

## Mouthguard, Taping and Bracing rules for WT athletes in competition

April 24<sup>th</sup> 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

### ❖ Mouthguard

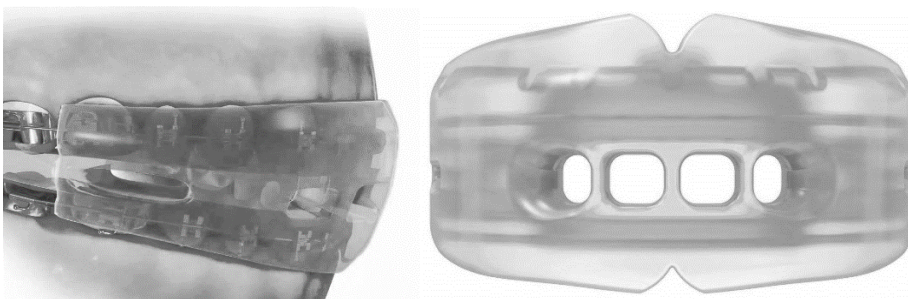
- Color: limited to “WHITE” or “TRANSPARENT” only.
- It is mandatory to always wear mouthguard. **There is no exception.**
- Athlete without brace: Must wear at least a full upper mouthguard.
- Custom-made mouthguard by dentist is the best for safety.



### ▪ 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 coverage lower mouthguard for brace (which covers at least 6 teeth) => Still safe. It is allowed to use (2) if the athletes have severe breathing problem.

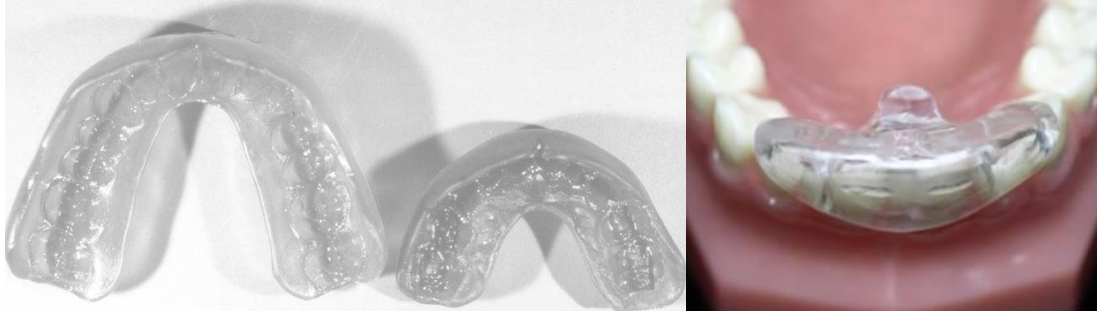


Figure 1. Full upper mouthguard (light blue) and partial lower mouthguard (dark blue and transparent)

- (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.

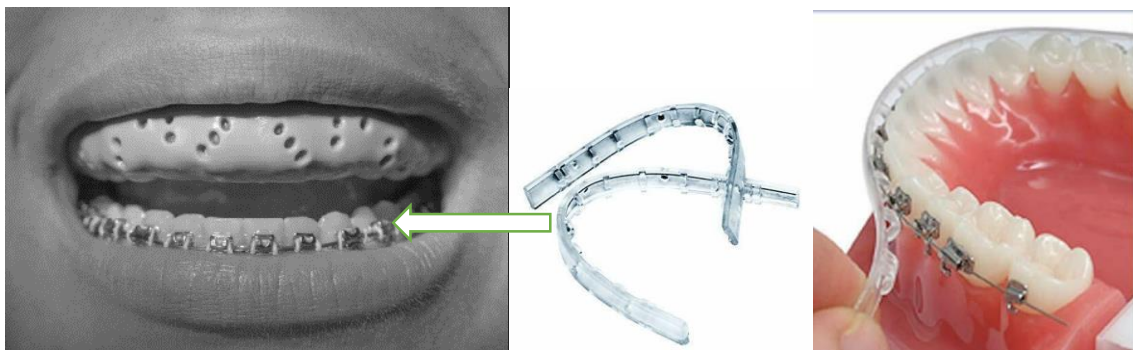


Figure2. Upper braces are well covered but lower braces are not

#### ❖ Taping and Bracing

- **Taping and Bracing will be strictly checked during the athlete inspection process.**
- The inspector may request the WT Chair or WT Commission Doctor's approval for taping and bracing.
- 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 for sweat absorption but it must be covered

- Up to 4 layers of taping (2mm) are allowed for any injury and 2 layers (1mm) are allowed for support
- Taping Color: limited to “white color”
- No abrasive tape is allowed to be exposed. Elastic or Elastikon tape must be covered with one to two layers of white athletic tape.



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



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



- Material : Only neoprene 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 of the dorsum of the foot 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 tape are allowed on the forefoot/arch of the athlete
- It should not cover toe or ankle.

