



## Information Bulletin

February 10, 2104

### Mouthguard Requirements

This is to remind all players and coaches to make sure the player has his/her mouth piece/guard in his/her mouth at ALL times. Failure to do this will result in a one minute, non-releasable personal foul on the player (boy's game).

If a player is found to be 'fish-hooking' the mouthpiece which means he his chewing on the end of it, will also be flagged for an 'equipment violation, playing without a properly worn mouth-guard'.

Officials will remind the coaches and players during the pregame of this rule. It is NOT the teeth that are being protected, it is the player's brain. Concussions are a huge concern and it has been found that the jaw can slam into the brain when a mouthpiece is not worn. This is a safety issue for all levels of play.

The officials have been asked to be highly aware of this. They give the player are warning, and they may not. We also realize that mouthguards fall out in the heat of the play. If this is the case, the official will tell the player to put it back in. This is the only circumstance where 'leniency' should be observed.