

Please view the information below in regard to the fighting equipment required for each of the below styles.

Points Fighting:

- **Gloves:** These MUST be open-palm gloves that cover the fingers and thumb and are in good condition.



- **Foot Pads/ Boots & Shin Pads:** These MUST cover the toes and heel fully and in good condition. Shin pads can be leather or fabric, MUST BE SEPARATE FROM FOOT PADS.



- **Head Guards:** These MUST cover the whole head and not have extra cheek protection.



- **Gum Shields/ Chest Guards/ Groin Guards:** Gumshields MUST be in the mouth only, they cannot come outside of the mouth and cover the lips. Chest guards are mandatory for female competitors and groin guards for male competitors, worn UNDERNEATH clothing.



Light Contact/ Kick Light:

- **Gloves:** 10 OZ Only.



- **Foot Pads/ Boots & Shin Pads:** These MUST cover the toes and heel fully and in good condition. Shin pads can be leather or fabric, MUST BE SEPARATE FROM FOOT PADS.



- **Head Guards:** These MUST cover the whole head and not have extra cheek protection.



- **Gum Shields/ Chest Guards/ Groin Guards:** Gumshields MUST be in the mouth only, they cannot come outside of the mouth and cover the lips. Chest guards are mandatory for female competitors and groin guards for male competitors, worn UNDERNEATH clothing.



RING SPORTS:

K1:

- **Gloves:** 10 OZ Only.



- **Foot Pads/ Boots & Shin Pads:** Instep Guards.



- **Head Guards:** These MUST cover the whole head and not have extra cheek protection.



- **Gum Shields/ Chest Guards/ Groin Guards:** Gumshields MUST be in the mouth only, they cannot come outside of the mouth and cover the lips. Chest guards are mandatory for female competitors and groin guards for male competitors, worn UNDERNEATH clothing.



Full Contact (Kickboxing In the Ring):

- **Gloves:** 10 OZ Only.



- **Foot Pads/ Boots & Shin Pads:** These MUST cover the toes and heel fully and in good condition. Shin pads can be leather or fabric, MUST BE SEPARATE FROM FOOT PADS.



- **Head Guards:** These MUST cover the whole head and not have extra cheek protection.



- **Gum Shields/ Chest Guards/ Groin Guards:** Gumshields MUST be in the mouth only, they cannot come outside of the mouth and cover the lips. Chest guards are mandatory for female competitors and groin guards for male competitors, worn UNDERNEATH clothing.

