

## MIAA SOCCER MOUTHGUARD RULE

FROM THE MIAA SOCCER NEWSLETTER ADMINISTRATOR' EDITION  
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233. The Board of Directors approved the following standard in response to the MIAC adoption of a required mouthguard in soccer.

**All players shall wear a solid color (not clear) mouthguard that must cover all molars as well as front teeth. Mouthguards must be worn in all practices and competitions, and are required of all participants at all levels (e.g. freshmen, varsity) for both boys and girls.**

**Administration:** (1) Coaches shall assume the responsibility to make certain each player is wearing a mouthguard. (2) **In the event a player is participating without a mouthguard, the game official shall remove the player from the match.** The player may not return until the next dead ball whistle. The removed player may re-enter during a dead ball after reporting to an official who shall be satisfied that the player's mouthguard is in place. The will be **no** substitution for the removed player. (3) **If a player is found to have cut down the mouthguard, hides the mouthguard in part of the uniform, or discards the mouthguard on the field of play, a YELLOW CARD WILL BE ADMINISTERED.**

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The above rule has generated some discussion over the years, and the following guidelines have been established:

1. Mouthguards should be part of the pre-game equipment check. Mouthguards should be held by the players in their hand to view. Checking them while in the mouth, etc. is inappropriate.
2. In the event a player has the mouthguard but hangs it out of the mouth or plays while it is in the hand, the official can give one verbal warning and then can remove the player as stated in #2 of the MIAA rule. The removal of a player should be done during a stoppage of play as in any equipment problem. Repeated infractions after re-enter should result in a yellow card.
3. Yellow cards should not be issued simply because a player is playing without a mouthguard. The player should be removed from the game as previously explained.
4. Yellow cards should be issued only to repeated offenses of #2 in the MIAA rule or one of the three situations listed in #3 in the MIAA rule.
5. Cutting down the mouthguard does not prevent a player from "trimming" edges for fit and comfort. The intent here is that the molars and front teeth are covered.
6. Clear mouthguards should not be allowed.
7. Preventive officiating and common sense when players enter the game, if a mouthguard falls out of the mouth accidentally, etc. is an integral part of the game.