

## Optional Gear

Head Gear/Scrum Cap  
Kick Off Tee  
Shoulder and Shin Pads

## Rugby Jersey

Used to display the team's colours, badge and player's name on the back.

## Mouth Guard

This is worn to protect the player's teeth and prevent the tongue being bitten.



## Rugby Ball

A professional rugby ball is normally 27cm long and has a circumference of 60cm at its widest point.

## Rugby Shorts

Shorts are worn to keep the player cool and are coloured to match the kit.

## Boots

Rugby boots have rubber cleats on the bottom to give more grip on the grass.

## Rugby Socks

Socks are worn up to the knee and coloured to match the rest of the kit.