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| **Age** | **Head Contact Ruling** |
| **14 and Under** | No head kicks. |
| **15-17** | Under 4th Kyu- No head kicks. |
| 4th Kyu and above- Head kicks to the side only (Roundhouse Kicks) |
| **18 and Above** | Under 4th Kyu- No head kicks. |
| 4th Kyu and Above- Head Kicks and Face Contact with kicks. |