

2022 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 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	Light Head Contact
	Green	Light Head Contact
	Blue	Light Head Contact
	Red	Light Head Contact
	Black	Head Contact
33 - 40 41 - up	White / Yellow	Light Head Contact
	Green	Light Head Contact
	Blue	Light 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