




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

1. Head/face protection

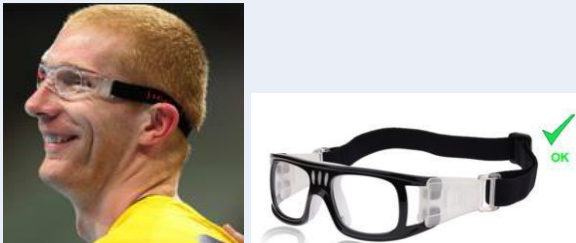


Items	Examples	Decision	Limitations	Comments
Masks		Not permitted		Masks are not allowed.
Helmets		Not permitted		Helmets are not allowed.
Nose protection		Permitted	Only soft, single-coloured materials and tapes are allowed.	

2. Headbands


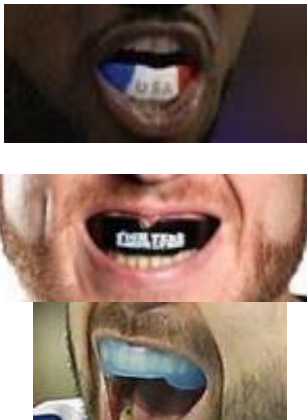
Examples	Decision	Limitations	Comments
	Permitted	Only headbands which are elastic, thin and narrow are allowed.	
	Not permitted		Headbands which are not elastic, not thin enough and/or too wide are not allowed.

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3. Glasses and goggles

Examples	Decision	Comments
 	Permitted	Sport glasses and goggles with special sports headbands, solid plastic lenses, and temples made of silicon or other elastic materials are allowed.
	Not permitted	Sport glasses and goggles with rigid temples are not allowed.

4. Tooth protection

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

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5. Shoulder protection and compression sleeves

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

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6. Elbow protection

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



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7. Knee protection

Items	Examples	Decision	Limitations	Comments
Knee protectors		Permitted	Knee protectors are only allowed if all hard components are fully covered with protective foam bandages or similar products (no danger to opponents).	Knee protectors made of soft and thin materials are allowed and may be any colour.
Knee protectors (single pad and protective foam)		Permitted		Knee protectors with a single large pad and protective foam are allowed and may be any colour.
Neoprene knee supports (single pad and protective foam)		Permitted		Neoprene knee supports with a single large pad and protective foam are allowed. The pad must have an embossed structure for better movement and allow the player to slide on the floor.
Knee protection		Not permitted		Knee protectors with any uncovered hard components are not allowed.




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8. Compression calf supports

Examples	Decision	Comments
	<p>Permitted</p>	<p>Compression calf supports in the same colour as the socks are allowed.</p>
	<p>Not permitted</p>	<p>Compression calf supports which do not match the colour of the socks are not allowed.</p>

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9. Ankle joint protection

Items	Examples	Decision	Limitations	Comments
<p>Ankle joint protectors or hard stabilisers</p>		<p style="text-align: center;">Permitted</p>	<p>Ankle joint protectors or hard stabilisers are allowed if all hard components are fully covered with protective foam bandages or similar products (no danger to opponents). The protectors and tape must be the same colour as the socks.</p>	
<p>Ankle braces with straps</p>		<p style="text-align: center;">Permitted</p>	<p>Ankle braces with straps are allowed if there are no hard components. The protectors and tape must be the same colour as the socks.</p>	
<p>Ankle joint protectors or hard stabilisers</p>		<p style="text-align: center;">Not permitted</p>		<p>Ankle joint protectors or hard stabilisers are not allowed if there are any uncovered hard components and the protectors and tape do not match the colour of the socks.</p>

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10. Clothes



Summary:

- ~~Long leg wear is not allowed (with the exception of the goalkeeper).~~
- Under their uniforms, players are allowed to wear compression garments such as shorts, leggings or long-sleeve shirts.
- ~~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.~~

For visible undergarments, the following provisions apply:



- Items worn under the shirt must be of the same dominant colour as the shirt.
- ~~Undershorts must match the dominant colour of the shorts.~~ Items worn under the shorts must be of the same dominant colour as the shorts, with the exception of black undergarments which may be worn regardless of the dominant colour of the shorts.
- The colours of the undergarments must be the same for all players of the same team.
- All players of a team must wear socks and the socks must be identical in colour.
- ~~Compression calf supports must match the colour of the socks.~~
- Any equipment worn on the lower legs (e.g. calf compression sleeves, ankle protectors, etc.) must be of the same colour as the socks.
- ~~Ankle protectors must match the colour of the socks.~~
- Elbow and knee protectors may be of any colour(s).

The National Federations have the right to apply deviating regulations in lower-level club competitions.

Items	Examples	Decision	Comments
Sport head scarves		Permitted	Single-coloured sport head scarves are allowed. If several players of a team use head scarves, they must be the same colour.
Non-sport head scarves		Not permitted	Non-sport head scarves are not allowed.

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10. Clothes

Items	Examples	Decision	Comments
Long-sleeved undershirts		Permitted	Long-sleeved undershirts in the same colour as the dominant colour of the shirt are allowed.
		Not Permitted	Long-sleeved undershirts which do not match the dominant colour of the shirt are not allowed.
Short undershorts or warm pants		Permitted	Short undershorts or warm pants in the same colour as the dominant colour of the shorts are allowed.
		Not permitted Permitted	Short undershorts or warm pants which do not match the dominant colour of the shorts are not allowed with the exception of black undergarments.
Long leg wear		Permitted	The goalkeeper is allowed to wear long shorts, tights, pants, undershorts and/or long compression pants/tights.







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10. Clothes

Items	Examples	Decision	Comments
		<p>Not Permitted</p> <p>Permitted</p>	<p>Field players are not allowed to wear any long shorts, tights, pants, undershorts and/or long compression pants/tights.</p>
Socks		<p>Permitted</p>	<p>Socks must be the same colour and length.</p>
Shirts		<p>Permitted</p>	<p>Shirts for court players acting as goalkeeper must be identical to the goalkeeper shirt, 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		Permitted	Small earrings and piercings are allowed if they are fully covered with tape.	
		Not permitted		Earrings and piercings which are not fully covered with tape are not allowed.
Hairpins		Permitted	Hairpins made of soft materials are allowed. Metal and/or plastic hairpins must be removed or fully covered with tape.	
Captain's armbands		Permitted	Only single-coloured captain's armbands are allowed.	
Short wristbands		Permitted	Short wristbands are allowed if they are non-adhesive, soft and thin.	Wristbands must match the dominant colour of the shirt.
Long wristbands		Permitted	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		Permitted	Wrist protectors are only allowed if all hard components are fully covered.	Wrist protectors must match the dominant colour of the shirt.
Gloves		Not permitted		Gloves are not allowed. This also applies to the goalkeeper.
Finger bands		Not permitted		Finger bands are not allowed.
Glue		Permitted	Glue may only be kept on the shoes and applied to the fingers.	