RULE UPDATE

NFHS RULE 4-2-6

WRESTLERS APPEARANCE AND HEALTH: BRACES

THE BASICS

- Mouth guards are required for wrestlers that have either upper and/or lower braces.
- Mouth guards need to cover not only the braces but the entire arch of teeth.
- Single tubes, straps, or bumpers that cover only the braces no longer satisfy the requirements and will be considered a technical violation.

THE RULE

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- ART. 6 . . . Each contestant who has braces or has a special orthodontic device on the teeth, shall be required to wear a tooth and mouth protector. **A tooth and mouth protector (intraoral) shall include an occlusal (protective 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 to 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;**
3. **Not include any attachments(s) that do not serve a purpose and function in protecting the teeth or mouth; and**
4. **Not include anything on it that is a health or risk issue (e.g. choking) and can pose a danger to themselves and other wrestlers.**

KEY REQUIREMENTS

- **Full Coverage:** The mouthguard must cover the teeth, supporting structures, and all areas of the braces or orthodontic appliance.
- **Upper and Lower Arches:** If a wrestler has braces on both upper and lower teeth, both arches must have protective coverage.

WHAT'S NOT ALLOWED

- **Lip Strips / Bumpers Alone:** Simple plastic "comfort cover" strips or lip protectors that only cover braces without proper tooth/occlusal protection are not legal on their own.



- **Unprotected Brackets:** Wrestling with exposed brackets or non-compliant equipment can lead to match delays, penalties, or disqualification.

