



In accordance with *Article 7.13 of the official **ITF POWER TAEKWON-DO SPARRING RULES***, the following items have been officially approved by the ITF Pro-League Committee for use at the 2019 ITF Taekwon-Do World Championship in Power Taekwondo.

**NO OTHER** brands or models of safety equipment are currently approved, or permitted, for use in ITF Power Taekwondo.

1. Competitors **must** wear:
  - i. **Red or blue** coloured **iSCORE FAIRPLAY** hand and feet safety equipment.
  - ii. **ITF POWER Taekwon-Do** custom tailored **Doboks** manufactured by **Anthrax**.
  - iii. Groin guards must be worn inside the Dobok trousers. Any brand is allowed.
  - iv. **Red or Blue** coloured head guard. The helmet must cover the whole of the head with the exception of the face. The helmet must be made of dipped foam or leather or synthetic leather material. Any brand is allowed.
  - v. Mouth guards being of a **transparent** colour. Any brand is allowed.
  - vi. The competitors must wear shin guards. Shin guards are made from hard foam-rubber material. A shin guard must cover the shinbone from under the knee to the top of the feet. Any brand is allowed.
2. Competitors shall be prepared for the match in advance, their faces must be clean, without any oily areas, as well as the whole body. No athlete is allowed to have blood presence before the fight. Fingernails and toenails should be cut. Jewellery, including piercings, cannot be worn during competitions.
3. All approved equipment must consist of an elasticized material with sponge or rubber-type padding, and may not contain any metal, bone, or hard plastic. The use of zip, lace or stud fasteners is forbidden.
4. No other protective or safety equipment may be worn, except in special circumstances and with the approval of the ITF Pro-League Committee.
5. An injured competitor requiring bandaging or strapping of any kind may not contain materials of any kind that may provide an advantage to the wearer and/or a disadvantage to the wearer's opponent. The injured competitor must be certified by the official Tournament Medical Officer to wear any of such material for his injury.
6. No jewelry, watches or other adornments may be worn.
7. Hair may be kept in place using a material of a soft elastic nature only, no grips or slides are allowed.

