



NZRL Mouth Guard Policy

The 2009 season saw a significant reduction in most serious injury types in Rugby League within our domestic competitions. However the one area where injuries have had a concerning rise in occurrence is mouth and teeth injuries.

These injuries can be dramatically reduced by simply applying NZRL Policy.

The NZRL Mouth Guard Policy below is the minimum standard to be applied to advance the welfare of players.

Zones, districts and clubs are reminded that they have a duty to enforce the NZRL Mouth Guard Policy.

New Zealand Rugby League Mouth Guard Policy

As agreed with the ACC on 21/1/1998 and amendments in 1999.

- It is compulsory for all players playing in sanctioned competition by the NZRL and its members to wear a protective mouth guard.
- The **No Mouth Guard, No Game Policy** is to be firmly enforced.
- Players are not permitted to share mouth guards.

Operational Guidelines:

1. Referees and / or Touch Judges will prior to the game, check that all players (including reserves) have a mouth guard.
2. During the course of a match any player found not to have a mouth guard in the mouth and not having a mouth guard in their possession, (due to having it dislodged as a result of a tackle) will be made to leave the field.

On obtaining a replacement mouth guard, he/she may re-enter the field of play after reporting to a Touch Judge.

In the event of the Player being unable to obtain a replacement mouth guard he/she may take no further part in the game but may be substituted, with that substitute counting as an interchange.

3. During the course of a match, any player found not to have a mouth guard in their mouth, but to have one in their possession (in their sock or pocket etc) will be penalised and sin binned for ten minutes.

4. Referees are to use common sense in enforcing this policy in regard to players approaching a scrum with a mouth guard in their hand other such incidents, where there is a break in play.

Mouth Guard Exemption Guidelines

- The player in question must provide a medical certificate from a dentist clearly stating why a mouth guard cannot be worn by the player.
- The player must submit the dentist medical certificate with a portrait photo to the NZRL.
- The NZRL reserves the right to make the final decision on issuing a mouth guard exemption.

These policy areas must be enforced by and within all Zones, Districts and Clubs.

Kind regards

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