

In the interest of health and safety, U.S. Soccer (2015) recommends that match officials practice the following skin care guidelines:

- Consider wearing sunscreen daily on areas of exposed skin.
- Apply skin protection factor (SPF) of 30 or greater 15 minutes prior to being exposed to the sun.
- At a minimum, reapply every 2 hours or more frequently if sweating extensively.
- Take advantage of halftime to reapply.
- Consider wearing long sleeves (or UV protective clothing) if applicable during high sun exposure periods.
- Periodically (once a year) review exposed skin for any changes or growths and consult your doctor or dermatologist.
- **Caps may be worn** so long as the cap does not endanger the safety of the official or the players.
- The cap should be **consistent** with the referee uniform and **not conflict** with the uniform colors worn by either team.
- The cap may not bear any **commercial marks or logos**.