

RUGBYSAFE ESSENTIAL GUIDE

Sports Goggles & Eyewear

The wearing of spectacles is prohibited for any type of contact rugby activity. However, both prescription glasses and sunglasses are permitted for non-contact activities such as touch rugby and Under 8 and below age grade variations.

The use of sports goggles is currently being trialled by the RFU, enabling the wearing of certain sport goggles by players playing contact rugby at the Under 13 age grade and below, providing certain conditions are satisfied. In exceptional circumstances U14s and above may also take part in the trial if additional conditions are satisfied. Please note that this trial differs from the World Rugby trial and is a variation of the RFU's regulations, which prohibits the wearing of all types of goggles in contact rugby.

Goggles may be worn to provide protection e.g. for a medical condition or by a player having lost the sight in one eye and wanting to protect the remaining eye from injury, or to enhance vision where contact lenses can't be worn. This latter situation is often resolved in children, as by the time a child reaches 14 (or shortly afterwards) they may be able to wear contact lenses.



How to get involved in the trial...

Under 13s and below

Players playing contact rugby at the Under 13 age grade and below are allowed to wear specially designed and manufactured sports goggles providing **all** of the following criteria are met:

- a. The sports goggles must be dispensed by a registered dispensing optician who is a member of the Association of British Dispensing Opticians* (ABDO)
- b. The player must have written confirmation from the ABDO dispensing optician that the sports goggles:
 1. Are required to correct the vision of the player or are required to protect the player's eyes due to a medical condition, to enable the playing of rugby union
 2. Do not substantially restrict any normal field of vision and are suitable for use in evasion contact sports
 3. Do not constitute a physical danger to the player or other players
- c. The match referee is entitled to object to the player wearing the sports goggles if the referee reasonably believes that they are unsafe
- d. Clubs/schools must notify the RFU legal team of all players participating in the trial by emailing AlysLewis@rfu.com
- e. Clubs/schools must report any injuries caused as a result of the sports goggles to the RFU Community Medical Team by emailing sportsinjuriesadmin@therfu.com and the player's parents must report the injury to the ABDO dispensing optician who prescribed the goggles.

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Under 14s and above

The above trial is currently limited to U13s and below. We recognize that this means that players at U14s and above are not able to play contact rugby using goggles but may require goggles for medical reasons.

To enable these players to continue to be included in rugby, it has been agreed that the RFU Governance Standing Committee may, in exceptional and limited circumstances, grant dispensations for goggles to be worn by players over the age of 13 in limited cases and subject to all relevant supporting documentation being provided. For more details on how to make an application please can AlysLewis@rfu.com.



Further Information

The most up to date information on the trial can be found in the RFU Goggles Update document at www.englandrugby.com/governance/regulations

Please contact AlysLewis@rfu.com with any queries or for further clarification and guidance.

**If an optician is registered with the Association of British Dispensing Opticians, the optician will be listed on the General Optical Council's list of registered members which is available at www.optical.org. Please check the list by inserting the name of the individual optician or opticians practice.*

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