

# IHF Rules of the Game:

## Regulations on Protective Equipment and Accessories

### 1. Head/face protection




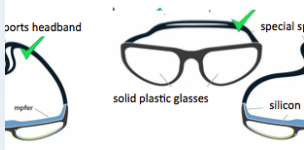

Items	Examples	Decision	Limitations	Comments
Masks		<b>Not permitted</b>		Masks are not allowed.
Helmets		<b>Not permitted</b>		Helmets are not allowed.
Nose protection		<b>Permitted</b>	Only <b>soft, single-coloured</b> materials and tapes are allowed.	

### 2. Headbands





Examples	Decision	Limitations	Comments
	<b>Permitted</b>	Only headbands which are <b>elastic, thin and narrow</b> are allowed.	
	<b>Not permitted</b>		Headbands which are <b>not elastic, not thin enough and/or too wide</b> are not allowed.

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## 3. Glasses and goggles



Examples	Decision	Comments
   	Permitted	Sport glasses and goggles with <b>special sports headbands, solid plastic lenses, and temples made of silicon or other elastic materials</b> are allowed.
	Not permitted	Sport glasses and goggles with <b>rigid temples</b> are not allowed.

## 4. Tooth protection

Examples	Decision	Comments
	Permitted	<b>Transparent and single-coloured</b> mouth guards are allowed.
  	Not permitted	<b>Non-transparent and multi-coloured</b> mouth guards are not allowed.

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## 5. Shoulder protection and compression sleeves

Items	Examples	Decision	Limitations
Shoulder braces		Permitted	Shoulder guards made of <b>soft and thin materials</b> are allowed and may be any colour.
Compression sleeves		Permitted	Compression sleeves in the <b>same and/or a similar colour</b> as the dominant colour of the shirt are allowed.

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## 6. Elbow protection

Items	Examples	Decision	Limitations	Comments
Elbow pads		Permitted		Well-padded elbow pads made of soft and thin materials are allowed and may be any colour.
Elbow supports (three pads and protective foam)		Permitted		Elbow supports with three pads and protective foam are allowed. The pads must have an embossed structure for better movement and allow the elbow to slide on the floor.
Neoprene elbow supports (single pad and protective foam)		Permitted		Neoprene elbow supports with a single large pad and protective foam are allowed. The pad must have an embossed structure for better movement and allow the elbow to slide on the floor.
Elbow protectors		Permitted	Elbow protectors are allowed if all hard components are fully covered with protective foam bandages or similar products (no danger to opponents).	Elbow protectors made of soft and thin materials are allowed and may be any colour.
Elbow protection		Not permitted		Elbow protectors with any uncovered hard components are not allowed.

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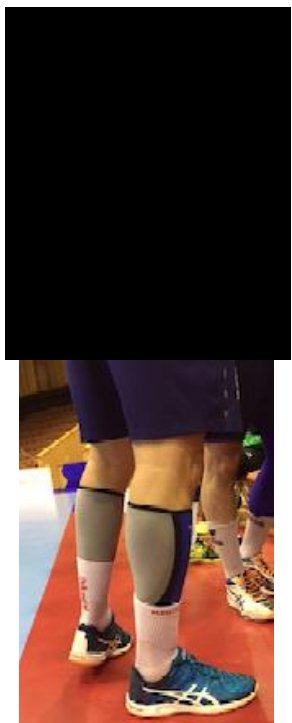
## Regulations on Protective Equipment and Accessories

### 7. Knee protection

Items	Examples	Decision	Limitations	Comments
Knee protectors		Permitted	Knee protectors are only allowed if <b>all hard components</b> are <b>fully covered with protective foam bandages</b> or similar products (no danger to opponents).	Knee protectors made of <b>soft and thin materials</b> are allowed and may be any colour.
Knee protectors (single pad and protective foam)		Permitted		Knee protectors with a <b>single large pad</b> and <b>protective foam</b> are allowed and may be any colour.
Neoprene knee supports (single pad and protective foam)		Permitted		Neoprene knee supports with a <b>single large pad</b> and <b>protective foam</b> are allowed. The pad must have an <b>embossed structure</b> for better movement and allow the player to slide on the floor.
Knee protection		Not permitted		Knee protectors with <b>any uncovered hard components</b> are not allowed.

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## 8. Compression calf supports

Examples	Decision	Comments
	<p><b>Permitted</b></p>	<p>Compression calf supports in the <b>same colour as the socks</b> are allowed.</p>
	<p><b>Not permitted</b></p>	<p>Compression calf supports which <b>do not match the colour of the socks</b> are not allowed.</p>



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### 9. Ankle joint protection

Items	Examples	Decision	Limitations	Comments
Ankle joint protectors or hard stabilisers		Permitted	Ankle joint protectors or hard stabilisers are allowed if <b>all hard components</b> are <b>fully covered with protective foam bandages</b> or similar products (no danger to opponents). The protectors and tape must be the <b>same colour as the socks</b> .	
Ankle braces with straps		Permitted	Ankle braces with straps are allowed if there are <b>no hard components</b> . The protectors and tape must be the <b>same colour as the socks</b> .	
Ankle joint protectors or hard stabilisers		Not permitted		



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### 10. Clothes

#### Summary:


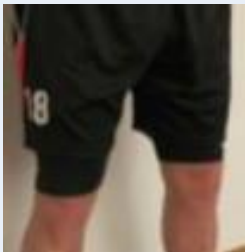


- ⚽ Long trousers are not allowed (with the exception of the goalkeeper).
- ⚽ Four pieces (undershorts + knee protector + compression calf supports + socks) are allowed. These must be four separate pieces.
- ⚽ Compression and long sleeves must match the dominant colour of the shirt.
- ⚽ Undershorts must match the dominant colour of the shorts.
- ⚽ Compression calf supports must match the colour of the socks.
- ⚽ Ankle protectors must match the colour of the socks.
- ⚽ Elbow and knee protectors may be of any colour(s).

Items	Examples	Decision	Comments
Sport head scarves		Permitted	Single-coloured sport head scarves are allowed. If several players of a team use head scarves, they must be the same colour.
Non-sport head scarves		Not permitted	Non-sport head scarves are not allowed.



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## 10. Clothes

Items	Examples	Decision	Decision
Long-sleeved undershirts		Permitted	Long-sleeved undershirts in the <b>same colour as the dominant colour of the shirt</b> are allowed.
		Not Permitted	Long-sleeved undershirts which <b>do not match the dominant colour of the shirt</b> are not allowed.
Short undershorts or warm pants		Permitted	Short undershorts or warm pants in the <b>same colour as the dominant colour of the shorts</b> are allowed.
		Not permitted	Short undershorts or warm pants which <b>do not match the dominant colour of the shorts</b> are not allowed.
Long leg wear		Permitted	The <b>goalkeeper is allowed</b> to wear long shorts, tights, pants, undershorts and/or long compression pants/tights.

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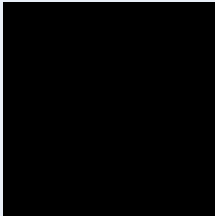






## 10. Clothes

Items	Examples	Decision	Decision
		<b>Not permitted</b>	<b>Field players are not allowed</b> to wear any long shorts, tights, pants, undershorts and/or long compression pants/tights.
Socks		<b>Permitted</b>	Socks must be the <b>same colour and length</b> .
Shirts		<b>Permitted</b>	Shirts for court players acting as goalkeeper must be <b>identical to the goalkeeper shirt</b> , i.e. holes for front and back numbers, covered with transparent material (no holes allowed).

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### 11. Accessories

Items	Examples	Decision	Limitations	Comments
Earrings and piercings		Permitted	Small earrings and piercings are allowed if they are fully covered with tape.	
		Not permitted		Earrings and piercings which are not fully covered with tape are not allowed.
Hairpins		Permitted	Hairpins made of soft materials are allowed. Metal and/or plastic hairpins must be removed or fully covered with tape.	
Captain's armbands		Permitted	Only single-coloured ! ! ! allowed.	
Short wristbands	 	Permitted	Short wristbands are allowed if they are non-adhesive, soft and thin.	
Long wristbands		Permitted	Long wristbands are allowed if they are non-adhesive, soft and thin. Wristbands must match the dominant colour of the shirt.	

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### 11. Accessories

Items	Examples	Decision	Limitations	Comments
Wrist protectors		Permitted	Wrist protectors are only allowed if <b>all hard components are fully covered</b> . Wrist protectors <b>must match the dominant colour of the shirt</b> .	
Gloves		Not permitted		Gloves are not allowed. This also applies to the goalkeeper.
Finger bands		Not permitted		Finger bands are not allowed.
Glue		Permitted	Glue may only be <b>kept on the shoes</b> and <b>applied to the fingers</b> .	