## PLAYER'S UNIFORM

GUIDELINES / OBR2022
version 1.0


The uniform of all team members shall consist of:

- (1) Shirts and (2) shorts of the same dominant colour.
- If shirts have sleeves they must end above the elbow.

The shorts must end above the knee
(3) Socks of the same dominant colour for all team members. Socks need to be visible.
(4) Shoes of any colour combination, but the left and right shoe must match. No flashing lights, reflective material or other adornments are permitted.


The following are permitted:
All players on the team must have all their
(5) arm and (6) leg garments, including undershirts* and undershorts, made of compression material
(7) wrist- and (8) headbands**
and
(9) tapings of the same solid colour.

* Non-compression shirts (regular T-shirts) are not permitted.
** Wearing of scarf-style headbands is not permitted.



The following are permitted in any colour:
(10) Shoulder, upper arm, thigh or lower leg protective equipment if the material is sufficiently padded.

- (11) Knee braces if they are properly covered.
(12) Ankle braces.
- Protector for an injured nose, even if made of a hard material.
Spectacles, if they do not pose a danger to other players.
(13) Non-coloured transparent mouth guard.

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