

MOUTHGUARD ADVICE FOR GAELIC FOOTBALLERS

Since January 1st 2014, it has been mandatory for players in all grades to wear a mouthguard in all Gaelic football games and practice sessions.

The introduction of this rule has led to a drop of 37% in the number of dental injury claims made via the GAA Injury benefit fund, resulting from incidents in Gaelic football training sessions and matches in grades up to Minor in 2013. At adult level a similar drop of 39% occurred in 2014 proving the benefits of wearing a mouthguard in reducing the risk of dental injuries.

MOUTHGUARD EXEMPTION

A player can apply for a mouthguard exemption application form which can be requested by e-mailing playerwelfare@gaa.ie

The player in question must provide supporting medical evidence clearly stating why a mouthguard cannot be worn.

REMEMBER
No Mouthguard No Game!

KEY POINTS

- All Gaelic footballers must wear a mouthguard in practice sessions and matches.
- It is the responsibility of each individual player to use a mouthguard
- A properly fitted mouthguard is the best available protective device for reducing the incidence and severity of sports-related dental injuries
- Players can be sent-off in a game for not wearing a mouthguard
- Players will not be covered under the GAA player injury scheme if they don't comply with the mouthguard rule
- No Mouthguard? No Game!

