

Northern RingSports Kickboxing Championships

EQUIPMENT

All categories (K1 Light, Light Contact Kickboxing and Box-Lite)

- Juniors aged 5-7yrs – 8oz - 10oz boxing gloves in good condition
- Juniors aged 8-13yrs – 10oz - 12oz- boxing gloves in good condition
- Juniors aged 14-17yrs – 12oz – 14oz- boxing gloves in good condition
- Adults 18yrs+ – 12 - 16oz boxing gloves in good condition
- Gumshield
- Head guard
- Groin guard
- Kickboxing trousers or shorts with no pockets or containing metal parts such as zips/studs etc
- T-shirt or vest

K1 Light

- Junior –13yrs and under – body protector required (over 13yrs is optional at the coaches discretion)
- For K1 light – appropriate padded shin & instep guards (note, no spinning kicks that connect with the heel are allowed to the head of opponent)

Light Contact Kickboxing

- For LC Kickboxing – appropriate padded shin guards + kickboxing boots that cover the entire foot including the heel

Box-Lite

- Boxing boots or appropriate training shoes