

# Northern RingSports Kickboxing Championships

## EQUIPMENT

- 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
- Junior K1 Light – 5-15yrs – body protector (16-17yrs optional at coaches discretion)
- Adults 18yrs+ – 14-16oz boxing gloves in good condition
- For LC Kickboxing – appropriate padded shin guards + kickboxing boots that cover the entire foot including the heel
- For K1 light – appropriate padded shin & instep guards
- 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

