

Mouth pieces in MN/USA Wrestling

MN/USA Wrestling advocates the voluntary use of mouth guards in all of its athletes. When worn appropriately these devices have been shown to reduce dental injuries and lacerations, not only to the athlete but their opponents. Of interest, at this time they have never been proven to reduce the risk of concussion. The use of mouth guards are not required but strongly suggested for all wrestlers. The present rule does however **require** the use of mouth guards for **all** athletes with braces. There must be a separate mouthpiece covering both the upper and lower braces if the athlete has both. Injury to these athletes or their opponents could occur if there is direct trauma to the mouth, thus injuring the athletes inner cheek or an opponent when they apply a cross face and the braces scratch the forearm. These types of injuries could lead to cutting the mouth of the athlete or scratching the forearm of an opponent. Either way there would be a strong potential for blood exposure to both individuals. The present ruling serves to protect both athletes by having a mouthpiece that covers the exposed areas of the braces and thus preventing these injuries.

Modification of a mouth guard can be made to cover the exposed braces, but of course it would compromise any protection they would give to protecting all the teeth from damage due to a direct blow.

Covering the upper brackets will be easy with the following suggestions for mouthpieces. When lower bracket coverage is needed, consider modifying one of these products or contact your Orthodontist.

Note: Brace covers are not meant for this use and are not acceptable.

Several products to consider:

1. Your Orthodontist or Dentist.
2. www.custmbite.com
3. 'Proform' mouth pieces that can be purchased from many vendors over the Internet.