

December 10, 2014

Rule 4-2-6:

Each contestant who has braces or has a special orthodontic device on their teeth, shall be required to wear a tooth and mouth protector. A tooth and mouth protector (intraoral) shall include an occlusal (protecting and separating the biting surfaces) and a labial (protecting the teeth and supporting structures) portion and cover the teeth and all areas of the braces or special orthodontic device with adequate thickness. This would include upper and lower teeth if devices are present on both. It is recommended the protector be properly fitted.

There has been confusion which mouth and tooth protectors comply with rule 4-2-6 and are legal for wrestlers. Many mouth guards presently sold do not comply with the wrestling rule and officials have not allowed them to be used. There are several mouth guards available that meet the criteria. However; some of these guards are not suitable for wrestling, because they make breathing difficult, tend to fall out during competition and don't cover both sets of braces when the mouth is open. To provide Coaches, Referees, wrestlers and parents with the necessary information to obtain safe, comfortable, inexpensive mouth guards that remain in place during competition. I am providing website information where legal NFHS approved mouth guards can be found.

<http://www.wrestlinggear.com/gear/masel/952-doubleguard-mouthguard/>

Price: \$6.98                      Brand: Masel                      SKU:              5100-010

<http://www.suplay.com/MouthGuards-Masel-Braces-Mouthguard-Youth~1-FM30>

<http://www.suplay.com/MouthGuards-Masel-Braces-Mouthguard-Adult~1-FM10>

Price: \$9.99                      Brand: Masel

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