

# FOOTWEAR FOR RUGBY



## BLADES & CLEATS



**Legal**

Well round metal blades that appear to be replaceable if one was to become burred.



**Legal**

Provided the blade is  $\geq 10\text{mm}$  in diameter and there are no sharp edges or burring.



**Illegal**

Very sharp moulded edges that would easily become burred.



**Illegal**

These may exceed 21mm in length. The tip is not  $\geq 10\text{mm}$  at the tip nor are the edges rounded  $\geq 1\text{mm}$ .

## MOULDED STUDS



**Legal**

Provided the moulded stud is  $\geq 10\text{mm}$  diameter, and there are no sharp edges or burring.



**Legal**

Providing they have no sharp edges or ridges.



**Potentially Illegal**

Less than standard cross-area design, with narrow ridges and the possibility of sharp angles.



**Potentially Illegal**

The cross-area of these seems less than the 'standard' and the design has a possibility of sharp angles.

# PROTECTIVE EQUIPMENT



Before buying any protective equipment especially more bespoke items, it is important to check that it is compliant and can be safely worn while taking part in any rugby activity. All protective equipment worn during any rugby activity must comply with World Rugby regulations.

The Rugby Football Union (RFU) works closely with World Rugby (WR) to ensure that protective equipment is safe and appropriate for use while training and playing.

World Rugby's **Law 4 and Regulation 12** cover wearable protective equipment specifications.

The **World Rugby Approved Protective Equipment Lists** provide information on approved items and suppliers for head guards, shoulder pads and women's protective clothing.



WR approved clothing label

## PLEASE NOTE:

It is the responsibility of the participant and manufacturer/retailer to take the necessary measures to ensure the item is compliant; this is often evidenced with a WR approved label.



# PROTECTIVE EQUIPMENT



## MOUTHGUARDS

The RFU strongly recommends that mouth guards (also referred to as gum shields) are worn for any contact rugby activity (both training and matches). The use of mouthguards can help to protect the teeth and face. However, there is currently no conclusive evidence that mouth guards can reduce the risk of concussion.

It is recommended that mouthguards are custom-fitted. There are alternatives available, such as boil in the bag or pre-moulded mouth guards, which generally provide a reduced level of fit and protection, so this should be a consideration when making a decision on which type to buy.

There is currently no recognised British Standard kite-mark for mouth guards but they are classed as items of personal protective equipment (PPE) and therefore should have a CE mark. This means the mouth guard is compliant with appropriate British and EU testing and standards.

Many dentists will offer a custom-fit mouth guard provision and there are also a number of companies who provide this service. Clubs/schools should ensure that these companies are reputable and provide an appropriate service. In any case, it is important that mouth guards have a CE mark.

Schools and clubs may choose to make the wearing of mouthguards by players compulsory. Where this is the case, they should have a clear policy around checking whether a player may participate if they don't have one available.



## HEADGUARDS

Headguards (sometimes referred to as scrum caps) can help to protect the head from cuts and abrasions, and prevent the development of 'cauliflower ears'. Wearing a headguard is permitted on the basis that they should not cause harm or injury to any player and meet World Rugby standards (see **Regulation 12**). However, padded headgear has never been approved or marketed by World Rugby or the RFU to reduce the risk of concussion and there continues to be no conclusive evidence that wearing headguards reduces the chances of sustaining a concussion while playing or training.

Wearing a headguard should be the personal choice of the player and/or parent. While a headguard can provide some protection (e.g. covering the ears) and confidence (e.g. when introducing players to contact); there is a possibility that wearing protective equipment could potentially change a player's behaviour. Therefore, players and coaches are encouraged not to neglect correct technique, particularly in the tackle and ensure that players are aware of the purpose of headguards and their limitations.

# PROTECTIVE EQUIPMENT



## SHOULDER PADS

Shoulder pads (also referred to as body armour) can help to reduce the impact of a tackle, by absorbing and dispersing the force. They do not increase the power of the tackler in any way.

Shoulder pads are approved by both WR and the RFU and, like all other wearable protective equipment worn during rugby activity, they should be World Rugby compliant (see **Regulation 12**).

There are no mandates set by the RFU on making players wear any specific protective clothing; whether they are worn should be the decision of the player and/or parent. While they can provide some benefit (e.g. absorbing the force) and develop confidence (e.g. when introducing players to contact); there is a possibility that wearing protective equipment can also give a player a false sense of security that can lead to poor tackle technique and potentially change a player's behaviour.

Players and coaches are encouraged not to neglect correct technique, particularly in the tackle and ensure that players are aware of the purpose of shoulder pads (and other similar body armour products) and their limitations.



## BREAST PADDING

Specifically designed shoulder pads that include additional breast padding for women are also available on the market. These are acceptable, providing the padding is incorporated as part of a garment where the padding covers the shoulder and/or collar bone and/or chest only. The padding should comprise of a soft/thin material which is compliant with World Rugby **Regulation 12**. Chest padding is not allowed for men.



## SHIN GUARDS

World Rugby regulations list shin guards as a permitted additional item, with some restrictions. Shin guards should be worn under the socks, with the padding incorporated within non-rigid fabric. No part of the padding should be thicker than 0.5cm when compressed.

This means that some of the hard plastic football style shin pads may not be suitable for contact rugby. There are brands that specialise in rugby (e.g. Canterbury) with shin guards appropriate for rugby, as they use foam rather than hard plastic.