

✚ Mouthguard, Taping, Bracing rules for WT Athletes in Competition

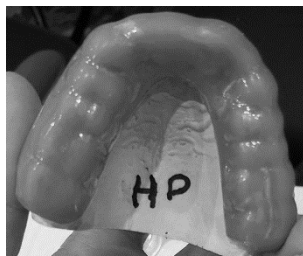
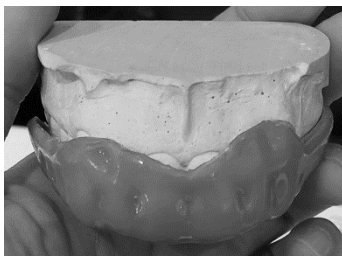
April 24th 2019 (last update on May 29th 2019)

- ❖ **Principles of Mouthguard, Taping and Bracing**
 - It is to provide athletes with safety protection and injury prevention
 - It must not harm the athlete or the opponent
 - It should not affect the athletic performance or the match result

- ❖ **Piercing:** Any athlete must completely remove piercing in the facial or any body part before entering the inspection area. Otherwise, he/she shall not be allowed to compete.

- ❖ **Mouthguard**
 - Color: limited to “WHITE” or “TRANSPARENT” only.
 - It is mandatory to always wear mouthguard. **There is no exception.**
 - The thickness of the mouthguard must be at least 3mm.
 - It must be rigid or semi-rigid sports mouthguard, not flexible.
 - Custom-made sports mouthguard by dentist gives the best protection to the athlete.
 - Athlete must not use mouthguard for anti-grinding (called night guard) which does not designed to protect athlete from sports injury. It does not give any protection to the.
 - No athlete will be allowed to compete if he/she does not follow the mouthguard rule

- **Athlete without brace:** Must wear at least a FULL upper mouthguard covering all the entire upper teeth or FULL mouth guard to cover both upper and lower teeth



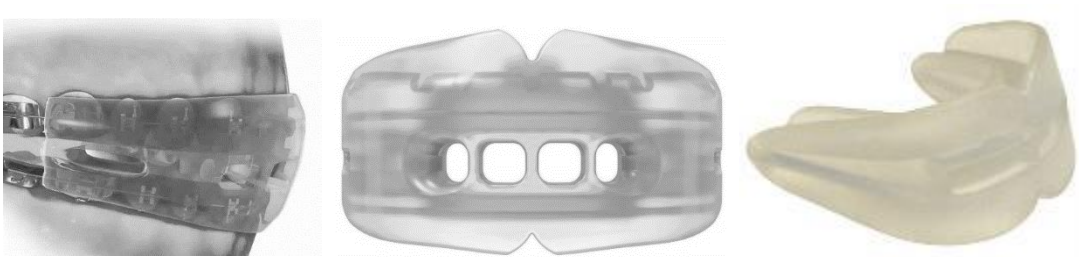


The mouthguard must cover the entire upper teeth. The thickness must be at least 3mm.

▪ **Athletes with braces**

- Athletes with braces MUST consult his/her dentist for customized mouthguard before participating in competition.
- Any athlete with brace must follow one of below options (1)-(3).

(1) **Double mouthguard for braces** (which covers both upper and lower teeth and braces)
: This give the best protection => **Strongly recommended**

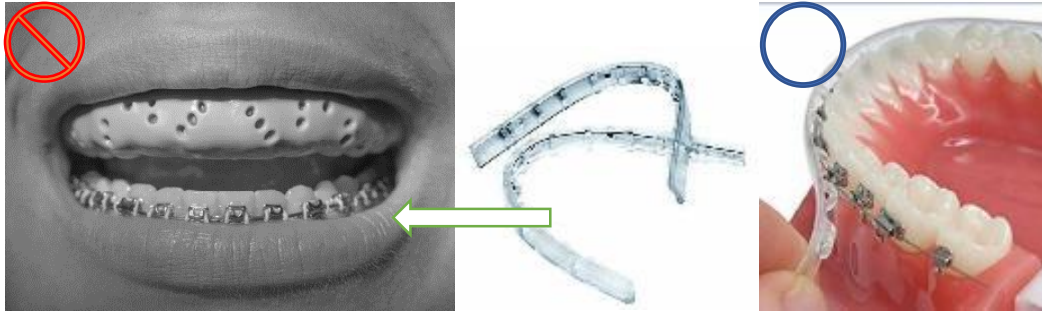


(2) **FULL upper mouth guard for brace AND partial lower** mouthguard (which covers at least 8 teeth) for brace
(=> Still safe. It is **allowed to use (2)** if the athletes have severe breathing problem.



** left: Full upper mouthguard and partial lower mouthguard *right: example of partial lower mouthguard*

(3) **Full upper mouth guard for upper teeth and braces AND brace tube/shield for lower brace**: It temporarily covers exposed braces so that it is at least not going to harm the opponent. However, it has minimal protection for the athlete with braces. This is the least favorable option.



Upper braces are well covered but lower braces are not covered. Any brace must be covered

❖ Taping and Bracing

- **Taping and Bracing will be strictly checked during the athlete inspection process.**
- The athlete must get inspection and approval of their taping and get the signature on the taping by Commission Doctor before being checked by the inspection referee.
- After commissioned doctor sign on the taping, it must not be opened until the inspection referee check the signature and the athlete finish the match.
- If there is damage on the signature no signature, athlete is not allowed to compete.
- The minimal amount of tape should be used to protect and support an injured joint
- Up to 2 layers of thin foam underwrap is allowed, which it must be covered.
- Up to 4 complete layers of taping (2mm) are allowed for any injury and 2 complete layers (1mm) are allowed for support. **One extra anchor strip on the proximal and distal margins and one extra side hinge strip shall be allowed and not be counted toward the 4 complete layers for specific types of taping if necessary.**
- Taping Color: limited to “white color” or “light brown (or beige) color”
- No abrasive tape is allowed to be exposed. Elastic or Elastikon tape must be covered with one to two layers of white or beige athletic tape so that the tape can be signed by Commissioned Doctor.



- No taping on the knuckles of the fist is allowed.



❖ **Bracing**

- No hard substance (metal, plastic, Velcro strap, etc) is allowed to be used in taping



- Material : Only soft neoprene material is permitted.



- Silicon (or other soft gel) padding around knee cap may be permitted as long as it is soft material and the thickness is less than 6mm (or 0.25 inch).



❖ Padding

- The padding of the dorsum of the foot or hand with soft foam material is allowed only if the athlete has contusion (bruising) or hematoma on the dorsum of the foot.
- Material: Soft foam padding or gauze pad can be used
- Thickness: maximum 1/8 inch (= 4mm) of foam pad or 4 layers of gauze pads.
- It must be maintained as soft when wrapped with minimal tape (up to 2 layers).
- Only two layers of white or beige tape are allowed on the forefoot/arch of the athlete
- The padding must not cover toe or ankle.

