

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

## 4. Tooth protection

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

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## 5. Shoulder protection and compression sleeves

Items	Examples	Decision	Limitations
<p style="text-align: center;"><b>Shoulder braces</b></p>		<p><b>Permitted</b></p>	<p>Shoulder guards made of <b>soft and thin materials</b> are allowed and may be any colour.</p>
<p style="text-align: center;"><b>Compression sleeves</b></p>		<p><b>Permitted</b></p>	<p>Compression sleeves in the <b>same and/or a similar colour</b> as the dominant colour of the shirt are allowed.</p>

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## 6. Elbow protection

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

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## 7. Knee protection

Items	Examples	Decision	Limitations	Comments
<b>Knee protectors</b>		<b>Permitted</b>	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.
<b>Knee protectors</b> (single pad and protective foam)		<b>Permitted</b>		Knee protectors with a <b>single large pad</b> and <b>protective foam</b> are allowed and may be any colour.
<b>Neoprene knee supports</b> (single pad and protective foam)		<b>Permitted</b>		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.
<b>Knee protection</b>		<b>Not permitted</b>		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
<b>Ankle joint protectors or hard stabilisers</b>		<b>Permitted</b>	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> .	
<b>Ankle braces with straps</b>		<b>Permitted</b>	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> .	
<b>Ankle joint protectors or hard stabilisers</b>		<b>Not permitted</b>		Ankle joint protectors or hard stabilisers are not allowed if there are <b>any uncovered hard components</b> and the protectors and tape <b>do not match the colour of the socks</b> .

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## 10. Clothes

### Summary:

- Long leg wear is 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
<b>Sport head scarves</b>		<b>Permitted</b>	<b>Single-coloured</b> sport head scarves are allowed. If several players of a team use head scarves, they <b>must be the same colour.</b>
<b>Non-sport head scarves</b>		<b>Not permitted</b>	<b>Non-sport</b> head scarves are not allowed.

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## 10. Clothes

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

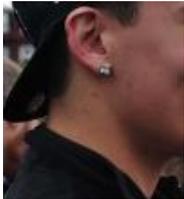
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## 10. Clothes

Items	Examples	Decision	Comments
		<p><b>Not permitted</b></p>	<p><b>Field players are not allowed</b> to wear any long shorts, tights, pants, undershorts and/or long compression pants/tights.</p>
Socks		<p><b>Permitted</b></p>	<p>Socks must be the <b>same colour and length.</b></p>
Shirts		<p><b>Permitted</b></p>	<p>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).</p>

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## 11. Accessories

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

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## 11. Accessories

Items	Examples	Decision	Limitations	Comments
Wrist protectors		<b>Permitted</b>	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		<b>Not permitted</b>		Gloves are not allowed. This also applies to the goalkeeper.
Finger bands		<b>Not permitted</b>		Finger bands are not allowed.
Glue		<b>Permitted</b>	Glue may only be <b>kept on the shoes</b> and <b>applied to the fingers</b> .	