

UNIFORM GUIDELINES

The following guidelines shall apply to all Regional Super League games under the control of GVHA and CVHA

1. Each Club is to submit all uniforms to the RSL Commission no later than 31 January each year. No team is to compete in a uniform that has not been approved by the RSL Commission.
2. Uniforms must be numbered with preference from 1 – 99.
3. Each Club shall have a primary strip (Team Uniform) which must be contrasting to each other teams' primary strips for each item of clothing, i.e. Bodysuits, shirts, shorts, socks and goalkeeper shirts.
4. Each Club must have a set of alternate socks. A full alternate strip is optional, however an alternate shirt may be recommended by the commission.
5. All uniforms to be worn during league games are to be submitted to the RSL Commission by the date advised. If in the opinion of the TD, the colours of two opposing teams may lead to confusion, the away team must change colours.
6. The wearing of white below the knee (socks, shoes and pads) will not be permitted. Players shall wear dark socks. Shoes shall be of a dark colour but not green. No white shoes are permitted.
7. Goalkeepers shall wear a shirt of a colour different from that of their own team and that of their opponents and the standard umpire shirt of fluoro yellow. Leg guards and kickers shall not be green or white, preference is for a dark colour. Goalkeepers must wear protective apparel as directed by the host associations.¹
8. The wearing of pressure garments is permitted provided that they are either, black, skin tone or the same colour as the uniform shorts / skirts, or skort
9. Players may not wear any hat / cap with a hard brim.
10. Each player's number will remain the same throughout the competition, and this number will appear in full distinctive figures, not outlines and:
 - Not less than 16cm and not more than 20cm in height, on the back of the player's shirt / bodysuit.
 - Not less than 7cm and not more than 9cm in height, on the front of the player's shorts / skirts at the left thigh level.
 - Not less than 16cm and not more than 20cm in height, on the back and front of the goalkeeper's shirt.
11. Sponsorship logos and/or wording shall be submitted to the RSL Commission for approval.
 - Advertising may be on shirts / bodysuits front, back and sleeve.
 - The area cannot be more than 350 square centimetres (35cm x 10cm).
12. Uniform shirts are to be tucked into shorts / skirts and socks to be pulled up at all times.

¹ Updated 20100301



13. No item of jewellery, watches or other adornment, except a wedding ring and/or medical alert bracelet that may endanger player safety shall be worn. If either or both are worn, each must be taped.
14. Shin guards must be worn at all time during the match.
15. (For CVHA player only) Mouthguards must be worn except where a “mouthguard waiver” is signed.