

## **Taping Precautions**

### **【Tapings】**

Those injured before the tournament may use taping on the injured area to the minimum extent necessary to compete with the permission of the tournament doctor. The use of taping is permitted only with a medical certificate from a doctor (not from an osteopathic clinic, etc.).

Taping will be checked and stamped by the tournament doctor at the doctor's seat in the arena of the tournament venue.

If a competitor is injured in a bout of the tournament and would like to use taping, please ask the tournament doctor for permission. However, please note that in accordance with the tournament's principle of "prohibiting the use of supporters or taping during bouts as a general rule," the use of taping, including nasal strips such as Breathe Right, will not be permitted.

Please note the following points:

1. Based on the principle of fairness in the match, taping must be applied by the athlete or by their supporting staff.  
The medical team cannot assist in any way.
2. If the taping is considered to potentially serve as a weapon during the match, reapplication may be instructed.  
As a general rule, taping should not exceed two layers.
3. Beyond these regulations, if deemed inappropriate after consultation with the main referee, reapplication of the taping may be ordered.

### **【Injuries during a bout】**

Based on the principle of fair competition and the limited availability of medical supplies, athletes with an upcoming bout will not receive treatment beyond what is necessary.

In fullcontact karate, athletes are expected to handle minor injuries such as bruises that may naturally occur during matches if deemed minor by the medical team. Each competitor must bring their own necessary supplies and medications, such as ice, pain relief sprays, cold patches, and bandages, as these will not be provided by the tournament's medical headquarters.

However, in the case of injuries involving bleeding, even if minor, the medical team will provide treatment.

Additionally, if any physical abnormalities are noticed after a match, especially following a head strike, athletes must immediately visit the medical headquarters.

### **【Serious injuries during a bout】**

In the event of a serious injury during a bout, the main referee and the referee team will consult and respond flexibly based on the athlete's intention and the situation of the match. The doctor will not request a match stoppage on a light decision, but we ask for your understanding that if there is a possibility of serious long-term consequences for the athlete's future life after the tournament, the doctor may advise the referee chairman and the main referee to stop the match.

\*Please note that the medical team's role is to make the final decision on the stop of the match ("doctor's stoppage") in consultation with the referees. While they will provide first aid for an injury, the athlete should immediately visit an appropriate medical facility if symptoms persist or worsen.