



SPORTS MOUTHGUARDS POLICIES - SPORTS ORGANIZATION

Putting More Bite into Injury Prevention



Sport	Policy in place requiring use of mouthguards*		
	Yes	No	Recommended but not required
Baseball	-	Baseball Canada	-
Basketball	-	National Basketball League of Canada	-
Boxing (Amateur)	Canadian Amateur Boxing Association	YK, BC, AB, SK, MB, ON QC, NB, NS, PE, NL	-
Boxing (Pro)	Canadian Boxing Federation	-	-
Field Hockey	-	Field Hockey Canada	-
Football (Amateur)	Football Canada, NB, PE, BC	AB	-
Football (Pro)	-	-	NFL & CFL
Hockey (Amateur)	ON, QC, PEI, NL, SK, Hockey Canada	NB, NS	AB, NT
Hockey (Pro)	-	-	National Hockey League
Karate	National Karate Association	-	-
Lacrosse	Canadian Lacrosse Association	-	-
Martial Arts	Canadian National Martial Arts Association	-	-
Racquetball	-	Racquetball Canada, AB	-
Ringette	-	-	National Ringette League, BC, AB, SK, MB, NB, NS, PE, ON
Rugby (Amateur)	Rugby Canada, ON, AB, SK, NB, BC, MB	-	-
Rugby (Pro)	-	International Rugby Association	-
Squash	-	International Squash Federation	-
Soccer	-	Canadian Soccer Association	-
Taekwondo	Taekwondo Association of Canada	-	-
Volleyball	-	Volleyball Canada, NT, BC, SK, NB, PE, NL	-

*This document serves as a quick reference guide. Provincial and local league rulings vary by organization. For further information, please contact info@cdha.ca

For more information: www.cdha.ca/mouthguards