

### PRACTICE PANTS SUPPLIED BY THE LEAGUE:

- Practice pants are to be worn to all practices with appropriate padding (knee and thigh).
- Please wash in cold water; can be placed in the dryer.
- Remember to remove all padding PRIOR to washing pants.
- A practice belt will be supplied by the league and should be used with practice pants.

### BLUE GAME SOCKS SUPPLIED BY THE LEAGUE:

- Issued game socks should be worn only on game day. For practice purposes, please wear whatever socks/colors you are comfortable with (high or low).

### HELMETS (TACKLE) SUPPLIED BY THE LEAGUE:

- Mouth guards must be attached to helmet at all times.
- Cage and hard cup chin strap are provided by the league.
- Do not write your names on or in your helmets. A \$150.00 penalty will be assessed to you if this is done.
- Keep track of your helmet at all times

### HELMETS (FLAG) SUPPLIED BY THE LEAGUE:

- A “karate” style helmet is provided by the league.
- No cage or hard cup chin strap is needed.
- Mouth guards must be attached to the helmet at all times.
- Do not write your names in or on your helmet or a \$150.00 fine will be imposed.

### ALL TEAMS:

- Helmets must be brought to ALL practices and games with mouth guard attached.
- No clear mouth guards are permitted.
- Mouth guards are to be attached to helmets at all times.
- If ANY adjustments are needed please contact Craig Lentz at The Shed PRIOR to practice.
- It is imperative that proper fit be maintained for the safety of the athlete.
- Cages do come loose during multiple practices and games. They may need to be tightened at the plastic strap. Please see Craig if this happens.
- Chin strap fastening should go under the face mask, undo (remove) snap clips, slide strap under face mask and adjust to fit. See Craig for assistance.

### SHOES:

- Cleats are to be worn at all times, screw in's are allowed.
- Tennis shoes are NOT permitted.

### GIRDLES:

- Girdles are to be worn if padding is not built in to your pants.
- You can purchase girdles at any sporting good store.

## EQUIPMENT INSTRUCTIONS

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### SHOULDER PADS/PADDING SUPPLIED BY THE LEAGUE:

- These are supplied by the league.
- Tackle players receive 2 each thigh pads and knee pads.
- Flag is ONLY supplied with 2 knee pads.
- Flag players ARE NOT allowed to wear additional padding.
- Do not wash or dry any padding.

### FLAG PLAYERS VINYL WAIST BELT SUPPLIED BY THE LEAGUE:

- Flag belts (gold) for practice (blue) for games are supplied with instructions on the packaging.
- The reason for two colors is the flag sockets get loose over time, making the flag easier to pull.

### ATHLETIC SUPPORTERS:

- ALL male athletes are required to wear a cup to all practices and games or they cannot participate.

Please try on all equipment as soon as you get home from equipment pick up. Typically during the first week of practice some adjustments may need to be made. Someone will be at the shed at 5:00pm prior to practice each day during the first week to assist with any necessary adjustments. No adjustments will be made AFTER practice.

For those starting flag... the equipment may feel uncomfortable, but by the second week of practice, the athlete will feel more comfortable.

Keep in mind the biggest transition is from flag to tackle... with more equipment and a different helmet. Usually after two weeks it feels more comfortable. As you sweat, helmets become easier to put on and take off.