

NO MOUTHGUARD? NO GAME!

From **January 1st 2013**, players in grades up to and including Minor will be required to wear a mouthguard in Gaelic football games and practice sessions

From **January 1st, 2014** all players at all grades will be required to wear a mouthguard.

A range of official OPRO GAA/GPA mouthguards are available for purchasing, more information can be found at: www.gaa.ie/mouthguards



Adhere to mouthguard guidelines at: www.gaa.ie/medical-and-player-welfare/mouthguards



and



Supporting Players