



Ascot United Football Club – Guidance on Micro Shin Pads

At Ascot United FC, player safety is our highest priority. Recently, **micro shin pads** have become more common among young players. We believe it is important to provide guidance to help parents make an informed decision.

What Are Micro Shin Pads?

Micro shin pads are significantly smaller and thinner than standard shin guards. They offer minimal coverage of the shin area and are not designed to meet the usual safety expectations for youth football.

Club Guidance

1. Safety First

For junior players (all age groups U7–U18), **micro shin pads do not provide adequate protection** against impact from tackles, kicks, or accidental contact.

Standard shin pads cover the full length of the shin and are designed to reduce the risk of bruising, cuts, fractures, and other injuries.

2. Not Recommended for Junior Players

While we recognise their popularity, **Ascot United FC strongly advises that junior players do not use micro shin pads** during training or matches due to the increased risk of avoidable injury.

3. Parent Choice

We understand that equipment decisions ultimately rest with parents/carers.

The club's role is to guide and inform.

Therefore:

- Parents may choose to allow their child to wear micro shin pads.
- However, they should be aware that these pads **offer significantly lower protection** than standard FA-approved shin guards.

4. Coach and Team Responsibility

Coaches will:

- Remind players and parents of this guidance.
- Encourage the use of appropriate, full-size shin pads.
- Allow participation unless league or competition rules state otherwise (some tournaments/competitions may enforce specific shin guard standards).

5. Competition Rules May Override Parent Choice

Some leagues, referees, or competition organisers require shin pads to:

- Be of suitable size
- Provide adequate protection
- Meet FA safety standards

In these cases, micro shin pads **may not be permitted**, regardless of parental preference.

Summary

- **Not recommended** for juniors.
- **Safety is the priority**—micro shin pads may not protect your child sufficiently.
- **Parents may choose**, but should understand the increased risk.
- **Coaches will encourage** the use of standard, protective shin pads.
- **Competition rules may differ**, and players must comply with them.

Here are some links which you may find helpful in understanding this further:

<https://www.bbc.co.uk/newsround/av/68829606>

<https://www.facebook.com/reel/807763952255313> - Facebook reel from BBC Sport

<https://www.englandfootball.com/articles/2024/Feb/14/shin-pad-guidance-for-grassroots-football-in-england-20241402>