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January 31, 2014

To: Principals, Athletic Directors and Wrestling Coaches,

From: Bart Thompson, Assistant Director, UHSAA

Re: Wrestling rules regarding:

- tape on ear guards.
- mouth guard requirement for wrestlers with orthodontic appliances.

This office has received several inquiries regarding the legality of tape on wrestling ear guards and regarding the requirements for mouth guards mandated by rule 4-2-6. These are not new interpretations or rules and are not intended to change current practice or ruling. They are intended for clarification only. In response to these inquiries the following is given.

Tape on Ear Guards

This slide has been included in past NFHS rules clinics and represents the latest interpretation of the rule regarding tape on ear guards:

**Uniform Shall Be Worn as Intended/
Designed by the Manufacturer
Rule 4-1-5**



ILLEGAL



ILLEGAL



The wrestling ear guards are to be worn as intended/designed by the manufacturer and tape on the ear guards is not allowed by rule.

Tooth and Mouth Protector Requirements

Rule 4-2-6 States,

“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 the devices are present on both. It is recommended the protector be properly fitted and:

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

This statement is copied directly from the 2013-14 NFHS Rules Book. Tooth and mouth protectors are not optional for those with orthodontic devices.