

Riverside Indoor Soccer Equipment

Riverside requires **ALL** adult players and youth players over the age of ten to wear flat playing shoes at games and practices.

Indoor soccer is a very fast game and because of limited space players are in much closer proximity to the ball and each other, this potentially leads to many more tackles and collisions. Therefore, for the safety of our players and each other **NO OUTDOOR CLEATS** will be allowed on the fields.

Occasionally players try to substitute tennis shoes for indoor shoes. This is a dangerous mistake. Tennis shoes were created for a purpose and that purpose **DOES NOT** include indoor soccer.

ANY SHOE that has a sole half an inch to one inch off the ground becomes dangerous to an indoor soccer player. Because of the friction of the surface, players tend to stop more abruptly and having shoes with any type of sole puts that player at risk of high ankle sprains. If the shoe has a thick enough sole, when an ankle is rolled the probability of braking or fracturing the joint becomes higher.

Please take the time to protect yourself from serious injury by using the proper equipment (INDOOR SOCCER SHOES and SHIN GUARDS).

Riverside reserves the right to prohibit any player from the use of the facility for wearing equipment that is dangerous to themselves or others.