

The following OSC Jewelry & Accessory Policy is applicable to both indoor and outdoor Youth Recreational House League programs:

## 1. Players in divisions U12 and under:

- Wearing ear studs is acceptable, providing they are taped and fully covered. It is understood that this is at the discretion of the Parent/Guardian.
- Wearing of Religious bracelets is allowed; however, they must be securely taped for reasons of safety.
- Under no circumstances is the wearing of any looped ear/nose accessory permitted. These must be removed.
- All necklaces must be removed for safety reasons.
- Medic Alert bracelets are allowed; however, they must be securely taped.
- All watches/Fitbits/Apple watches etc. must be removed.
- OSC accepts no liability for any injury resulting from the wearing of the abovementioned jewelry item(s) during game play.

## 2. Players in divisions U13 and up:

- No jewelry of any kind is permitted and must be removed.
- Medic Alert bracelets are allowed; however, they must be securely taped.

## 3. Shin Pads and Footwear:

- Shin pads and socks are mandatory at all ages from U4 and up shin pads must be worn inside the socks.
- Soccer shoes with cleats are strongly recommended for all ages, however they are not mandatory as per FIFA rules.

## 4. Other:

- The only beverage allowed on the field is water.
- Consumption of food is not allowed in field area (this includes gum)
- Hard casts are not allowed for safety reasons.
- Spitting is not allowed under any circumstances and offenders will be subject to disciplinary measures.
- For safety reasons, hard casts are not allowed.
- Parents/Coaches are not allowed behind the goals during open play.

Please note that the above policy is subject to change at any time based on the discretion of OSC or its governing bodies.