

2019 EASTVIEW FOOTBALL DRESS REQUIREMENTS

NO ONE PERSON IS BIGGER THAN THE TEAM



GENERAL REQUIREMENTS:

Players **MUST** be dressed in a common, appropriate team uniform while at practice and games. Players will **NOT** be allowed to draw attention individually by dressing differently than the team. Players are **NOT** permitted to individually alter, change or decorate their uniforms in any fashion.

The basic concept of personal hygiene, health and cleanliness **MUST** be adhered to daily by every player. Clean dry t-shirts, shorts and dry-fit wear are to be worn under your gear for each practice and game. Players **MUST** launder their gear a minimum of once a week, more often if the weather dictates. Players **MUST** wear a jock/cup and/or compression shorts for all practices and games. Players may **NOT** wear boxer shorts for practice or games, as this is a health/medical issue. Mouth guards **MUST** also be worn during all practices and games and **MUST** be **SCHOOL COLORS** (black, blue, or white).

Absolutely **NO JEWELRY** of any kind may be worn at practice or in games; this includes the “Live Strong” bracelets and/or any type of bracelet, necklace or earring. This is an Eastview Football and MSHSL regulation that is for your safety!

MSHSL regulation states that tape of any type is **NOT** permissible to alter the uniform or shoes of a player.

Shields which attach to the helmet are **NOT** permissible unless there is a medical condition which is verified in writing by a licensed medical doctor and then it must adhere to MSHSL rules.

Each player is responsible for the proper maintenance of issued equipment. Inspect your equipment daily and report any damage to a coach. Damaged equipment is unsafe and **MUST NOT** be worn.

Each player is responsible for maintaining their football cleats in good order. Game shoes are cleaned the night before games and if necessary, new laces and/or cleats replaced.

MEETING ROOM, WEIGHTROOM, AND INDOOR PRACTICE ATTIRE:

Players **MUST** wear practice jerseys and **BLACK** shorts and/or sweat pants to all meetings, strength sessions and indoor practices. Hats and/or any other head gear will **NOT** be tolerated. In addition, running shoes or cross-training shoes **MUST** be worn when strength training and practicing indoors.

PRACTICE ATTIRE:

All issued practice gear is to be worn at all times when outdoors unless noted otherwise. Any visible under garments **MUST** be **SCHOOL COLORS** (blue, black, or white). In colder conditions, **BLACK** sweatpants may be worn over practice pants and pads.

GAME ATTIRE:

On game nights the **SEASON T-SHIRT** MUST be worn under the game jersey. If players choose to wear Under Armour or similar performance gear under their game jersey it MUST be **BLACK**. If players wear any long-sleeved t-shirt or sweatshirt under their game jersey it MUST be **BLACK**. Any leggings worn under football pants MUST be **BLACK** and socks MUST be worn over the top of the leggings.

Socks MUST match the color of the game jersey.

BLACK jerseys will be worn for home game and **WHITE** jerseys will be worn for away game. Game jerseys MUST remain tucked-in at all times.

Cleats MUST be of the same color scheme as the team shoes (TBD) and all laces MUST be **BLACK**.

Gloves MUST be **BLACK, BLUE OR GREY** in color.

Arm sleeves MUST be **BLACK**.

MSHSL regulation requires that all towels worn by players MUST be the same color. Any towel worn by a player MUST be **BLACK**.

Wrist bands are NOT to be worn above the elbow or on ankles. This is a MSHSL regulation. Any wrist bands worn by a player MUST be worn below the elbow and MUST be **BLACK**.

Eye black (strips or paint) may be worn for games. However, the use is limited to the traditional "smear" under the eye. Players CANNOT wear eye black as "face paint."

INJURED OR INELIGIBLE PLAYER GAME ATTIRE:

All players who are injured or ineligible should dress in full uniform unless instructed otherwise. Players who do not dress in full pads because of an injury MUST adhere to the following guidelines for games: MUST wear their game jersey. MUST wear khaki pants or jeans with a belt and the pants may NOT sag below the belt line. May wear Eastview Football hooded sweatshirts over their game jersey. Players may wear a coat in colder weather provided it fits within the team colors. Baseball hats and/or any other head gear will NOT be tolerated. In cold weather situations players will be allowed to wear a stocking cap provided it fits within the team colors.

BREAST CANCER AWARENESS:

There will be **ONE** designated game this season in support of Breast Cancer Awareness. This is the **ONLY** game players will be able to deviate from our Eastview color scheme. If players chose, they can incorporate **PINK** into their accessories. This would include undershirts, wristbands, socks, shoe laces, towels, etc.

IF YOU DON'T BELIEVE IN TEAM, YOU DON'T BELONG

