



Macarthur District Football Referees Association Inc

affiliated to Football NSW

ABN: 24 755 364 850

2 May 2025

Open Memo: Player Glasses

The intention of this memo is to provide clarity on the interpretation of 'Law 4 – The Players Equipment' of the Laws of the Game (**LOTG**) in respect to players wearing glasses, spectacles or goggles ('glasses').

Laws of the Game and FNSW Equipment Policy

The LOTG and the Football NSW Equipment Policy ('the Equipment Policy') stipulate that glasses must not be dangerous to the player wearing them, or any other player.

The Match Officials have a duty to enforce the LOTG which extends to ensure that players are not wearing equipment that is dangerous including to themselves and other participants. It is in the discretion of the Match Officials appointed to a game to determine whether any other equipment such as glasses are non-dangerous.

The LOTG specifically allow 'sport spectacles' to be worn and Football NSW Equipment Policy provides further clarification around what constitute sports spectacles (Appendix 1).

Recommendations

Contact lenses are recommended as the safest option for players.

If a player wishes to wear glasses while playing, the following examples are of 'sports goggles' utilising a polycarbonate lens and elasticised band that are recommended.



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To avoid issues, it is recommended that players wearing glasses should have a letter from their optometrist identifying the glasses and confirming that the glasses:

- a) are sports glasses, sports goggles or sports sunglasses
- b) comply with the Football NSW Equipment Policy
- c) comply with the advice from the Optometrists Association of Australia in respect of sports and protective eyewear.

If a player has a letter confirming the above matters and the referee is satisfied that the glasses which the player intends to wear are those referred to in the letter, they should allow the player to wear them.

Notwithstanding the above, the Match Officials are the ultimate decision makers and cannot under the LOTG allow a player to wear any glass which pose a danger to the player or other participants in the match.

Refer to the following appendices for further guidance:

1. Appendix 1: Laws of the Game and Football NSW Equipment Policy
2. Appendix 2: Glasses Examples

Yours faithfully,

Gareth Williams
Secretary
MDFRA

Appendix 1: Laws of the Game and Football NSW Equipment Policy

[International Football Association Board \(IFAB\) Laws of the Game 2024-25](#) (for 2025 season)

Law 4 – The Players Equipment

1. Safety

A player must not use equipment or wear anything that is dangerous.

4. Other Equipment

Non-dangerous protective equipment, for example gloves, headgear, facemasks and knee and arm protectors made of soft, lightweight padded material is permitted, as are goalkeepers' caps and sports spectacles. Goalkeepers may wear tracksuit bottoms.

[Football NSW Equipment Policy](#) (version April 2025)


Glasses

Players are permitted to wear sports goggles, sports glasses or sports sunglasses as long as, in the opinion of the referee, they pose no danger to the player or other players. The Optometrists Association of Australia has stated that children involved in sport, requiring assisted vision, should wear protective eyewear such as sports goggles or sports glasses with soft or flexible frames fitted with a plastic or polycarbonate lens.

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Appendix 2: Glasses Examples

Acceptable: *(in addition to glasses on first page)*

Letter from optometrist, plastic lenses, polycarbonate lenses, glasses secured to head using strap



Not Acceptable:


Metal frames, unsecured to head



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