

COMPETITOR'S APPEARANCE AND DRESS

1. **Uniforms:** All Competitors will wear clean, pressed white uniforms.
2. **Sparring Equipment:** The following sparring safety equipment is mandatory **(NO EXCEPTIONS ALLOWED)** where indicated or strongly recommended where not. All gear must fit properly and be in good condition, free from tears and without tape.
 - **Mandatory** Safety gear on the hands must be foam and cover the top portion of the hand extending downward from above the wrist to within one (1) inch from the end of the finger tips (the thumb is included).
 - **Mandatory** Safety gear on the feet must be foam and cover the entire top of the feet, including the heels and all toes.
 - **Mandatory** - All males must wear protective groin cups inside the dobok pants.
 - **Mandatory** Head gear for all junior competitors through age seventeen (17). The head gear must cover the entire hair line and be made of an approved foam with a padded top. Head gear is recommended for all divisions regardless of age or gender.
 - **Mandatory** - Mouthpieces are mandatory in all divisions.
 - **Optional** protective equipment such as cloth or dipped foam shin and arm guards may be worn. The use of rib, or other guards or braces must be approved by the Tournament Director or the Tournament Chairman (criteria includes opponent's safety, intent of the "guards" and student's special needs or problems).
 - The Tournament Chairman must approve all sparring gear that is not dipped foam.
3. **Other Items:** The CTF recommends eyeglasses not be worn as they represent a safety hazard. Competitors are urged to wear contact lenses or sports safety glasses. No jewelry or hard braces may be worn. All finger and toe nails are to be clipped short.

NOTE: The competitors' safety is first and foremost in our desire for fun and fair competition.