

# How to Play Football Safely



## Equipment

- Helmet
- Shoulder Pads
- Cleats
- Leg Pads
- Mouthguard
- Ribcage (Recommended)
- Cup (Highly Recommended)



## Rules

- Play until the whistle not after
- Listen to referees
- Avoid typical penalties such as Holding
- Avoid tackling head first
- Tackle leading with your shoulder
- Avoid striking your opponent

## Etiquette

- Listen to your coach
- Stretch during warm ups
- Avoid confrontation with opponent
- Avoid playing through injury
- Be kind to teammates, opponents
- Listen to refs
- Take care of equipment

