

# IHF Rules of the Game: Regulations on Protective Equipment and Accessories

## 1. Head/face protection

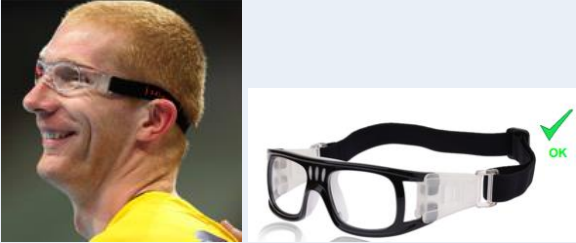


Items	Examples	Decision	Limitations	Comments
Masks		<b>Not permitted</b>		Masks are not allowed.
Helmets		<b>Not permitted</b>		Helmets are not allowed.
Nose protection		<b>Permitted</b>	Only <b>soft, single-coloured</b> materials and tapes are allowed.	

## 2. Headbands


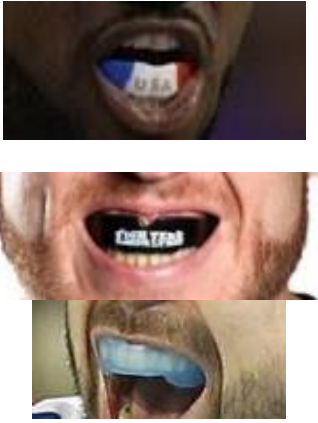
Examples	Decision	Limitations	Comments
	<b>Permitted</b>	Only headbands which are <b>elastic, thin and narrow</b> are allowed.	
	<b>Not permitted</b>		Headbands which are <b>not elastic, not thin enough and/or too wide</b> are not allowed.

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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><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><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>		<b>Well-padded</b> 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
Ankle joint protectors or hard stabilisers		<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> .	
Ankle braces with straps		<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> .	
Ankle joint protectors or hard stabilisers	 	<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 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
<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	Decision
Long-sleeved undershirts		<b>Permitted</b>	Long-sleeved undershirts in the <b>same colour as the dominant colour of the shirt</b> are allowed.
		<b>Not Permitted</b>	Long-sleeved undershirts which <b>do not match the dominant colour of the shirt</b> are not allowed.
Short undershorts or warm pants		<b>Permitted</b>	Short undershorts or warm pants in the <b>same colour as the dominant colour of the shorts</b> are allowed.
		<b>Not permitted</b>	Short undershorts or warm pants which <b>do not match the dominant colour of the shorts</b> are not allowed.
Long leg wear		<b>Permitted</b>	The <b>goalkeeper is allowed</b> to wear long shorts, tights, pants, undershorts and/or long compression pants/tights.

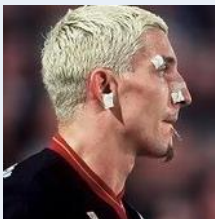






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## 10. Clothes

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