

## Football Equipment List

### **Gear Provided by ALLFI:**

- Football Helmet with chin strap
- Shoulder Pads
- Rib Pads
- Football Pads 7 total (2 knee, 2 thigh, 2 hip, 1 butt)
- Practice pants (you may choose to purchase your own or see if there are any used that would fit your child. There is a limited supply)
- Girdle (you may choose to purchase your own or see if there is any used that would fit your child. There is a limited supply)
- Game Jersey
- Game Pants
- Game Belt

### **Gear purchased separately:**

- Mouth guard (**COLORED With strap**)
- Football spikes/Cleats (**Metal spikes and Screw-in cleats are NOT allowed**)
- Girdle (holds pads and cup in pants)
- Practice pants (one piece practice pants with pads are easily washed)
- Cup/Jock
- Practice Jersey
- Water Bottle
- Game Socks

Footwear/Cleats: Cleats are necessary in football. Sneakers are NOT allowed.

Practice Pants/pads/belt: These usually come all together. The pants should fit snug. The pant legs should end just below the knee. Some pants come with a belt, some do not. If they do not, make sure you purchase a football belt. (pictured below)



Girdle/pads: The girdle is worn under both the practice pants and game pants. The girdle is what holds the thigh, hip, butt pad and the cup. Most girdles come with a pocket for a protective cup.



Protective Cup/Athletic Supporter: This is required by Akron Little League Football Inc. Some cups are available in a pair of lightweight shorts.



Practice Jersey: Be sure that it's big enough to fit over the shoulder pads (but not too big).

Mouth guard: All players must wear a mouth guard while playing. It must be in their mouths before the snap. The mouth guard must attach to the facemask. Your child can not play without a mouth guard!

