

October 13, 2025

From Principal, Kristian Dahl

Dear EAS Sports Families,

We would like to address some recent discussions regarding jewelry, including religious jewelry and medical ID items. If your student is in sports or plans to play a sport while in middle school, please read. Otherwise, you may disregard this message.

Although wearing jewelry is against the rules, including taped jewelry, some officials have been lenient. However, others have enforced the rules strictly, not allowing athletes to participate if their jewelry cannot be taped and kept under their jerseys. The district has conducted research and investigations, even consulting legal counsel to ensure that all rules are appropriate and followed. Here's how these matters were communicated to all middle school athletic directors and coaches:

1. Safety is the top priority.
2. The official in any athletic contest has the final authority regarding the eligibility of a player wearing jewelry, including religious items.

Moving forward, here are the rules (these sports were specifically addressed in this discussion):

Soccer: Players are prohibited from wearing jewelry because it is a safety hazard to themselves and others; all items of jewelry must be removed, and taping over jewelry is not permitted. The only exceptions are certain medical and religious items that are safely secured and not a danger, as determined by the referee.

Basketball: All jewelry is generally prohibited, but religious or medical-alert medals are not considered jewelry. These permitted medals must be taped and worn under the uniform for religious items and taped and may be visible for medical-alert items. Taping over other prohibited jewelry is not allowed.

Officials may disallow participation if these rules are not followed.

If you have any questions, please feel free to reach out to me. I will respond as soon as I receive information from the district.