

DOBOK & EQUIPMENT STANDARDS

1. Official Uniform (Dobok)

All contestants must wear a white Taekwondo V-neck USATKD/WT uniform (dobok) in good condition.

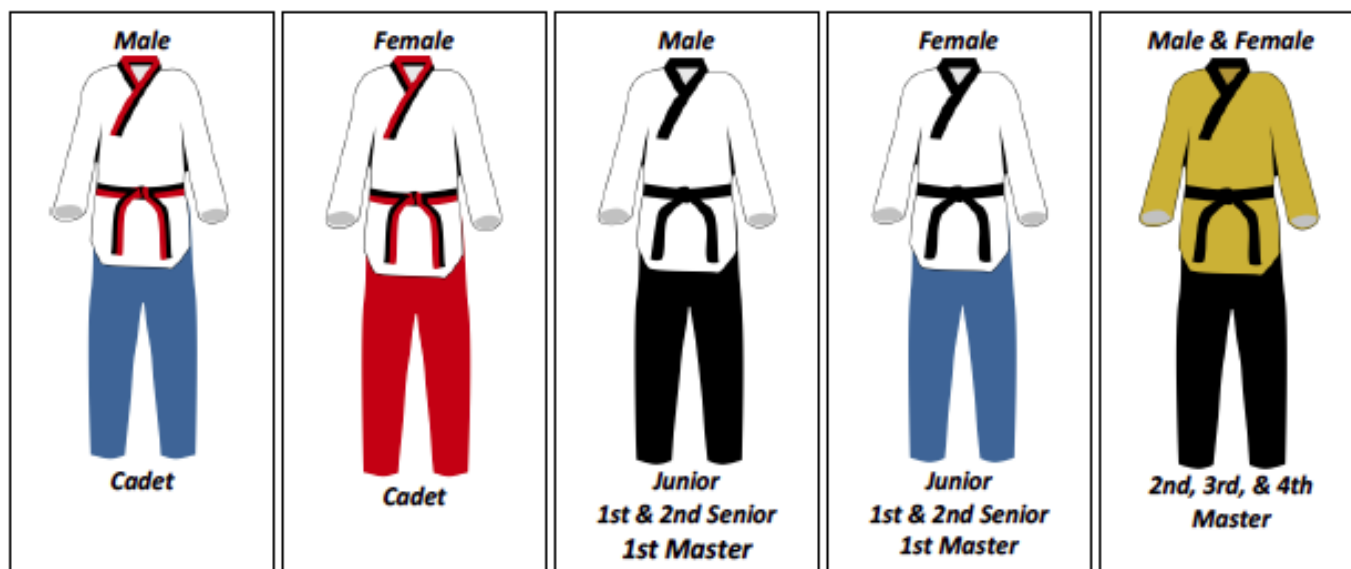
Black belts must wear black-collared uniforms.

Color belts must wear white-collared uniforms; color belts cannot wear black-collared uniforms.

For USATKD Events Only: Patches, embroidery, logos, team names, country names, athlete names, and stripes are permitted on the uniform; they can be up to 12" x 4" on each leg or arm for a total of four. Logos or names on the back of the uniform and patches on the chest area of the uniform are also allowed.

No tape will be allowed on any part of the uniform.

Poomsae contestants may wear either the standard V-neck USA/WT uniform (as specified above) or WT-designated Y-neck competition poomsae uniforms appropriate to the contestant's division.



WT Y-neck uniforms may have a national flag patch and country code displayed on the uniform consistent with WT guidelines. Poomsae uniform may only be worn in poomsae divisions (no sparring or breaking divisions).

2. Protective Equipment

Contestants shall wear an approved trunk protector, head protector, groin guard (mandatory as of 1/1/2017 for both male and female sparring competitors), gloves (see explanation below), forearm protector, shin-instep protectors, approved sensing socks (if using an electronic Protector and Scoring System) and a mouth guard before entering the Contest Area.

The head protector must be firmly tucked under the left arm when entering the Contest Area and shall be put on the head after bowing to the opponent before the start of the contest.

The groin, forearm, and shin-instep protectors must be worn inside the Taekwondo uniform. Wearing of any other items on the head other than head protector shall not be permitted, except for religious reasons. A previously approved religious item shall be worn beneath the head protector and inside the dobok and shall not cause harm or obstruct the opposing contestant.

3. Personal Requirements

All competitors shall keep their nails cut short and shall not wear any articles that may injure or endanger an opponent. Any competitor whose hair, in the opinion of the referee, is so long as to risk causing inconvenience to other competitors shall be required to tie it back securely. Ponytails must be tucked inside the headgear and may not hang out below the helmet so that in the opinion of the referee, it is causing risk or inconvenience to other competitors.

- **Metallic Articles**
 - Contestants are not allowed to wear any kind of metallic articles or hard objects, such as rings, eyeglasses (including prescribed safety or sport eyeglasses or eye goggles), necklaces, watches, bracelets, earrings, etc.
- **Personal Hygiene**
 - All competitors must maintain the highest standard of personal hygiene, keep their nails cut short, and groom their hair neatly. Ponytails must be tucked inside the headgear and may not hang out below the helmet so that in the opinion of the referee, it is causing risk or inconvenience to other competitors. Nail color must be white, beige, or clear. No colored or patterned nails allowed.

Any violators of Section 1, 2, and 3 of this section will be required to correct the violation within one minute, or face disqualification.

Taping on the foot and hand shall be allowed for the protection of athletes. For an injury, the minimum amount of tape that will protect the area should be used. Taping of feet and hands will be strictly checked during the athlete inspection process; if there is a question, the inspector or

referee should have the wrapping examined and approved by the Tournament Medical Staff. Under no circumstances will a hard splint or cast—no matter how small—be allowed.

There will be no taping beneath the sensor socks unless it is approved by the Commission Doctor because of injury.

4. USATKD Equipment Standards

Belt Colors: Only WT/USATKD belt colors will be allowed—black, poom (black and red), red, blue, green, yellow. Belts with stripes will be allowed. (Red belt cannot wear a poom belt)

Gloves: World Class Cadet Black Belts (12-14), Junior Black Belts (15-17) and Senior Black Belts and Color Belts are required to wear USATKD/WT-approved Taekwondo gloves. Gloves may be red, blue, or white; white is preferred. However, red and blue are allowed. 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 below. For all other divisions, gloves are optional and must comply with the above rule. Cloth gloves or hand covers are not allowed.



Properly fitting head protector: Unless electronic PSS head protectors are used, all participants must provide their own red, blue or white head protector with no markings other than corporate logos. Red and blue are preferred; white is only allowed for color belt divisions and 6-7 year-old black belt divisions. The color of the head protector must correspond with the color of the chest protector. Cracks or defects in the headgear will not be allowed.

Mouth guard: All athletes are required to use a mouth guard. MOUTH GUARDS MAY BE ANY COLOR, EXCEPT FOR RED.

Groin protection: All male and female athletes are required to wear a protective cup, which must be inside the pants during competition. Groin protection is also required for female athletes and must be worn inside the uniform.

Properly fitting chest protector: An electronic Protection and Scoring System (PSS) will be used, and all athletes will be provided a red and blue full-body WT trunk protector. Both players must use the same size PSS.

Shin and instep protection: Shin and instep protectors are REQUIRED, and they must be made of foam, cloth or vinyl. PSS sensor socks with built-in instep padding are also allowed. The instep protector may be red, blue, or white, but must correspond with the color of the chest protector; any color shin protector is allowed. Cloth or foam knee pads are permitted.

Forearm guard: Forearm guards are REQUIRED and it is mandatory that athletes wear only foam, cloth, or vinyl products. Any color forearm guard will be allowed. Cloth or foam elbow pads are permitted.

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