


## National Policy on the wearing of jewellery

### Medical alert bracelets and necklaces

These may be worn as long as they are secured to the wrist or body. The medical advice must not be covered.

### Specific information

Beaded hair	If a player is wearing hair beads the hair must be tied in a bun or covered by a hair net. Loose beaded hair should not be allowed.
Bobby pins	Bobby pins, whether plastic or metal, may be worn. 
Bracelets	All bracelets (including metal, rope, fabric, leather, etc.) must be removed. Medical alert bracelets may be worn provided they are taped securely to the wrist. The medical information must not be covered by tape.
Body piercing	Piercing not visible to the referee is of no concern. Should the piercing become visible the referee will ensure the item is removed.
Earrings	No earrings are acceptable. The practice of taping earrings is not acceptable.
Facial ring	Any kind of jewellery on the face or around the eyes must be removed.
GPS units or heart rate monitors	Electronic Performance and Tracking Systems are permitted in accordance with the Laws of the Game.
Necklaces	All necklaces must be removed. Medical alert necklaces may be worn provided they are taped securely to the chest. The medical information must not be covered by tape.
Rings	No rings may be worn. The taping of wedding rings is not permitted.
Tongue piercing	Rings/studs through the tongue are discouraged for the players' own safety. Should the referee detect a tongue piercing, the referee will ensure it is removed.
Watches	Players (but not match officials) must remove all watches.

Any player not complying with this Policy should not be allowed to play.

### Referees

Within the spirit of these guidelines, referees are expected to conform to the standards set for players (with the exception of wearing watches and GPS units / heart rate monitors).