

Rules of the Game 2026 - Rules Update Regarding Jewellery

Background

In the Rules of the Game 2026, the provisions regarding jewellery were updated and clarified. The primary purpose of the amendment was to enhance player safety and to promote a more professional appearance of the sport. Other major sports apply significantly stricter restrictions regarding what players may wear during play.

Current Rule

405.1 All items of jewellery such as necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc. are not permitted and must be removed. Using tape to cover jewellery is not permitted. In the interest of player safety, the referees are asked to inspect players and act accordingly.

Issue Identified

- **There are piercings that simply cannot be removed because they are permanent.**
- **Newly acquired piercings require a healing period before they can be removed. For cartilage piercings, the healing period is typically 6-12 months. During this period, the piercing may close within only a few hours if the jewellery is removed, making compliance impossible even for the duration of a match.**
- **An exemption procedure for such cases creates an administrative burden on member federations at a level that is not acceptable. Several member federations have already been required to address these cases through different local interpretations and procedures.**

Amendment to Rule 405.1

- **Items of jewellery that cannot be removed may be worn during play. Where possible, such items shall be covered with sports tape.**
- **Newly acquired piercings and earrings may be worn during the healing period. Where possible, such items shall be covered with sports tape.**

Items of jewellery worn underneath the playing uniform or protective equipment may be worn without being covered.

In all other cases, the provisions of Rule 405.1 shall apply.

The digital version of the Rules of the Game 2026 will be updated accordingly.

14 October 2026

On behalf of the IFF Rules Committee,



**Mattias Linell
Chair**