



USA Taekwondo Equipment and Hygiene Standards

Updated January 2, 2026

Athlete Uniform

Uniform Style

- **Kyorugi athletes** must wear WT/USATKD approved a white V-neck uniform in good condition
- **Poomsae and Breaking athletes** must wear a WT/USATKD approved Y-neck or V-neck uniform in good condition, appropriate to the contestant's division (see *below*)
- **Demo Team athletes** must wear appropriate sport attire, such as a WT/USATKD approved Y-neck or V-neck Taekwondo uniform of any color, or team track suit



V-Neck Collar Color

- **Black belts** must wear black-collared uniforms
- **Color belts** must wear white-collared uniforms; color belts cannot wear black-collared uniforms
- **Poom rank** (14 and under black belts) may wear poom uniforms with black and red collars

Belts

- Permitted belt colors are white, yellow, green, red, blue, poom (black/red), and black
- Belts with stripes are allowed
- The end of the belt must be at least 10cm or higher above the knee

Undershirt - Poomsae

- Female contestants may wear a white or black undershirt
- Male contestants may not wear an undershirt



Pants

- Black pants are allowed for all athletes in all divisions

Accessories

- Patches, embroidery, logos, team names, country names, athlete names, and stripes are permitted on the uniform
- No tape will be allowed on any part of the uniform
- Shoes may not be worn

Note: USATKD reserves the right to disallow any uniform or equipment if it is found to be unsafe, offensive or degrading.

Protective Equipment for Kyorugi

Sparring contestants shall wear the following mandatory equipment:

Trunk Protector (Hogu)

- When PSS is in use, the hogu will be provided
- When PSS trunk protectors are used, the size will be determined by the weight class of the contestants; both players must use the same size
- The correct way to tie the hogu is from top to bottom; the cotton strings must thread through all eyelets of the hogu in a criss-cross fashion
 - Hogu must be tied up snugly and centered on the contestant
 - The extra length of strings will be tied back into the hogu



Head Protector

- When head PSS is in use, the head protector will be provided
- World Class Cadet, Junior, and Senior Black Belts are required to wear red or blue head protectors, corresponding with the color of the chest protector
 - In other divisions, red or blue is recommended; white helmets will be permitted
- Cracks or defects in the foam of the head protector will not be allowed





Forearm and Shin Protectors

- Must be made of foam, cloth or vinyl
- Any color will be allowed
- Must be worn inside the uniform
- Velcro or other fastenings must be secure so as not to come loose during competition
- Cloth or foam elbow and/or knee pads are also permitted



Groin Guard

- Mandatory for both male and female competitors
- Any color will be allowed
- Must be worn inside the uniform



Gloves

- When PSS punching is in use, PSS sensing gloves must be worn
 - PSS sensing gloves will be supplied by the contestant
- Gloves may be red, blue, or white; white is preferred
 - If the competitor chooses to wear red or blue gloves, they must correspond with the color of the chest protector
- Gloves must be open finger style, as shown
 - Other styles of gloves or hand covers are not allowed
- World Class athletes are required to wear USATKD/WT-approved gloves
 - For all other divisions, gloves are optional and must comply with the above rules



Instep Protectors

- When PSS is in use, PSS sensing socks must be worn
 - PSS sensing socks will be supplied by the contestant
- When Daedo Gen 2 is in use, contestants must wear Daedo Gen 2 sensing socks, with 11 magnets
- When Daedo Gen 3 is in use, contestants must wear Daedo Gen 3 sensing socks, with 15 magnets





Mouthguard

- Must be clear or white
- Must be at least 3mm in thickness
- **Athletes without braces** must wear a full upper mouthguard, covering the upper teeth at least to the first molar
- **Athletes with braces** must wear one of the following options:
 - **Option 1:** Double mouth guard that covers upper and lower teeth and braces (*this is considered the best protection and strongly recommended*)
 - **Option 2:** Full upper mouth guard to cover braces and a partial coverage lower mouth guard for braces, which must cover at least 6 of the lower teeth (*this is allowed for athletes with significant breathing issues and considered good protection*)
 - **Option 3:** Full upper mouth guard to cover braces and a brace shield for the lower braces (*this is the minimal protection for the athlete and is the least favorable option*)



Personal Requirements

Bracing

- Only soft neoprene material is permitted
- No brace with any hard substance (metal, plastic, Velcro strap, etc) is permitted
- Silicon (or other soft gel) padding around the kneecap is permitted if it is soft material, and the thickness is less than 6mm (0.25 in)
- Under no circumstances will a hard splint or cast—no matter how small—be allowed

Padding

Kyorugi

- Padding of the dorsum of the foot is **only allowed** if the athlete has a prior injury (e.g. bruising)
- Soft foam padding (1/8" max) or gauze (4 layers max) can be used, and must be covered with minimal plain tape
- Only 2 layers of tape are allowed on the forefoot/arch of the athlete
- Padding must not cover the toe or ankle
- After the padding is wrapped with tape, it must be still soft when pressed by finger



Taping

Taping shall be allowed for the protection of athletes, as outlined below. All taping must be done and stamped by tournament medical staff prior to competition.

Kyorugi

- White or light brown/beige colored tape is allowed
- Athletic tape or kinesiotape are allowed
- Abrasive tape with a rough surface must be covered by ~1-2 layers of athletic tape
 - Up to 2 layers of thin foam underwrap is allowed, which must be covered.
 - Up to 4 complete layers of taping (2mm) are allowed for any injury and
 - Up to 2 complete layers (1mm) are allowed for support without injury
- No taping on the knuckles of the fist is allowed
- Any taping must be removed during general weigh-in to ensure that there is no open wound, cut, or bleeding

Poomsae

- Only 2 layers of taping is allowed
- The only permitted way to tape ankles is as pictured



Jewelry

Kyorugi

- Contestants are not allowed to wear any kind of metallic articles or hard objects, such as rings, necklaces, watches, bracelets, earrings, etc
- All jewelry must be removed prior to inspection

Poomsae

- The only jewelry permitted are earrings, which must be flush to the ear
- No other jewelry or piercings may be worn
- Inspection may request earrings to be removed if there are safety concerns





Glasses

Kyorugi

- Eyeglasses are not permitted under any circumstances, including prescribed safety or sport eyeglasses or goggles

Poomsae

- Glasses are allowed

Nails

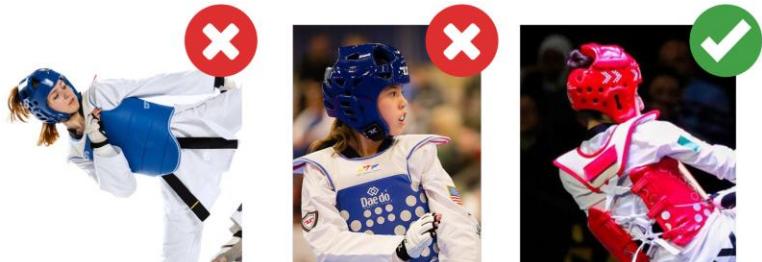
- All competitors shall keep their fingernails and toenails cut short and sharp edges filed
- Nail polish must be **white or clear**
- Kyorugi competitors shall not be permitted to weigh-in until their nails meet these requirements

Hair

Long hair should be tied back securely. Soft hair ties are permitted.

Kyorugi

- Hair must be tucked securely inside the head protector
- No hair pins, bows, hats, or other hard objects may be worn
- Wearing soft religious items on the head are allowed (e.g., hijab tucked inside the dobok), and they shall not cause harm or obstruct the opposing contestant



Poomsae

- Bobby pins and hair clips shorter than 2 inches are permitted
- Large, protruding bows are not permitted
- Alligator clips are not permitted
- No hats or other items may be worn on the head except for soft religious coverings

