



NORTHERN ONTARIO HOCKEY ASSOCIATION

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NOHA MOUTHGUARD POLICY

Revised as of August,2022

Each Player registering with the NOHA shall have to option to wear an intra-oral mouthguard during all on-ice activities as long as a full-face mask is worn. Should the player elect to wear an intro-oral mouthguard, it must conform to the specifications set out by the NOHA and is approved as suitable for use by the Team's Trainer.

Specifications:

- Be of any colour
- Not be clear or translucent in colour
- Be of one-piece construction
- Be easily sized by the participant or the participant's parents
- Be of an even thickness from the front to the back of the device
- Engage the biting surface of all of the teeth of the upper jaw and the lower jaw
- Maintain alignment of the upper and lower jaw in a neutral position
- Be able to be attached externally to the face mask or shield, or be form fitted or custom fitted to the teeth
- In the case of non-contact play will provide not less than one (1) millimeter of sock absorbent thickness
- In the case of contact play will provide not less than two (2) millimeters of shock absorbent thickness between the teeth of the upper and lower jaw of a Player.