**MONTFORD FOOTBALL EQUIPMENT**

*Helpful hints for players & parents.*

**Montford Equipment Required To Be Worn**

* **Helmets**. (Players may not provide their own helmet. All players will be fitted for a helmet provided by Leon County Schools).
* Practice Jerseys.
* Game Jerseys.

**Equipment Montford Provides That May Also Be Supplied By The Player**

*Should a player provide any piece of equipment themselves, it is required to be checked and approved for safety by the football staff.*

* Shoulder Pads
* Mouthpieces
* Girdles -[Available locally at B & B Sports](https://leonschools-my.sharepoint.com/personal/cottrellk_leonschools_net/Documents/Documents/Montford%20Football/Administration/Equipment%20%26%20Jerseys/2025/RUSSELL%20PADDED%20GIRDLE.pdf)
* Knee Pads/Hips Pads/Thigh Pads/Butt Pads
* Practice pants (must be white if player provided).
* Chinstraps.

**Equipment That is Not Allowed To Be Worn**

* Visor shields.
* Any personalized “swag” items.
* Cleats that are not black or white.

**Recommended But Not Required**

* Compression shirt or [Padded Compression shirt.](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252fchamprosports.com%252fproduct%252f821%252fbull-rush-compression-shirt%26c%3DE%2C1%2CjZb0ago1SMb4c48qen1sRgyOTU7BqP3rg68MLkDLdbktykrsbqBZxrAH8mj8O2F-DzQI9-b57oJdJuPazYLxuy3-c8oxYQNB-ETtOQcqXQ4oMsprNVFco8UB_iMx%26typo%3D1&data=05%7C02%7Ccottrellk%40leonschools.net%7C8ce3cf33b99c498c08b308dd3fac62b6%7C69292adba72a4537aa24d67a6f5642bc%7C0%7C0%7C638736731847399421%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=y3vZqC5pTyuUtO20LJEa4381osNIEes44RKeFpLMDEg%3D&reserved=0)

These shirts are extremely beneficial to the athlete wearing shoulder pads. The dri-fit material helps keep body temperature lower and the material does not chafe or rash the skin under should pads the way that a cotton shirt does. Full cotton t-shirts trap heat in the hottest time of the year, bunch and can rub skin raw when sweat through.

Have an equipment question not answered? Email mmsathletics@leonschools.net.