

Uniform	<ul style="list-style-type: none"> Jersey and shorts don't have to be the same colour
T- shirts/Short sleeve compression shirt	<ul style="list-style-type: none"> Legal up to and including U19 Can be any colour that does not cause confusion with primary colour of opponent's jersey All players shall be wearing same colour
Compression arm sleeves	<ul style="list-style-type: none"> Legal; and must be the same colour as all other accessories All players shall be wearing same colour Loose fitting long sleeve shirts are illegal unless for religious/medical reasons
Compression leg sleeves	<ul style="list-style-type: none"> Legal; same colour as arm sleeves and or T-shirt Includes a compression sleeve where knee pad as integral part All players shall be wearing same colour
Compression underwear (end above knee)	<ul style="list-style-type: none"> Legal; short legs only which end above the knee, same colour as all other accessories All players shall be wearing same colour
Compression underwear (extend below knee)	<ul style="list-style-type: none"> Illegal (long legs that extend past the knee) Legal if accompanied by a doctor's note regarding a medical condition, and also legal for religious reasons. Same colour as all other accessories and same colour for all players
Headwear	<ul style="list-style-type: none"> Headwear for religious reasons (i.e. Hijab) is allowed (if not abrasive and/or pose risk to other players) Headbands are not considered headwear
Knee Pads	<ul style="list-style-type: none"> Legal (defined as individual knee pads that are not part of a sleeve) No colour restriction
Knee Braces	<ul style="list-style-type: none"> Legal; shall not pose a danger/risk to other players Any sharp edges to be covered No colour restriction
Sweat bands	<ul style="list-style-type: none"> Sweat/Head band worn on head is allowed Sweat band(s) on wrist(s) are allowed If both are worn, shall be same colour Same colour as all other accessories and same colour for all players
Jewelry	<ul style="list-style-type: none"> Illegal Studs must be removed, not taped over Hairclips should be removed
Religious items	<ul style="list-style-type: none"> A religious medal if worn, must be taped and worn under the uniform
Medic alert Bracelet	<ul style="list-style-type: none"> Should be kept at table or by coach. (sport bracelets or sport bands made of soft material such as elastic nylon or silicone are legal and can be worn)
Kinesiology Tape	<ul style="list-style-type: none"> Legal; no colour restrictions
Ankle Braces	<ul style="list-style-type: none"> Legal; no colour restrictions
Socks	<ul style="list-style-type: none"> Legal; no colour restrictions
Uniform/Equipment Specifications not covered above	<p>Players shall not wear equipment /objects that may cause injury to other players. The following are not permitted:</p> <ul style="list-style-type: none"> Finger, hand, wrist, elbow or forearm guards, casts or braces made of leather, plastic, pliable (soft) plastic, metal or any other hard substance, even if covered with soft padding. Objects that could cut or cause abrasions (fingernails must be closely cut). Headgear, hair accessories and jewellery. (see above exceptions) <p>The following are permitted:</p> <ul style="list-style-type: none"> Shoulder, upper arm, thigh or lower leg protective equipment if the material is sufficiently padded. Protector for an injured nose, even if made of a hard material. Spectacles, if they do not pose a danger to other players.
Equipment Ruled Legal by OBA for their competitions	<ul style="list-style-type: none"> Concussion headgear Portable insulin pump worn on hip Cochlear Implants
Blood on uniform	<ul style="list-style-type: none"> Uniform item must be removed