



**INTERNATIONAL TAEKWON-DO FEDERATION**



# **MEDICAL RULES**

**ITF HQ**

**Vienna, Austria**

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## **Section 1. General Rules**

### **Article 1. Definition**

These Rules are health care rules aiming at ensuring the health and safety of the athletes who are practicing and attending the competition of Taekwon-Do founded by Gen. Choi Hong Hi.

### **Article 2. Objectives**

The objectives of the medical rules of ITF are to guarantee the health and safety of practitioners and athletes medically, when they are competing in the tournaments such as the Taekwon-Do World Championships and are practicing and disseminating Taekwon-Do.

### **Article 3. Application**

- 3.1 The rules shall be applied to world, international, continental, region and national tournaments including Taekwon-Do World Championship and World Cup tournaments organized and recognized by ITF including visiting games between countries and Taekwon-Do clubs (Dojang).
- 3.2 The rules shall also be applied to all continental federations, NGBs, Taekwon-Do Dojangs, all athletes attending competitions and practitioners affiliated to ITF.

## **Section 2. ITF medical strategy and enforcement policy**

**Article 4.** The Medical strategy of ITF is to give permanent priority to the preventive works of medical care and to constantly bring the modernized medical service closer to Taekwon-Do training and competitions.

**Article 5.** The medical enforcement policy of ITF is to carry forward sincere and constant preventive work, to offer prompt first-aid treatment to be applied as soon as possible during training and competitions.

## **Section 3. Mission and Authority of ITF Medical Committee**

**Article 6.** The ITF Medical Committee shall be in charge of supervising and conducting the medical work during not only the tournament period but also the preparatory period for the tournament in question.

The ITF Medical Committee should proceed with their work in close contact with the TOC and report any issues arising from their work to the President, Secretary General and the Chairman of Tournament Committee of ITF.

**Article 7.** The ITF Medical Committee shall undertake the inspection of the hygienic conditions of the stadium(s), hotels, meeting rooms and the inspection of the medical service & first-aid system and the preparations for prompt transportation to nearby hospital, medical care in case of emergencies in need of hospital treatment and give their instructions to the TOC.

The ITF Medical Committee shall conduct the final audit regarding the preparations of the TOC for medical service and first-aid treatment one week prior to the tournament.

**Article 8.** The ITF Medical Committee shall be outline the works of ITF Medical Committee,

medical service system and methodology for recording the injuries that might occur during the tournament at the meeting of representatives.

**Article 9.** The ITF Medical Committee shall supervise the medical services of the TOC during the tournament and have the right of decision in the case that any competitor should be disqualified due to injury.

The medical services in the stadium must be conducted only by the members of the local Medical Service Team of the TOC under supervision of the ITF Medical Committee.

The TOC shall allocate a separate protective area in the stadium to ensure that the Medical Service Team personnel are able to provide the injured with the first-aid treatment independently.

The ITF Medical Committee may provide the Medical Service Team personnel with any advice on the injury.

**Article 10.** The ITF Medical Committee shall draw up the medical report regarding the tournament within one month after the end of tournament and shall submit it to the ITF Executive Board through ITF HQ.

The medical report shall contain the statistical data on the injury cases as well medical treatment provided in the course of the tournament along with suggestions for improvement of medical services. The injuries during the tournament shall be classified into 4 grades as follows:

Grade1	Very light injury without any negative effects on the athlete's capacity
Grade2	Light to moderate injury with a small reduction in the athlete's capacity
Grade3	severe injury (although able to continue there is a significant reduction in the athlete's capacity)
Grade4	Injury so serious that the athlete should be disengaged from the competition

**Article 11.** The ITF Medical Committee may propose suggestions and recommendations for the improvement of athlete's physical or mental health and for the improvement of security during the competitions to the ITF EB and Congress and may offer remarks and suggestions in relation to rewards and penalties.

**Article 12.** The TOC shall bear the hotel fees for the ITF Medical Committee members assigned to supervise and assist in the medical work of the TOC.

#### **Section 4. Organization and Mission of Medical Service Team of TOC**

**Article 13. Organization of Medical Service Team of TOC**

13.1 The TOC hosting the tournaments such as the World, Continental or National Championships shall recruit the Medical Service Team, which should become active two to three months prior to the tournaments in question.

13.2 In principle, the staff in charge of Medical Service Team shall be selected among the

experts with academic degree and title recognized by the Medical Authority of the host country.

Other medical staff should possess a doctorate degree granted by the relevant state authority and should be profoundly experienced in the clinical and sports medical activities.

13.3 The personnel of the Medical Service Team of TOC may be decided according to the number of participants, audience and rings, by the TOC.

The TOC shall ensure that accredited doctors and nurses, necessary for first-aid and medical observation, be provided transportation to the nearest hospital in the most sufficient way.

13.4 The Medical Service Team shall be organized and operating under permission of local Government Medical Authority

13.5 The Medical Service Team of the TOC shall be subject to preliminary inspection by and be under control and supervision of the ITF Medical Committee concerning the matters on hygienic services and medical treatment during the competition.

#### **Article 14. The missions of the Medical Service Team of TOC**

14.1 To prepare carefully for medical and hygienic services.

14.1.1 To draw up the medical service plan in the competition venue and forward it, approved by TOC, to the ITF Medical Committee one or two months before the Event.

14.1.2 To contract with the medical authorities approved by the relevant government for official medical services (e.g. arrangements for doctors, medications, instruments, facilities, etc.) and the cost should be at the TOC's expense.

14.1.3 To provide access to medical facilities, medications (e.g., first-aid medications, trauma, medical instruments, hygienic materials, etc.), ambulances, stretchers, etc.

14.1.4 To arrange, in the competition arena, the medical stands for the doctors and nurses.

14.1.4.1 In principle, one medical stand should be set for every two rings and at least one doctor and one nurse should be allocated to each table. The medical stand shall be placed one meter away at the side or back of the Jury table.

14.1.4.2 One doctor should be allocated to each ring in the case of sparring competitions.

14.1.4.3 One medical stand should be set for the Power Breaking, Special Techniques and Self-Defense competitions.

14.1.4.4 There should be one dentist in the stadium ready to be on call at any time.

14.1.4.5 There should at least one clinician who is in charge of handling the emergency cases in the stadium on call at any time. He/she should be able to manage the respiratory, circulatory as well as spinal injury cases including the adjustment of spines.

14.1.4.6 Cleaning and disinfecting staff should be in place to wash out and disinfect any potentially infectious stains in the competition/training areas.

They should have enough equipment and materials for cleaning and disinfection.

14.1.5 To ensure the high operating and hygienic state of sanitary facilities and equipment including the air conditioning system in the stadium.

- 14.1.6 The medical & first aid room and the waiting room for the doctor will be equipped with an internal broadcasting equipment (or a television connected to the internal network) and proximate to the competition arena.
- 14.1.7 A medical stand should be set near the athlete & coach waiting rooms and a doctor and a nurse should be on standby.
- 14.1.8 A medical stand should be set near the VIP rooms with the doctors and nurses on standby.
- A medical stand should be set in the locations convenient for the medical service including the entrances or corridors, and the doctors and nurses should be on standby to provide the audience with medical treatment at any time.
- 14.1.9 Contact with the hotels hosting the participants should be in place in order to monitor the epidemic condition and hygienic services on site.
- 14.1.10 The Red Cross and the Red Crescent marks should be posted on all of the medical posts, medical stands, treatment rooms and waiting rooms for doctors in the competition areas, hotels, waiting rooms and VIP-rooms.
- 14.1.11 At least two ambulances should be on standby in the stadium to transport the patient promptly to the hospital.
- 14.1.12 The means of transportation (including cars, buses, etc.) for the participants shall be disinfected and cleaned.
- 14.1.13 The disinfecting equipment and the anti-epidemic staff for the careful disinfection should be on call in order to prevent disease transmission in public places including the competition/training areas and meeting rooms.
- 14.2 To provide the delegations and teams participating in the Event with sufficient medical service at the reception.
- 14.2.1 To place the medical posts in the airports and railway stations where the participants in the Event will arrive in order to provide them with the medical and hygienic services including taking body temperatures, disinfection, first aid, etc.
- 14.2.2 To organize the medical seminar for officers, interpreters and officials appointed to the reception so that they can be well informed of the medical service system and methods for Championship in order for the participants to be timely provided with medical services.
- 14.2.3 To place the medical stands in front of the reception and registration rooms to receive and confirm the medical certificates of the participants issued in the original countries.
- 14.2.4 To place at least one medical post running for 24 hours a day in hotels for the participants, providing them with prompt medical service, and the room number and telephone number of the medical rooms should be posted in all the rooms to provide the guests promptly with treatment if necessary.
- 14.2.4.1 The hotels should be equipped with sufficient amount of first aid and hygienic materials as well as access to ambulances and stretchers, etc.
- 14.2.4.2 To arrange for an isolation room as a precaution.
- 14.3 To provide the competitors with the appropriate medical services in the competition arenas.
- 14.3.1 Doctors and nurses at the medical stand should be in place during the entire



competition and should grasp the condition of competitors while observing the competition all the time. If they leave, they shall be replaced by a standby doctor or nurse.

14.3.2 Doctors and nurses are to be constantly in charge of the medical supplies and are to report to medical director of the TOC in case of any shortages.

14.3.3 Doctors and nurses at the medical stand shall immediately enter the competition area and start the diagnosis and treatment promptly as required by the center referee.

14.3.4 If doctors and nurses at the medical stand find any abnormalities in a competitor's appearance and movements during the competition, they can require the jury table to suspend the competition and diagnose the competitor's condition.

14.3.5 Doctors at the medical stands are to announce their diagnosis and treatment proposals to the referee and jury table.

14.3.6 If it seems that a competitor can't continue the competition due to an injury, the doctor shall make a request for the suspension of competition to the center referee and the jury table and call for the ITF Medical Committee to make a decision.

In case a competitor falls unconscious or is deemed to be unconscious by a punch or a kick, the doctor shall make an immediate medical examination on him or her.

Most of the competitors recover their consciousness in a few seconds, but if not, they must be taken to the first aid room on a stretcher for a thorough medical checkup.

The competitor who just regained consciousness must be under the observation by the doctor until he or she becomes conscious and recovers completely and will not be allowed to take part in the competition unless instructed so by the ITF Medical Committee.

If necessary, the participant should be taken to the hospital.

14.3.7 Doctors at the medical stands shall make a timely decision of referring the competitors to the hospital according to their condition after providing first aid in the medical and emergency room in the stadium.

14.3.8 Medical officials at the medical stand shall write up a relevant medical report.

14.4 To provide the VIPs and honored guests with proper medical services.

14.4.1 Doctors and nurses at the medical stands near the VIP rooms shall receive and refer to the data of VIPs including their age and health condition etc. for medical services.

14.4.2 First aid medicines and medical instruments should be selected in accordance with the age and physical condition of the VIPs.

14.4.3 After providing a diagnosis and treatment promptly, the VIP should be referred to a local hospital if an on-site resolution to the medical problem is impossible.

14.5 To provide the audience with medical services.

14.5.1 Doctors and nurses shall be on standby at the medical table for instant medical services for any patient in the audience.

14.5.2 To refer patients to a hospital according to their condition.

**Article 15.** The following medical supplies shall be available in each medical stand in the stadium.

✓ Various kinds of bandages and treatment equipment (tape of different sizes, cotton,

elastic bandages, adhesive tape, skin-protecting spray and bandage-removal spray etc.)

- ✓ First aid equipment to treat lacerations and cuts on site (antibiotics, anti-septic solutions, hemostatic dressings, tongue depressors, pocket lamps, scissors, dressing gauze, nose tamponade material, Band-Aids, etc.)
- ✓ Enough number of disposable examination gloves to be changed every time another athlete has to be examined or treated.
- ✓ Antalgic and first-aid drugs suitable to competitors in accordance with the WADA list of prohibited substances.
- ✓ A mirror and ear-caring solutions
- ✓ Cold sprays and crunched ice in plastic bags for single use
- ✓ Paper towels or similar for cleaning and wiping
- ✓ Pen and paper, forms for medical records and injury records (ITF-standard), medical prescription, etc.

**Article 16.** The following medical equipment must be available at the medical room outside the competition area.

Otoscope, stethoscope, ophthalmoscope, manometer, splint, full bandage, first aid medical equipment, minor surgery kits, I.V. lines, perfusion solutions, local anesthesia, corticoids for parenteral and local infections, defibrillation equipment, Guedel tubes, laryngeal mask airway or similar, tracheostomy kit (and wide bore needles for emergency needle cricothyroidotomy) and endotracheal tubes with ventilation devices (i.e. Ambu-bags, oxygen, etc.), stretcher, cervical immobilization collars, a spine board, warming blankets, etc. with a doctor and a medical paramedic with expertise at using the above items are required.

**Article 17.** Team doctors and physiotherapists in relevant countries can, through the Head of delegation, ask the TOC and ITF Medical Committee for a certain area in the Championship area and room (medical room or infirmary room) outside the competition area for the medical assistance to their own athletes and delegation members.

## **Section 5. Organizing and Responsibilities of Medical Department of National Governing Bodies**

**Article 18. Organizing of the Medical Department of an NGB**

- 18.1 The Head of Medical Department shall be appointed by the NGB president in consultation with their Executive Board.
- 18.2 The Head of the Medical Department shall be selected among those with academic degrees or titles.
- 18.3 Medical Department shall be composed of 3 ~ 5 members and possess the letter of attorney of the NGB president.

**Article 19. Missions and authorities of Medical Department of an NGB**

- 19.1 To grasp the situation of keeping ITF Medical Rules in TKD clubs or Dojangs and give its opinions.
- 19.2 To grasp the situation of keeping ITF Medical Rules by the TOC of the National

Championship and the organizers of regional and clubs exchanging tournaments and to take the necessary measures.

- 19.3 To submit the problem of changing the hosting place and competition venue to the executive board of NGB if the TOC of national Championship, regional and club exchanging tournaments fail to prepare the medical services consistent with the ITF Medical Rules.
- 19.4 To take appropriate action so that the athletes, coaches and officials participating in World, continental and regional TKD Championships to comply with the ITF Medical Rules.
- 19.5 To report the works to the Executive Board and NGB general meeting and suggest any issues regarding rewards and penalties.

## **Section 6. Medical rules in Taekwon-Do Dojang (club)**

**Article 20.** The Head of Dojang (club) should organize a medical team of 2~3 members according to the size of Dojang (club) and the number of practitioners.

**Article 21.** The Medical Rules in the Taekwon-Do Dojang (club) are as follows:

- 21.1 Taekwon-Do Dojang (club) shall be fully stocked with hygienic and medical supplies.
  - 21.1.1 Dojang (club) shall always remain clean.
  - 21.1.2 There should be implemented an efficient system providing prompt medical aid to Taekwon-Do instructors, practitioners and audience in need.
  - 21.1.3 Medicine for first aid and traumatic treatment should always be at hand in the Dojang (club).
  - 21.1.4 Dojang (club) shall be equipped with a full air-conditioning system and ventilated for 15~20 minutes before and after the training.
  - 21.1.5 Precarious elements over which the athletes might trip and fall down while moving or training, thus causing any contusion or injury should be eliminated.
  - 21.1.6 There shall be enough equipment and materials for taking body temperatures, washing hands, disinfection for practitioners, instructors and audience entering the Dojang (club).
  - 21.1.7 There shall be disinfecting facilities which can prevent transmission of any infectious diseases.
  - 21.1.8 There shall be facilities for stowing the personal things of practitioners, instructors and audience in a clean way.
  - 21.1.9 The Dojang (Club) shall be cleaned and disinfected more than 3 times a day.
  - 21.1.10 Every participant must own his personal set of all the applicable protective equipment and preserve it with respect to the basic terms of the hygiene. No temporary exchange of protective equipment may be allowed among the members, subject to personal responsibility of the Dojang Instructors and team Coaches.
- 21.2 The medical team of the Taekwon-Do Dojang (club) shall be responsible for medical & hygienic services for the practitioners, instructors and audience.
  - 21.2.1 They shall take body temperatures and hygienic examinations on Taekwon-Do



instructors and practitioners at the entrance to the Dojang (club).

- 21.2.2 They shall, at the entrance to Dojang (club), collect a brief medical report from Taekwon-Do instructors and practitioners and anyone having a fever and infectious disease or feeling unwell, shall be denied entry to the Dojang and sent to see a doctor.
- 21.2.3 They shall confirm the Taekwon-Do practitioners have protective equipment and ask the Taekwon-Do instructors, practitioners and audience to wash and disinfect their hands at the entrance.
- 21.2.4 Locker rooms should suit the athletes' convenience and ensure that the athletes' keep a safe distance from each other.
- 21.2.5 If anyone falls ill or gets injured during the training, first aid measures shall be taken promptly while a doctor is called.
- 21.2.6 When the training is over, practitioner's body condition shall be checked and if there is anything wrong, he or she should be sent to see a doctor.
- 21.2.7 When the training is over, the practitioners and instructors shall take a shower.
- 21.2.8 Taekwon-Do instructors and practitioners shall be subject to regular medical check-ups and submit medical certificates on a quarterly basis.
- 21.2.9 All the Taekwon-Do instructors and practitioners who take part in the training shall comply with the medical rules of Taekwon-Do Dojang.
- 21.2.10 Each participant in Taekwon-Do Event shall prepare themselves according to and comply with the Medical Rules of ITF.

## **Section 7. Liabilities of participants in Taekwon-Do Championship (Event)**

**Article 22.** Athletes, coaches and officials participating in Taekwon-Do Championship (Event) shall have a good understanding of the Medical Rules of ITF.

**Article 23.** All the athletes participating in a Taekwon-Do Championship (Event) shall possess a medical certificate issued by their governmental health authorities and allowing participating in the championship.

**Article 24.** All the athletes participating in a Taekwon-Do Championship (Event) shall submit their medical certificates to the Medical Service Team of the TOC as soon as they arrive.

**Article 25.** In case of any atypical health condition finding during the Championship, athletes, coaches and officials participating in a Taekwon-Do Championship (Event) shall report promptly to the Medical Service Team and are subject to their further perusal.

**Article 26.** Athletes, coaches and officials participating in a Taekwon-Do Championship (Event) shall accept and fulfill the requirements of the Medical Service Team during the Championship.

**Article 27.** In case of failing to inform the Medical Service Team of any atypical findings about their health promptly and undergo any diagnosis and treatment during the Championship, athletes, coaches and officials participating in a Taekwon-Do Championship (Event) shall be totally responsible for whatever problems that might arise.

## **Section 8. Medical certificate**

**Article 28.** Every competitor taking part in an official Championship shall take an medical examination from the health authority in his or her country and submit his/her medical certificate to his /her NGB one month prior to the Championship. The medical certificate shall be valid for one year.

**Article 29.** If the competitor has a cerebral concussion, a serious injury or illness after the last medical certificate was issued, a new certificate is necessary.

**Article 30.** Each NGB shall submit the medical certificates of their competitors preparing for an Event to the ITF Medical Committee.

**Article 31.** No competitor may take part in an Event without a medical certificate.

