



East Grinstead Hockey Club Kit Regulations

TRAINING KIT

During training players must only wear plain kit, no school or county kit is to be worn.

EGHC training shirt can be purchased from the club at the costs of £ 10.00, this may be ordered via your team manager until the 27th of September, after this date players will have to order from sasportsworld.co.uk directly.

MATCH KIT

Only EGHC kit can be worn for matches home and away, no school or county should be worn.

Whilst playing for EGHC players are representing the club and not their school or county.

Players must ensure they have our current sponsors kit STX and not that of previous sponsors.

Players playing in senior team are required to have a number shirt both home and away.

SHIN PADS

It is a mandatory requirement of England Hockey that all junior U18 players wear shin pads during any playing activities, specifically training and coaching sessions as well as matches.

Players shall not be permitted to participate under any circumstances without shin pads.

MOUTHGUARDS

Although wearing a mouth guard is currently not in the regulations of England Hockey they are required by EGHC and parents must ensure that juniors U18 have these for all playing activities. Parents are also urged to consider other elements of protection such as left hand gloves and to take as many precautions as possible when it comes to protecting their children from injury whilst participating in hockey.

Parents should remember that the cost of a custom mouth guard is considerably less than the cost of treating broken teeth and that an estimated 6000 teenage dental sports injuries occur each year in England because people do not wear protective mouth guards. Beyond protecting teeth a mouth guard will protect the lips, tongue and cheeks, and also protect against head and neck injuries by cushioning blows that might otherwise cause concussion or lead to jaw fractures.

EARRINGS

During game play and training **Only stud earrings** may be worn.