

# Appendix E

## Equipment: Additional Details

1. Hard or unyielding substances are permitted, if covered, only to protect an injury.
  2. Hand and arm protectors (covered casts or splints) are permitted only to protect a fracture or dislocation.
  3. Thigh guards may not be made of any hard substances, unless all surfaces are covered with material such as closed-cell vinyl foam that is at least 1/4-inch thick on the outside surface and at least 3/8-inch thick on the inside surface and the overlaps of the edges.
  4. Shin guards must be covered on both sides and all edges with closed-cell, slow-recovery foam padding at least 1/2-inch thick, or an alternate material of the same minimum thickness having similar physical properties.
  5. Therapeutic or preventive knee braces **should** be worn under the pants and entirely covered from direct external exposure.
  6. There may be no projection of metal or other hard substance from a player's person or clothing.
  7. Shoe cleats must conform to the following specifications:
    - (a) They may not be more than 1/2-inch in length (measured from tip of cleat to the shoe). (See below for an exception for detachable cleats.)
    - (b) They may not be made of any material that burrs, chips or fractures.
    - (c) They may not have abrasive surfaces or cutting edges.
    - (d) Nondetachable cleats only may not be made of any metallic material.
    - (e) Detachable cleats:
      - (i) Must have an effective locking device.
      - (ii) May not have concave sides.
      - (iii) If conical they may not have flat free ends not parallel to their bases or less than 3/8-inch in diameter or rounded free ends having arcs greater than 7/16-inch.
      - (iv) If oblong they may not have free ends not parallel with bases or that measure less than 1/4-inch by 3/4-inch.
      - (v) If circular or ring shaped they must have rounded edges and a wall at least 3/16-inch thick.
      - (vi) If steel-tipped they must contain low carbon steel of 1006 material, case hardened to .005-.008 depth and drawn to Rockwell hardness of approximately C55.
  8. The facemask must be constructed of nonbreakable material with rounded edges covered with resilient material designed to prevent chipping, burrs or an abrasiveness that would endanger players.
- NOTE:* The distance in paragraph (a) for detachable cleats may exceed 1/2-inch if the cleat is attached to a 5/32-inch or less raised platform wider than the base of the cleat and extended across the width of the shoe to within 1/4-inch or less of the outer edges of the sole. A single toe cleat does not require a raised platform that extends across the width of the sole. The raised platform of the toe cleat is limited to 5/32-inch or less. The 5/32-inch or less is measured from the lowest point of the platform to the sole of the shoe.

9. Shoulder pads may not have the leading edge of the epaulet rounded with a radius more than one-half the thickness of the material used.
10. No equipment that endangers other players may be worn. [Artificial limbs are permitted provided:](#)
  - (a) An artificial limb must not give the wearer any advantage in competition.
  - (b) If necessary, the artificial limb should be padded to rebound as a natural limb.
11. Insignia, logos, labels:
  - (a) Uniforms and all other items of apparel (e.g. warm-ups, socks, headbands, T-shirts, wristbands, visors, hats or gloves) may bear only a single manufacturer's or distributor's normal label or trademark (regardless of the visibility of the label or trademark) not to exceed 2¼ square inches in area (i.e. rectangle, square, parallelogram) including any additional material (e.g. patch) surrounding the normal trademark or logo. See also Rule 1-4-6-d.
  - (b) No sizing, garment-care or other non-logo labels shall be on the outside of the uniform.
  - (c) Professional league logos are prohibited.