

NPL & CPL Players Equipment Guide

An illustrated guide clarifying the player equipment standards for NPL & CPL players.

Version 1.0 – Published 30 March 2023



CAPITAL
FOOTBALL

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All images courtesy of Soccer Snaps by Sal

This guide has been created by Capital Football to provide Player, Team Officials and Referees, playing in any National Premier League and Capital Premier League competition, with clarification as to what Players can and cannot wear on the pitch.

The guide illustrates what is acceptable and what is not acceptable, as per the IFAB Laws of the Game and CF Equipment and Commercial Regulations, which includes the:

- Wearing of Undershirts and Undershorts;
- Use of grip socks; and
- Use of tape / external material applied to socks.

Player Socks

- *Grip Socks*



15 PLAYING KIT (3): SOCKS

15.1

Socks that are part of the official Playing Kit for Competitions have the following aspects:

15.1.1 *Foot Area*: the part of the sock that is not visible when boots are worn.

15.1.2 *Leg Area*: the parts of the sock that remain visible when boots are worn.



15.2

Only one pair of Socks may be visible on a Player during a Match. Each Sock must constitute a single piece of material and must not appear to be cut or altered in any way.

Excerpt – FIFA Equipment Regulations

15.3

Sock colour(s):

- 15.3.1 The *Leg Area* of both Socks must be the same Dominant Colour or feature a basic repeated geometric pattern (such as hoops) featuring two equally prominent colours, provided that such colours appear throughout all regions of the *Leg Area*.
- 15.3.2 Where the Shirt displays a basic repeated geometric pattern (such as stripes, hoops or checks) featuring two equally prominent colours, and the Shorts are a different Dominant Colour, the Dominant Colour or the two equally prominent colours of the Socks in that Playing Kit must be one or two of those three colours (as applicable).
- 15.3.3 The colour of any support bandage or similar item that covers any part of the *Leg Area* of a Sock must blend in with the colour(s) of the *Leg Area* of the Sock.



15.4

The Player's Name and Number may not appear on the Player's Socks.

Player Socks (Grip Socks) – Example 1

Not Acceptable



The dominant colour of the Player's sock is Blue, not white.

The grip socks **must** be Blue.

Acceptable



The dominant colour of the Player's sock is Blue.

Player Socks (Grip Socks) – Example 2

Not Acceptable



The dominant colour of the Player's sock is fluoro yellow, not white.

The grip socks **must** be fluoro yellow.

Acceptable



The dominant colour of the Player's sock is purple.

Player Socks (Grip Socks) – Example 3

Not Acceptable



The dominant colour of the Player's sock is green, not black.

The grip socks **must** be green.

Acceptable



The dominant colour of the Player's sock is green.

Practical Solutions for Players / Clubs

Sock Tape Products (Assorted Colours)



Grip Socks (Assorted Colours)



Performance Strapping (Assorted Colours)



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Player Socks

- *Tape / External Material*



Use of External Material / Tape on Socks

- Players are permitted to wear Tape or any material applied or worn externally on the sock.
- Tape or any material applied or worn externally on the sock **must be:**
 - The same tonal colour as the part of the sock it is applied to; OR
 - The same tonal colour as the part of the sock it covers.

Player Socks (Tape) – Example 1

Not Acceptable



The dominant colour of the Player's sock is blue, not white.

The tape / external material **must** be blue.

Acceptable



The dominant colour of the Player's sock is blue.

Player Socks (Tape) – Example 2

Not Acceptable



The dominant colour of the Player's sock is black, not white.

The tape / external material **must** be black.

Acceptable



The dominant colour of the Player's sock is black.

Player Socks (Tape) – Example 3

Not Acceptable



The dominant colour of both Player's sock is not white.

The tape / external material **must** be navy (left) or black (right).

Acceptable



The dominant colour of the Player's sock is black.

Practical Solutions for Players / Clubs

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Undershirts



Wearing of Undershirts

- Players are permitted to wear undershirts.
- Undershirts must be :
 - The same tonal colour as the main colour of the shirt sleeve; OR
 - A Pattern / colours which exactly replicates the shirt sleeve.
- Players of the same team **must** wear the same coloured undershirts.

Undershirts – Example 1

Not Acceptable



The main colour of the Player's shirt sleeve is white, not black.

The undershirt **must** be white.

Acceptable



The main colour of the Player's shirt sleeve is black.

The undershirt **must** be black.

Undershirts – Example 2

Not Acceptable



The main colour of the Player's shirt sleeve is red, not white.

The undershirt **must** be red.

Acceptable



The main colour of the Player's shirt sleeve is purple.

The undershirt **must** be purple.

Undershorts



Wearing of Undershorts

- Players are permitted to wear undershorts.
- Undershorts must be the same tonal colour as the main colour of the:
 - Shorts; OR
 - Lowest part of the shorts.
- Players are not permitted to wear skin coloured undershorts, unless the undershorts are meet the conditions above.
- Players of the same team **must** wear the same coloured undershorts.

Undershorts – Example 1

Not Acceptable



The main colour of the Player's shorts is Orange, not black.

The undershorts **must** be Orange.

Acceptable



The main colour of the Player's shorts is Fluoro Yellow.

Undershorts – Example 2

Not Acceptable



The main colour of the Player's shorts is blue, not white.

The undershorts **must** be blue.

Acceptable



The main colour of the Player's shorts is Black.

Undershorts – Example 3

Not Acceptable



The main colour of the Player's shorts is white, not xx.

The undershorts **must** be white.

Acceptable



The main colour of the Player's shorts is white.

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