

Parent Newsletter Important Announcement

December 3, 2007

New Mouth Protector Requirement for Athletes with Braces or Ortho Devices

In its ongoing effort to improve high school wrestling rules, the National Federation of State High School Associations (NFHS) Wrestling Rules Committee adopted the following rules change during the group's annual meeting March 25 - 26, 2007:

Rule 4-2-5: 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) which shall include an occlusal (protecting and separating the biting surfaces) and a labial (protecting the teeth and supporting structures) portion and covers 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 and:

1. Constructed from a model made from an impression of the individual's teeth and braces or special orthodontic device.
2. Constructed and fitted to the individual by impressing the teeth and braces or special orthodontic device into the tooth and mouth protector itself.

Rationale: The NFHS Sports Medicine Advisory Committee feels that it would be in the best interest from a safety perspective that if a wrestler does have braces, or wears a special orthodontic device on their teeth, they should be covered to protect their opponent from injury when coming in contact with the mouth and teeth. Coaches have expressed concern about frequent stoppage of matches because of blood time-out secondary to brace-inflicted wounds.

Thank you for your immediate attention to this matter.



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