



**July 18, 2010**

## **NCRRL Bylaw Announcement: Mandatory MouthGuards**

At the 2010 NCCRL Annual General Meeting, Association Presidents and NCRRL Executive confirmed a NCRRL proposal to make mandatory the use of mouthguards for all players during NCRRL League play. Players identified without mouthguards will be sent to their bench by the referee, if they return without a mouthguard they will be assessed a delay of game penalty.

This rule comes into effective the start of the 2010-2011 season. It applies to all ages, U9 (Novice Rec) through to U19 (Belle), and all levels of play in the NCRRL. The rule applies to all players including goalkeepers.

Remember that the mouthguard is not only protection for the teeth but it has been shown to be an effective protection against concussions. We hope that this rule will ultimately result in fewer injuries to the players.

This rule does not extend to ORA sanctioned tournament play.

Medical and Dental exemptions will be permitted, these exemptions must be communicated to your head coach before the start of the season.