



# ***Tackle Football Uniform Standards 2023***

## **CDMFA TACKLE DRESS CODE STANDARDS:**

### ***General***

No player shall wear equipment of any kind which may injure the opponent. The referee may remove from the game any player who is wearing equipment which, in the Referee's opinion, endangers a participant. The prime responsibility to ensure compliance to the mandatory requirements for uniforms and equipment rests on the Head Coach or his/her designate.

### ***Equipment***

The following equipment is mandatory and shall be worn by all players. The equipment shall be designed and manufactured by a professional manufacturer, and shall not be altered in any way which will decrease the protection of the player.

Shoulder pads:

- all back plates and rib protectors must be covered by the pants or the jersey (only exception being a snap in soft foam hip and tail pad system)

Helmets:

- only helmets and facemasks approved by the National Operating Committee on Safety in Athletic Equipment (NOCSAE) may be worn by players

- all visors must be clear, not tinted. The use of visors is optional. Depending on the player's position and manufacture of helmet, not all helmets are compatible with visors.

- a player shall be required to wear the helmet while in bounds, subject to penalty, No player is allowed to have a helmet communication device installed in their helmet or on their person

Mouthguard covering all the upper jaw teeth:

- A player shall wear an intra-oral (within the mouth) mouth and tooth protector, which includes an occlusal (protecting and separating the biting surfaces) and an optional labial (protecting the lips) portion. Recommended that the protector be either constructed from a model made from an impression of the individual's teeth, or constructed and fitted to the individual by impressing their teeth into the mouth and tooth protector itself. Mouthguard must cover all the upper jaw teeth. It shall be illegal for a player to participate in the game unless the mouthguard is being worn in the proper position by the player. Subject to penalty.

Shoes or which may provide less fixation to the ground, such as ripple soles, or broomball type shoes, where no cleats are provided:

- For all playing surfaces, a cleated shoe with the following specifications will be accepted. Minimum of 7 cleats per sole (minimum cleat diameter 3/16 inch or 4.8 mm) Additional cleats



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may be of lesser tip diameter. Maximum cleat length of 1/2 inch or 12.7mm. A cleat made of metal or with metal tip is illegal (Subject to penalty).

All players' numbers must conform to those listed on the score sheet. Players shall retain the same numbers throughout the game, except if permission is given by the Referee. Where a sweater is torn, the Referee shall allow reasonable time for a substitution, but any change in number must be reported to the scorer.

-It is illegal to tie or knot team jerseys.

-All leggings, long sleeve shirts, or other undergarments (additional clothing layers) must be worn under the uniforms. Hoods on undergarments must be tucked in, under the jersey.

-Adhesive material, grease or any other slippery substance, applied on a player's person or clothing, that affects the ball or an opponent, is illegal

-Any gloves which have any type of webbing between the digits are illegal

-It is highly recommended that jewelry not be worn during a game.

-Soft knee pads ½" thick, worn over the knees, and covered by the pants

-Thigh guards

-Hip pads with tailbone protector

***Eligibility*** - The referee may remove from the game any player who is wearing equipment which, in the Referee's opinion, endangers a participant. If a player is wearing unacceptable attire, equipment or shoes, the player must leave the game for at least 1 play and remove the offending equipment before returning. If the player returns with the same equipment, the team will be subject to a penalty. Inspections of players' attire and equipment will be inspected by the official at the beginning of each game.