



Player Uniform & Equipment Guidelines

Game Attire

The purpose of the Trailblazers uniform is four-fold:

1. Facilitate safe, fair team soccer competition
2. Portray a unified, consistent club identity
3. Promote the East Indy Trailblazer club and its ideals
4. Support the Player Code of Conduct with regard to player modesty

For every game, all players must wear the official Trailblazers uniform which consists of the following REQUIRED components:

1. Soccer cleats - *Any color/style is acceptable, but they must be soccer cleats (not baseball, football, etc.).*
2. Shin guards - *Any style is acceptable, as long as they protect the majority of the shin and are completely covered by socks.*
3. Socks - *Socks be worn over shin guards and must cover them completely.*
 - *U12/U15: Black socks (almost entirely black, minor white accents/logos are acceptable) are required.*
 - *VARSITY: Matching games socks are included in the uniform kit; white socks should be worn when wearing white jerseys.*
4. Compression shorts - *Worn under the athletic shorts, these are for both comfort (protects against chafing) and modesty. Any solid color is acceptable. We do not set minimum length requirements. Eastbay's Evapor shorts (www.eastbay.com) are a good inexpensive option.*
5. Undergarments - *Gentlemen should wear an undershirt or compression shirt. Ladies should wear a camisole and sports bra (if appropriate).*
6. Black athletic shorts -
 - *U12/U15: Shorts must be black and should have no hard buttons/snaps/zippers. Pockets are discouraged. Minor white accents/logos are acceptable. We do not set minimum length requirements, but freedom of movement and modesty should be considered.*
 - *VARSITY: Black game shorts are included in the uniform kit.*
7. Trailblazers jersey - *Green, black, or white jersey must be worn tucked into shorts. Bring all jerseys to EVERY game.*
8. NO jewelry - *Watches, bracelets, rings, earrings, necklaces, sunglasses must be removed. Headbands/hairbands must be soft. No hard clips/barrettes/bobby pins/etc.*

Game Attire (continued)

9. **Glasses** - *If you wear glasses, be sure to add a strap to keep them from falling off during play. Depending on your optical needs (and budget), prescription sport goggles may be appropriate.*

The following components are OPTIONAL:

10. **Mouth guard** - *Athletic mouth protection may be used as desired by player/parent/physician. The guard must fit completely inside the mouth, and should allow for basic verbal communication with teammates.*
11. **Head protection** – *Soccer-specific head protection may be used as desired by player/parent/physician. Protective gear must not contain any hard buttons/snaps/buttons/zippers and should not obstruct player vision.*
12. **Weather-specific attire** – *Long-sleeved shirts and tights/leggings/pants may be worn UNDER uniform shorts and jersey for warmth. Visible portions of shirt must be solid white or black. Visible portions of tights/leggings/pants must be black. Hooded sweatshirts are discouraged (hood must be tucked inside jersey). Soft (knit) hats and gloves without buttons/snaps/zippers/tassles may also be worn during play, and must be solid colors (black or white recommended). When on the sideline, players may wear any outwear to stay warm and dry.*

Practice Attire

For every practice, the attire is identical to Game Attire with the following exceptions:

- **Socks** - *Same as above, except any color is acceptable.*
- **Athletic shorts** - *Same as above, except any color is acceptable.*
- **Jersey** - *Any color of t-shirt is acceptable. Tank/halter/racer tops are discouraged unless worn under another shirt.*

Equipment

Here are some other items to consider for each player:

- **Water bottle** - *Each player needs at least 1 liter of water at EVERY practice and game. Sports drinks are acceptable, but not recommended for every practice. Team water coolers may not always be available, so bringing more water is recommended.*
- **Soccer ball** - *Each player needs a ball at every practice (size 5 for VARSITY and U15, size 4 for U12), but not at each game. A limited number of extra balls may be available for temporary use during practices. The club provides balls for games.*
- **Gear bag** - *A sport duffel bag or backpack keeps gear organized and helps players avoid losing jerseys and other personal items.*
- **Goalkeeper gear** - *Shared goalkeeper gear (gloves, jersey) is provided by the club, but goalkeepers are encouraged to use their own gear.*