



## **Blewbury Amazons Girls Football Club – Shin Pad Policy**

We have recently become aware of a trend amongst some Grassroots football players to wear “micro” shin pads having been influenced by some current England Premiership Players.

Shin pads are crucial for players, as they protect the shin bone from potential injuries. The skin covering the shin bone is relatively thin, with little tissue underneath it to protect the front of the shin bone from damage. Additionally, this area has a poor blood supply and therefore any injuries can take a long time to heal.

The FA rules state that shin pads are compulsory for playing football, and additionally must be:

- Covered entirely by the socks
- Made of a suitable material (rubber, plastic or similar substances)
- Provide a reasonable degree of protection

The committee agrees that “micro” shin pads do not provide adequate protection and are not suitable for use within Blewbury Amazons Girls Football Club. All players should wear shin pads that cover the area from the ankle to just below the knee, and be secured by socks or straps.

Any child who is not wearing appropriate shin pads will be asked to refrain from matches or training until they have suitable protective equipment.

Please direct any questions about this policy to a Club Welfare Officer ([welfare.blewbury@gmail.com](mailto:welfare.blewbury@gmail.com)).

Blewbury Amazons Girls Football Club Committee  
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