

## **2018 Regular Season Bulletin 2**

### **Knee Pads:**

Rule 1-5-1d2 tells us that knee pads are required equipment. Rule 1-5-1e tells us that that pants must **completely** cover the knees.

In order to comply with this rule, the following guidelines have been approved by Brad Garrett of the OSAA.

It does not matter how the knees are covered. Players may use, but are not required to have knee pads in the pockets of their football pants. Players may use volleyball, basketball or wrestling knee pads to cover their knees, but the pants must cover these pads.

Players may wear girdle-style undergarments that have built-in knee and thigh pads. If there are knee pads as part of these undergarments, the pant must **completely** cover those knee pads.

In other words, knee pads no longer have to be worn inside the knee pad pant pocket. The only requirement is that the knees be completely covered.

And while we're on the subject of covered knees....

A player whose knees are covered at the beginning of a play will be given **one** opportunity to pull his pants down if his knee(s) become uncovered during the play without having to leave the game for one play. If his knee(s) again become uncovered during or after any subsequent play, the player shall be replaced for at least one down until he can fix the problem. Rule 1-5-5.