

# 2018 Washington State Governor's Cup Taekwondo Championship

| AGE                | Belt Rank      | Head Contact Rules       |
|--------------------|----------------|--------------------------|
| 7 Years and Under  | White / Yellow | No Head Contact          |
|                    | Green          | No Head Contact          |
|                    | Blue           | No Head Contact          |
|                    | Red            | No Head Contact          |
|                    | Black          | No Head Contact          |
| 8 - 9<br>10 - 11   | White / Yellow | No Head Contact          |
|                    | Green          | No Head Contact          |
|                    | Blue           | No Head Contact          |
|                    | Red            | No Head Contact          |
|                    | Black          | Light Head Contact - JSR |
| 12 - 14            | White / Yellow | No Head Contact          |
|                    | Green          | No Head Contact          |
|                    | Blue           | No Head Contact          |
|                    | Red            | Light Head Contact - JSR |
|                    | Black          | Light Head Contact - JSR |
| 15 - 17            | White / Yellow | No Head Contact          |
|                    | Green          | No Head Contact          |
|                    | Blue           | No Head Contact          |
|                    | Red            | Light Head Contact - JSR |
|                    | Black          | Head Contact             |
| 18 - 32            | White / Yellow | No Head Contact          |
|                    | Green          | No Head Contact          |
|                    | Blue           | No Head Contact          |
|                    | Red            | Light Head Contact       |
|                    | Black          | Head Contact             |
| 33 - 40<br>41 - up | White / Yellow | No Head Contact          |
|                    | Green          | No Head Contact          |
|                    | Blue           | No Head Contact          |
|                    | Red            | Light Head Contact       |
|                    | Black          | Light Head Contact       |

**No Head Contact:** Strike to the head will result in deduction or disqualification.

**Light Head Contact:** Light contact only. Significant strike to head will result in deduction or disqualification.

**JSR:** Junior Safety Rule.

**Head Contact:** Normal adult black belt head contact allowed.

WA Governor's Cup will follow modified USAT/ WT Competition Rules

See rules for complete details. Tournament director reserves the right to change or adjust head contact rules. due to safety or other circumstances