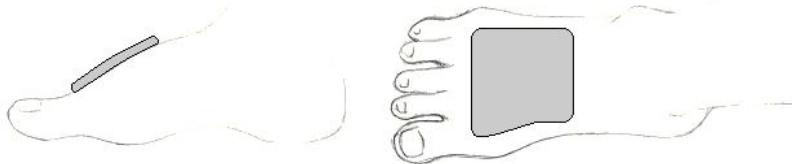


Athletic Taping Rules:

- ** You may tape yourself
- ** **ALL** tape jobs, no matter how small **must have signature stamp** by medical team
- ** Use the least amount of tape which is medically necessary for the athlete to continue competing with their injury, nothing extra
- ** Medical staff has the right to reject a competitor's own tape job and re-tape them.
- ** **The minimal amount of tape may be used to protect/support an injury**
- ** All outer layers of athletic tape must be **white**
- ** Elastikon/elastic tape must be covered with at least 2 layers of white tape
- ** **Only two layers of white tape** are allowed on the forefoot/arch of the athletes
- ** No hard substances (metal, plastic, etc.) are to be used at any time
- ** No shoestrings, hinges, etc. are allowed on braces—**only neoprene**
- ** It is **not recommended** to put tape on the balls of the feet or the heels
- ** There are no stipulations for padding or taping on any other part of the body except the foot & hand
- ** Taping of the hand/wrist—**NO BOXER'S TAPING**, no hard substances
 - tape wrist and thumb to comfort, hand only to be taped in injured and cannot compete without it
 - **NO TAPING OF ALL KNUCKLES**
 - **NO ABRASIVE TAPE**, such as elastikon, can be visible, only white
 - no excessive taping of wrist or hand—minimally necessary to compete

Padding rule

Stanford Taekwondo strictly enforces adequate padding. WTF approved sparring equipment must be worn. Foot pads that are taped on must cover the entirety of the foot from the ridge to the fifth metatarsal (small toe bone), and from the ankle to the toe line. Padding must be $\frac{1}{4}$ " or thicker and soft. The pads may be individually wrapped in minimal tape as long as they remain soft. Athletes violating these taping rules will not be allowed to compete. The following diagrams depict the minimum coverage of the padding across the foot. Stanford Taekwondo will not have extra padding on hand, and you must bring your own.



If you have any questions or concerns about properly taping or padding an athlete, or about a brace, please don't hesitate to ask the medical coordinator at the event.