

NO MOUTHGUARD? NO GAME!

Since 2014, players at all grades are required to wear a mouthguard in Gaelic football games and training sessions

A range of official OPRO GAA/GPA mouthguards are available for purchase, more information can be found at: www.opro.com, and searching for "GAA".



Adhere to mouthguard guidelines at: <https://learning.gaa.ie/mouthguardshurlinghelmets>