

Mouthguard Policy

What follows is the NMHA policy concerning the use of mouthguards.

The ODMHA has instituted a strong recommendation that all players use mouthguards during on-ice activities.

The Ottawa Dental Society has recommended that mouthguards be a mandatory requirement for all players. Accordingly, it is NMHA policy that all NMHA players must properly wear mouthguards during all NMHA-sanctioned on-ice activities.

On-ice officials and team staff are asked to advise their Division Director of any violation of this policy.

Failure to comply with this policy will result sanctions against the offending player.