



# Contra Costa County Football Officials Association

Orientation to Football Officiating  
Player Uniforms



# Player Equipment

- Mandatory Equipment (12)
- Allowable Equipment
- Prohibited Equipment

# Mandatory Equipment

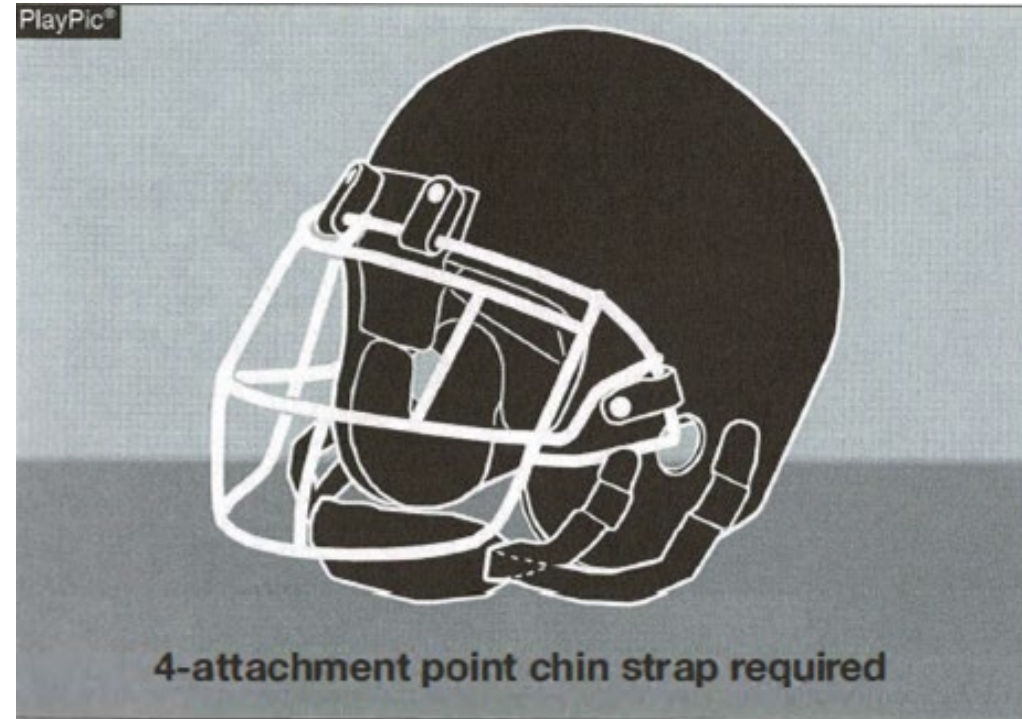


**1-5-1** The items of equipment shown must be worn by all players A player may not participate unless he or she is wearing all required equipment which is professionally manufactured and not altered to decrease protection .

# Emphasis on Helmets

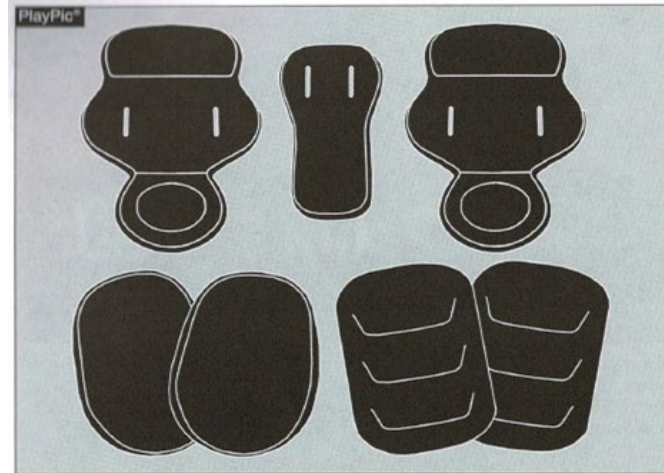


**1-5-1a Note** A visible, exterior warning label is required on each player's helmet. The warning label is a statement concerning the risk of injury. The coach's pregame verification to the referee and umpire that all players are equipped in compliance with the rules includes the exterior warning label.



**1-5-1a2** At least a four-attachment point chin strap shall be required to secure the helmet.

# Pads and Mouth Protector



**1-5-1d(1), 1-5-1d(2), 1-5-1d(4)** Hip pads and tailbone protector, knee pads, and thigh guards must be unaltered from the manufacturer's original design/production.

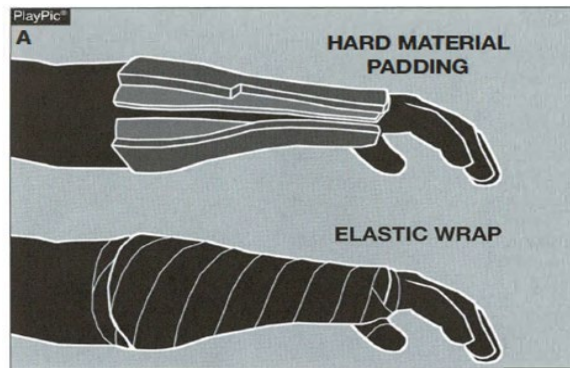


**1-5-1d(5)** A tooth and mouth protector (intraoral) which shall include an occlusal (protecting and separating the biting surfaces) and a labial (protecting the teeth and supporting structures) portion and covers the posterior teeth with adequate thickness is required. It is recommended the protector be properly fitted and constructed from a model made from an impression of the individual's teeth and constructed and fitted to the individual by impressing the teeth into the tooth and mouth protector itself.



# Allowable Equipment

- Gloves, Hard Material on Arms, Knee Braces



Half inch thick padding required



Knee brace (cover to hinge) if under pants

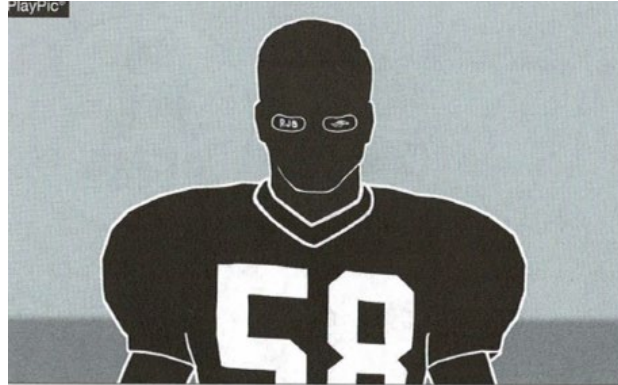
1-5-3b(1), 1-5-3b(3) Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow, or upper arm (A) must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch in thickness. Knee braces may not be worn on top of the pants (B).

# Always Illegal Equipment

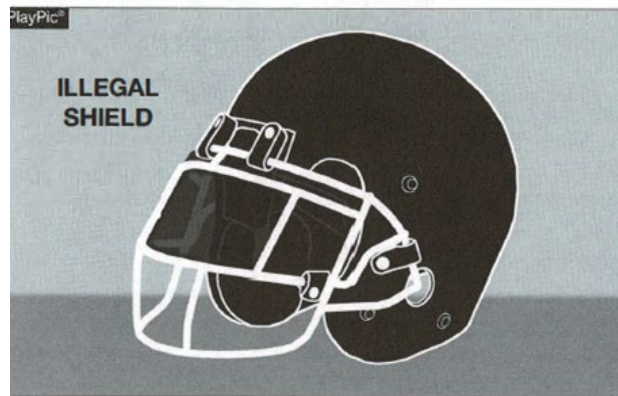
*(Things you will see)*

- Knotted jerseys
- Rib/back pads unless fully covered by jersey
- Shoulder pads not fully covered by jersey
- Jewelry (religious and medical alert OK if taped down)
- Play cards on belt
- No sweatbands more than 3 inches from wrist
- No “Live Strong” bands
- Excessive face paint
- Tinted eye shades (CIF / NCS Exception?)

# Always Illegal Equipment (continued)



**-5-3c(3)** If worn, eye shade (grease or no-glare strips or stickers) that is not solid stroke or includes words, numbers, logos or other symbols within the eye shade is illegal. If a player uses eye shade, it must be applied using a single solid stroke under each eye. The eye shade shall be located below and within the width of the eye socket and not extend below the cheek bone.



**-5-3c(4)** If an eyeshield is worn, it must be constructed of a molded, rigid material that is clear without the presence of any tint.