



MOUTHGUARD POLICY

Mouthguard Policy

The NOHA adopted a policy position at its' Annual General Meeting in May, 2004 for the mandatory use of intra-oral mouthguard protection by each player participating in a Northern Ontario Hockey Association game or practice. At the Annual General Meeting in May of 2004 the final policy regarding the use of an intra-oral mouthguard and the specifications for acceptable mouthguards were presented to the membership. The policy and specifications are as follows:

Intra-oral Mouthguard Regulation R.1.27:

Each player registering with the NOHA shall be required to wear an intra-oral mouthguard during all on-ice activities that conforms to the specifications set out by the NOHA and is approved as suitable for use by the team's trainer.

Intra-oral Mouthguard Specifications:

An Intra-oral Mouthguard will:

- Be of any colour,
- Not be clear or translucent in colour;
- Be of one-piece (1) construction;
- Be easily sized by the participant or the participant's parents;
- Be of an even thickness from the front to the back of the device;
- Engage the biting surface of all of the teeth of the upper jaw and the lower jaw;
- Maintain alignment of the upper and lower jaw in a neutral position;
- Be able to be attached externally to the face mask or shield, or be form fitted or custom fitted to the teeth, and
- In the case of non-contact play will provide not less than one (1) millimeter of shock absorbent thickness between the teeth of the upper and lower jaw of a player, and
- In the case of contact play will provide not less than two (2) millimeters of shock absorbent thickness between the teeth of the upper and lower jaw of a player.