

# **SPECIAL OLYMPICS SOUTHERN CALIFORNIA** **UNIFORM/APPAREL GUIDELINES**

## **SOSC REQUIRES ALL UNIFORMS TO BE IN COMPLIANCE WITH THE NGB AND SOSC SPORT GUIDELINES.**

Please read carefully and be sure you understand all requirements. Failure to meet minimum requirements will cause athletes and teams to be automatically disqualified from the tournament. Do not put your athletes and coaches in that position.

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- All athletes and teams should have identical uniforms.
- Team shirts and undershirts shall be the color. Tops need to be able to tuck into the bottoms.
- Athletic shorts should be no higher than 3" above the knee. If an individual wears an undergarment that extends below the bottom of the short, i.e. compression shorts; the undergarment must be a single color similar to the color of the uniform shorts and be above the knee length.
- Blue Jeans and Denim-type clothing are not permitted.
- It is forbidden to wear any object that may cause injury or give an artificial advantage to any player.
  - Forbidden Objects Include, but are not limited to the following:
    - Head Gear
    - Jewelry
    - Casts or Braces
  - Exceptions will be made for religious or medical medallions and flat wedding bands. If worn, they must be removed from chains and taped or sewn under the uniform.
- All uniforms must have an appropriate SOSC logo. No sponsor logo on uniforms.
- T-Shirts, if worn must be of uniform type and quality and sanctioned by the Area.
- The name of the program may be placed on the front of the jersey or shirt. The name of the program or athlete may be placed on the back of the jersey or shirt.
- All team members should have uniforms that are identical in color and style unless otherwise indicated in specific sports rules (such as goalie attire).
- Uniform Guidelines can be modified as needed to accommodate the individual disability or medical condition of an athlete.
- Uniform Numbering: for teams using their uniforms for more than one sport, it is recommended that shirts be numbered utilizing the basketball regulations. This type of numbering will allow shirts to be used in most other sports offered by SOSC. Basketball rules state that numbers are required on the front and back of uniforms. Numbers on the front must be at least four inches high and six inches on the back.
- Athletes should not wear any extra items (such as) hats, fanny packs, etc.

# **SPORTS SPECIFIC UNIFORM GUIDELINES:**

All Sports Uniforms Should Be In Compliance With NGB Sport Rules

## **Bowling: Fall Sport**

- Polo Shirts (T-Shirts Okay)
- Shorts or Pants
- Bowling Shoes
- Socks

## **Floor Hockey: Fall Sport**

- Numbered Hockey Jersey or Long Sleeve T-Shirt
- Long Pants
- Socks
- Athletic Shoes
- Knee, Elbow and Wrist Pads
- Helmet
- Face Mask – Goalie
- Gloves

## **Soccer (Football) Fall Sport**

- Numbered Jersey or T-Shirt
- Shorts or Sweat Pants
- Knee Socks
- Shin Guards
- Athletics Shoes

## **Softball Fall Sport**

- Numbered Softball Jersey or T-Shirt
  - Shorts or Softball/Baseball Pants
  - Knee Socks
  - Shoes
- Sports Equipment
- Glove
  - Batting Helmet
  - Catcher Mask

## **Tennis Fall Sport**

- Polo Shirt
  - Shorts or Pants
  - Socks
  - Court Shoes
  - Visors or Hats
  - Wristbands or Headbands
- Sport Equipment
- Tennis Racket

## **Volleyball**

## **Fall Sport**

- Numbered Jersey or T-Shirt
- Shorts
- Socks
- Athletic Shoes
- Knee Pads