

## Clothing for Rugby

As rugby union grows, so does the amount of different clothing, footwear and protective equipment available to buy. While most items are suitable, it is important to be aware that all clothing and footwear worn during any rugby activity should comply with World Rugby (WR) regulations. The RFU works closely with World Rugby to ensure that clothing and footwear is safe and appropriate for use while training and playing.

Before buying any clothing, especially more bespoke items, it is important to check that it is compliant and can be safely worn during any rugby activity. It is the responsibility of the manufacturer /retailer to ensure the item is compliant; this can sometimes be evidenced with a World Rugby approved label. In general, most major brands ensure that their products are compliant, however not all clothing is appropriate when participating in contact rugby activity.

Detailed information on clothing and specification can be found in World Rugby's [Law 4](#) and [Regulation 12](#).



This essential guide provides information and recommendations for clothing; please see the *Protective Equipment Essential Guide* for specific information on wearable protective equipment items such as mouthguards, headguards and shoulder pads please and for information on other player welfare related topics please visit the [RugbySafe Essentials Guides pages](#).



### Base Layers



Upper body base layers are allowed in both adult and age grade rugby, providing the design and material complies with the criteria set out in World Rugby [Regulation 12](#).

Age grade players are permitted to wear base layers leggings/tights, provided they comply with the WR regulation.

Tights are listed as a recognised additional item of clothing for women for modesty and religious reasons; these must be cotton blend long tights, with a single inside leg seam and be worn under shorts and socks. Base layer leggings/tights are not approved for use in adult men's rugby.

## Fingerless Mitts

Fingerless mitts (not gloves) may be worn, providing the coverage of the fingers and thumbs is no further than the outer joint and the mitt coverage should not continue beyond the wrist. These standards as set out by WR and state that 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 a mitt should contain buttons or potentially dangerous items.



Full finger gloves provided they are safe with no buttons etc. may be appropriate for use in non-contact formats of the game. However, they are not permitted for use in contact rugby.









## Headscarves and Religious Head-dress

Headscarves and other religious head-dress can be worn, providing they do not cause a danger to the wearer or other players and do not contravene [Regulation 12](#). Any pins or metal/rigid fasteners should be removed.

## Banned Items of Clothing

World Rugby's [Law 4](#) sets out a number of items of clothing that are banned.

A player may not wear:

-  Any item contaminated by blood.
-  Any sharp or abrasive item.
-  Any items containing buckles, clips, rings, hinges, zippers, screws, bolts or rigid material or projection not otherwise permitted under this law.
-  Jewellery.
-  Gloves.
-  Shorts with padding sewn into them.
-  Any item that is normally permitted in law but, in the referee's opinion, is liable to cause injury.
-  Communication devices

