



International Taekwon-Do Federation (ITF)

By Laws

ITF Umpire Rules - Rules and Regulations

Appendix 8 – Approved Equipment

In force as of January 1st, 2015 (Amended February 3rd, 2017)
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APPROVED EQUIPMENT



In accordance with *Article T7 of the official ITF World Junior & Senior Tournament Rules*, refer to ITF Website (<http://approved.tkd-itf.org/ext/approved-itf/>) for all officially approved equipment by the ITF Tournament and Umpire Committee.

NO OTHER brands or models of safety equipment are currently approved, or permitted, for use in ITF sanctioned events.

Article T7 of the official ITF World Junior & Senior Tournament Rules

T 7. SAFETY EQUIPMENT AND PROTECTIVE WEAR

- a. Competitors **must** wear:
 - i. **Red or blue** coloured hand and feet safety equipment.
 - ii. Groin guards must be worn inside the Dobok trousers – males only.
 - iii. **Red or Blue** coloured head guard.
 - iv. Mouth guards being of a **transparent** colour.
- b. Safety equipment must be of an approved type and certified by the Board of Directors. Approved Equipment shall be indicated in the World Event official invitation letter and ITF website.
- c. Competitors may, optionally, wear the following:
 - i. Shin protectors.
 - ii. Breast protectors - for females only - and must be worn inside the Dobok jacket.
- d. All approved equipment must consist of an elasticised material with sponge or rubber-type padding, and may not contain any metal, bone, or hard plastic (accept for groin guards and breast protectors). The use of zip, lace or stud fasteners is forbidden.
- e. No other protective or safety equipment may be worn, except in special circumstances and with the approval of the Tournament Committee.
- f. All competitors with injuries which require bandaging or strapping of any kind must satisfy the Tournament doctor of their need, and obtain approval of type before performing. (i.e. no pins or hard material can be worn.)
- g. No jewellery, watches or other adornments may be worn.
- h. Hair may be kept in place using a material of a soft elastic nature only, no grips or slides are allowed.