International Handball Federation

Regulations on Protective Equipment and Accessories

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International Handball Federation

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I. Basic Provisions

1. Items of Clothing

a) Undergarments

Under their uniforms, players are allowed to wear compression garments such as shorts, leggings or long-sleeve shirts.
For visible undergarments, the following provisions apply:

- Items worn under the shirt must be of the same dominant colour as the shirt.
- 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.

The above restrictions do not apply to invisible undergarments.
The same shall be applicable for referees.

b) Socks

The socks of all players of the same team must be identical in colour.
Any equipment worn on the lower legs (e.g. calf compression sleeves, ankle protectors, etc.) must be of the same colour as the socks.
If a player wears long undergarments under the shorts, the socks must be the same colour as the socks worn by the other players of his/her team.

c) Head coverings

Players are allowed to wear religious head coverings such as hijabs, turbans, patkas, etc. provided that they are specifically designed for use in sports and do not require any pins. Additionally, they must comply with the following provisions:

- Head coverings must not compromise the safety of the player wearing it or other players.
- Head coverings must not be attached to the shirt in any way, and they must not have any kind of fastening mechanism.
- Head coverings must not cover any part of the face entirely or partially (eyes, nose, mouth, etc.).
- Head coverings must be either of the same dominant colour as the shirts or black or white. The colour of the head coverings must be the same for all players of the same team.

The same shall be applicable for referees.

2. Accessories and Objects

It is not permitted to wear objects that could be dangerous to the players. This includes, for instance, head protection, face masks, bracelets, watches, rings, visible piercings, necklaces or chains, earrings, glasses without restraining bands or with solid frames, or any other objects which could be dangerous (Rules of the Game 17:3).

Players who do not meet the requirements will not be allowed to take part until they have corrected the problem.

Flat rings, small earrings and visible piercings may be allowed, as long as they are covered with tape in such a way that they are no longer deemed dangerous to other players.

Headbands are allowed, as long as they are made of soft, elastic material.

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

II. Examples

Playing clothes and undergarments

Shirt numbers must have a height of at least 20 cm on the back and 10 cm on the chest. Numbers between 1 and 99 shall be used. Numbers 1 to 9 shall be printed as single-digit numbers without a leading zero (i.e. 01, 02, etc. are **not allowed**).

Long-sleeved, thin undershirts in the same colour as the dominant colour of the shirt are **allowed**.

Long-sleeved undershirts which do not match the dominant colour of the shirt are **not allowed**.

Compression sleeves in the same and/or a similar colour as the dominant colour of the shirt are **allowed**.

Undergarments which do not match the dominant colour of the shorts are **not allowed** with the exception of **black undergarments**.

Thin undergarments in the same colour as the dominant colour of the shorts are **allowed**.

Goalkeepers are **allowed** to wear any long trousers, tights or underpants of any colour and court players are allowed to wear long undergarments or long compression pants/tights which match the dominant colour of the shorts or which are black.

Compression calf supports in the same colour as the socks are **allowed**.

Compression calf supports which do not match the colour of the socks are **not allowed**.

Socks must be the same colour for all players of the same team.

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).

Protective equipment – upper body

Shoulder guards made of soft and thin materials are **allowed** and may be any colour.

Well-padded elbow pads made of soft and thin materials are **allowed** and may be any colour.

Elbow protectors made of soft and thin materials or (neoprene) elbow supports of any colour with a single or multiple large pad(s) 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 with any hard components are **not allowed**.

Protective equipment – lower body

Knee protectors made of soft and thin materials are **allowed** and may be any colour

or

if all hard components are fully covered with protective foam bandages or similar products (no danger to opponents).

Knee protectors or (neoprene) knee supports of any colour 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 protectors with any uncovered hard components are **not allowed**.

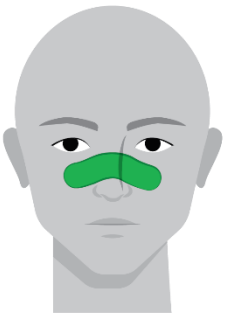
Ankle joint protectors or hard stabilisers are **allowed** if all hard components are fully covered with protective foam bandages or similar products (no danger to opponents). The protectors and tape must be the same colour as the socks.

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.

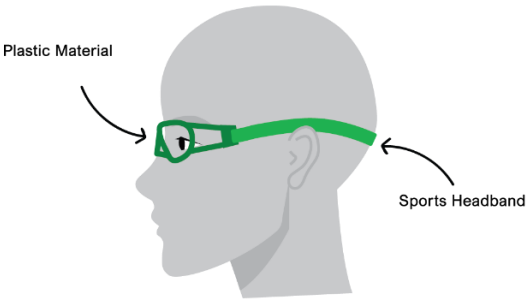
Ankle braces with straps are **allowed** if there are no hard components. The protectors and tape must be the same colour as the socks.

Equipment and accessories – head/face

Masks are **not allowed**.



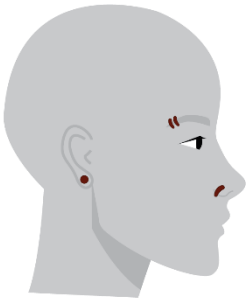
Nose protection made of soft, single-coloured materials and tapes are **allowed**.



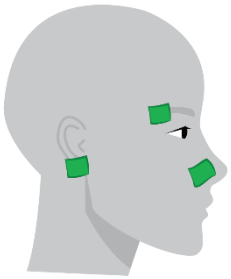
Sport glasses and goggles with special sports headbands, solid plastic lenses, and temples made of silicon or other elastic materials are **allowed**.

Sport glasses and goggles with rigid temples are **not allowed**.

Helmets are **not allowed**.



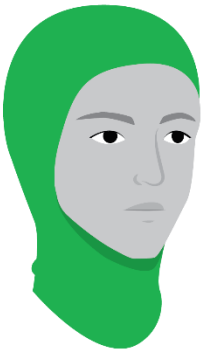
Earrings and piercings which are not fully covered with tape are **not allowed**.



Small earrings and piercings are **allowed** if they are fully covered with tape.

Only headbands which are elastic, thin and narrow are **allowed**.

Headbands which are not elastic, not thin enough and/or too wide are **not allowed**.



Elastic, 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 are **not allowed**.

Hairpins made of soft materials are **allowed**. Metal and/or plastic hairpins must be removed or fully covered with tape.

Transparent and single-coloured mouth guards are **allowed**.

Non-transparent and multi-coloured mouth guards are **not allowed**.

Other accessories

Single-coloured captain’s armbands (about 5 cm wide) on the upper arm are **allowed**.

Short wristbands are **allowed** if they are non-adhesive, soft and thin.

Long wristbands are **allowed** if they are non-adhesive, soft and thin.

Short wrist protectors made of soft and thin materials are **allowed**.

Gloves are **not allowed**. This also applies to the goalkeeper.

Finger tapes are **allowed**.

Finger bands are **not allowed**.

Glue may only be kept on the shoes and applied to the fingers.