

REGULATION 12 – EXTRACT

This is an extract of Regulation 12, which is ‘Specifications Relating to Players’ Dress’. For a full explanation of this regulation as it relates to Law 4 go to: http://www.irb.com/laws_regs/regs/index.cfm

1 ADDITIONAL ITEMS OF CLOTHING

(b) SHIN GUARDS

A player may wear shin guards worn under the socks with padding incorporated in non-rigid fabric with no part of the padding thicker than 0.5 cm when compressed.

(d) MITTS

Coverage of the fingers and thumbs is permitted to the outer joint but no further. The mitt zone of coverage should not continue beyond the wrist.

The body of the mitt should be of a stretch type material with the grip material being made of a soft rubber/synthetic compound not exceeding a depth of 1mm.

No part of the mitt should contain buttons or other potentially dangerous items.

(e) SHOULDER PADS

A player may wear shoulder pads, made of soft and thin materials, which may be incorporated in an undergarment or jersey provided that the pads cover the shoulder and collarbone only. No part of the pads may be thicker than 1cm when uncompressed. No part of the pads may have a density of more than 45 kilograms per cubic metre.

(g) HEADGEAR

A player may wear headgear made of soft and thin materials provided that no part of the headgear is thicker than 1 cm when uncompressed and no part of the headgear has a density of more than 45 kilograms per cubic metre.

2 SPECIAL ADDITIONAL ITEMS FOR WOMEN

CHEST PADS

Besides the previous items, women may wear chest pads made of soft and thin materials which may be incorporated as part of a garment provided that the pads cover the shoulder and/or collar bone and/or chest only with no part of the pads thicker than 1 cm when uncompressed and no part of the pads having a density of more than 45 kilograms per cubic metre.

Shoulder Pads, Headgear, Chest Pads (Women) must conform to the Standard Performance Specification for Specific Items of Players' Clothing in APPENDIX ONE of this Regulation.

3 STUDS

Studs of players' boots must conform to IRB Safety Assessment Criteria for Studs in APPENDIX TWO of this Regulation.

APPENDIX TWO EXTRACTS

Studs of players' boots must have the following dimensions:

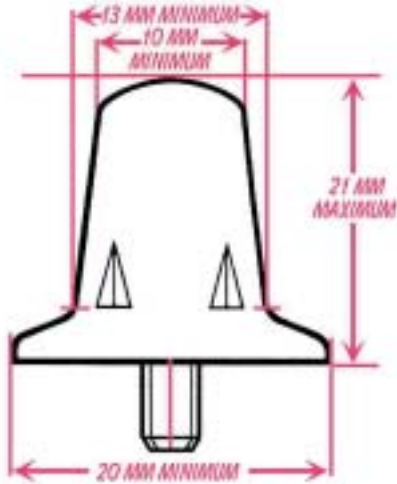
Not longer than 21 mm, measured from the sole; a minimum diameter of 10 mm at the top of the stud; a minimum diameter of 13 mm at the base of the stud (excluding the washer); and a minimum diameter of 20 mm at the base where the stud integrates with the washer.

Studs/cleats complying with the design and dimensions as shown in Figure 1 should give satisfactory performance.

The shape and dimensions of other stud/cleat designs should be such that they present a no greater risk of injury to another player than the stud/cleat shown in Figure 1.

4 BANNED ITEMS OF CLOTHING

- (g) A player must not wear any item of which any part is thicker than 0.5cm when uncompressed or is denser than 45 kilograms per cubic metre unless specified within this law /schedule/regulation.



THE MAXIMUM AND MINIMUM DIMENSIONS OF A STUD ARE SHOWN HERE.

CORRECT SIZE OF STUDS

Figure 1



IRB APPROVAL MARK

Figure 2