. You may need to use tape or compression sleeves to keep slip-ins secure under the sock. However, some socks have a snug fit that can hold slip-in shin guards in place.

Ideally, slip-in shin guards are best reserved for more experienced players. These are the players who prefer a greater degree of flexibility and movement. They aren't recommended for younger kids; they are more suitable for older youth players.

#### **2. Ankle Shin Guards** - Recommended for players ages 12 & under

Offer more protection than slip-in shin guards. They usually come with extra padding on both sides of the ankle. Ankle shin guards also have stirrups that slide under the feet as well as a strap or elastic band to place around the calf for a secure fit.

Ankle shin guards are the standard and recommended choice for youth players. They offer an ideal balance of protection against kicks and impacts, while still allowing for adequate movement.

#### **3. Shin Socks**

Look like socks but have the built-in padding of traditional shin guards. That makes them convenient and ergonomic. They're a good option for youth players and take the hassle out of proper placement. You simply put them on and that's it - you're good to play.

### **SHIN GUARD SIZING**

Shin guards should cover the area from 2 inches below the knee to just above the bend of your ankle when you flex your foot. See diagram below.



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- 4** Ensure the guard protects a few inches under the knee to just above the ankle. While the guide above is best for 90% of players, everyone is different. As a rule of thumb, you want the guard to cover from below the knee to right before your ankle bends.

Players should then wear proper soccer socks to prevent the shin guard from moving on the player as they are participating in their soccer activity. Additionally, the soccer socks will help ensure the shin guard do not detach from the player's leg.

### References

FIFA- Law 4- The Player's Equipment  
Canada Soccer Association  
Alberta Soccer Association  
Big Country Soccer Association Parent Guidelines (Ref: BCSA-GUI-004)  
Big Country Soccer Association Coaching Guidelines (Ref: BCSA-GUI-006)