



## Mouth Protector

*Last Revised on August 15, 2022*

Mouth guards are recommended to be worn by all athletes in all sports considered contact sports (football, soccer, wrestling, basketball, cheerleading) and limited contact sports (baseball, softball, and volleyball).

If an athlete has metal dental appliances such as braces and is participating in a contact or collision sport, a protective mouth guard is required. Athletes that do not have a mouth guard but are wearing braces are not permitted to play in any athletic contest or practice.

The intra-oral tooth and mouth protector (mouth guard) shall be of any readily visible color other than white or clear. It shall include an occlusal (protecting and separating the biting surfaces) and labial (protecting the teeth and supporting structures) portion and cover the posterior teeth with adequate thickness.

Game officials may waive the requirement that the color of the mouth guard be other than clear or white as long as the official can see that the individual is wearing a mouth guard.

### *Related Policies:*

*There are no related policies for this commentary section.*