



Dear Parents

We have been made aware several children of Sikh Faith have been requested to remove their Kara (Iron / Steel bracelet) during matches by referees therefore are providing guidance on how to deal with this and best practice to avoid this situation.

In accordance with the guidelines provided by the FA, Under Law 4, *The Players Equipment*, there is a clause for Health and Safety of which any item which could pose harm to either the player or others around should be removed however, exception is provided whereby allowances are to be made for the wearing of a Kara for example during a match.

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FIFA Law 4

THE PLAYERS' EQUIPMENT

Players are required to wear the following separate items:

- *A jersey or shirt – if undergarments are worn, the colour of the sleeve should be the same main colour as the sleeve of the jersey or shirt;*
- *Shorts – If undershorts are worn, they are of the same main colour as the shorts;*
- *Stockings;*
- *Shinguards;*
- *Footwear.*

ARTICLES OF FAITH

(taken from 'The Laws of The Game' The FA – [link here](#))

(1) Safety

Referees should ensure that players do not wear articles which may constitute a danger to other players or to themselves. Referees should set a good example by removing their own rings and jewellery.

Referees, however, should make allowances for articles of faith (e.g. a player of the Sikh religion wearing a Kara in a match), provided that they are not dangerous and that adequate covering be applied as protection.”

Based on the above guidance GNG Football Club advises the following when wearing articles of faith during both Matches and Training to ensure safety for both player and others around them.

- Wear a suitable size Kara –
 - For games and training, wear a closer fit and thinner size kara to help with covering it.
 - The thickness of the Kara on the right may be deemed more “comfortable” under a sweatband.
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Guru Nanak Gurdwara FC
Riverside Football Ground, Braunstone Lane East, Leicester, LE3 2FW

- Wear suitable coverings to secure the Kara from moving around during training and matches.
 - Referees will request k Kara be “taped over” similar to how earrings are covered for School PE if they cannot be removed. The club appreciates this is not always possible therefore recommends wearing a sweat band to reduce movement and still be compliant with the wording “adequate covering”.
 - An example Sweat band is shown below



- Coaches and Parents to become familiar with the guidelines provided by both the Club and the FA
- Coaches to keep a copy of the guidelines by Club and FA available to show referees should it be required.
- Parents to support their children in wearing suitable size Karay for training and matches.

In addition, the club has a large community observing the Hindu faith and wear Tulsi beads on their wrist or around their necks. We request such players also wear a suitable covering if they cannot be removed. An example Image of Tulsi Beads is shown below.



(Worn on the wrist)



(Worn around the neck)

GNG Football Club appreciates the wearing of religious items can be a sensitive issue and will extend support to any parent requiring it. Together, we can support each other to ensure children are not subjected to emotional distress on the sidelines before a match when they may already be nervous by putting in place guidelines to help.

In the event an incident does occur, and the above guidelines have been met, please report the incident to your Team Manager including details of the date, time and the name of the referee.

GNG FOOTBALL CLUB