

It is recommended that all registered players within Hockey Northwestern Ontario (HNO) wear intra-oral mouthguards. Should a player elect to wear an intra-oral mouthguard, it must conform to the specifications set fourth by HNO.

Intra-oral mouth guard specifications:

- 1) be of any colour;
- 2) not be clear or translucent in colour;
- 3) be of one (1) piece construction;
- 4) be easily sized by the participant or the participant's parents;
- 5) be of an even thickness from the front to the back of the device;
- 6) engage the biting surface of all of the teeth of the upper jaw and the lower jaw;
- 7) maintain alignment of the upper and lower jaw in a neutral position;
- 8) be able to be attached externally to the face mask or shield, or be form fitted or custom fitted to the teeth; and
- 9) will provide not less than **three (3) millimetres** of shock absorbent thickness between the teeth of the upper and lower jaw of a player

What The Standard Means

- 1) **Be of any colour** - The mouth guard may be of any colour, this is not an issue for H.N.O.
- 2) **Not be clear or translucent in colour** - An intra-oral mouth guard must be easily seen when the mouth of a player is opened. This is essential in order that on-ice officials can enforce the policy and for emergency medical services personnel to be able to rapidly determine if an injured player has a mouth guard in place.
- 3) **Be of one (1) piece construction** - The finished product must be a single object. Acceptable intra-oral mouth guards may be constructed of laminated materials, however the materials used in the construction of a mouth guard will not delaminate or separate while in normal use.
- 4) **Be easily sized by the participant or the participant's parents/guardians** – The instructions provided by a manufacturer or supplier of intra-oral mouth guards will provide players and parents/guardians with easily understandable instructions on how to size and fit a mouth guard to a player.
- 5) **Be of an even thickness from the front to the back of the device** - The thickness of the mouth guard between the upper and lower teeth shall be consistent from the back to the front of the device.
- 6) **Engage the biting surface of all teeth of the upper jaw and the lower jaw** - An approved mouth guard will come into contact with the biting surface of all of the teeth of both the upper and lower jaw when the mouth guard is properly inserted into the mouth. When fitting a mouth guard, special attention needs to be taken to ensure that to the rear most teeth are in contact with the biting surface of the mouth guard.

- 7) **Maintain alignment of the upper and lower jaw in a neutral position** - A mouth guard will, when fitted, hold the lower jaw in a natural or neutral position in relation to the upper jaw for the individual player. An approved mouth guard will not cause the lower jaw to be forced either forward or backward from its normal position.
- 8) **Be able to be attached externally to the facemask or shield, or be form fitted or custom fitted to the teeth** – The mouth guard must have a means by which it can be attached to the cage or visor that is attached to the player’s helmet. Mouth guards that are “boil and bite” or custom fitted by a dentist, denturist, or dental hygienist do not require an external attachment or lanyard to connect them to the facemask or shield.
- 9) **A mouth guard is compliant** - When there is **three (3) millimeters** of thickness remaining between the teeth of the upper and lower jaw. Any mouth guard where the thickness respectively is less than **three (3) millimeters** of thickness between the teeth of the upper and lower jaw is no longer compliant with the **specified** standard. Also, any mouth guard that has been chewed through or has cracks or breaks in its surface is no longer compliant and must be replaced.

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