



# CONTESTANT PADDING REQUIREMENTS

In accordance with the Commission's Additional Protective Equipment Requirements, the following items of protective equipment may be required to be used by a Contestant in the first 6 contests of their career.

These padding requirements are based on age and experience for the relevant discipline. Please refer to the tables below for the additional padding requirements for each discipline:

- The illustrations are for guidance only and do not restrict the Contestant/Promoter to any particular type or brand.
- Commission Representatives reserve the right to inspect the items provided by the Contestant/Promoter and refuse their use should the Commission Representative deem them to be unsuitable or consider them unserviceable.
- The colour of the item may be black or white but if red or blue colours are chosen then they must be consistent with the designated colour of the Contestant's corner.
- Items provided by the Promoter and used by both Contestants in a bout must be identical in Brand and Type.
- The closing system should provide a firm fit and not allow any movement.
- The Promoter is required to have a spare set of items ringside in case of an item's failure.
- The Promoter is required to supply all items for use by the Contestant including the head gear should the Contestants head gear be deemed to be unsuitable for use by the Commission Representative.
- The Contestant may provide their own head gear, and these must be approved for use in each contest by a Commission Member.

- If the item is overly heavy from water or sweat, it may be deemed unsuitable or unsanitary and will not be approved for use.
- All items must be treated with a sanitizing solution/wipe after each use/bout.

## BODY PADS

- The Body Pad is generally made with a vinyl or leather outer layer.
- A lace or Velcro closing system is acceptable.
- All items must be treated with a sanitizing solution/wipe after each use/bout.



## SHIN AND ELBOW PADS

- The Shin Pads shall be of Shin-Instep type.
- They shall be of the Cotton Sock, slip on type.
- The Elbow Pads shall be the cotton, slip on type.
- The top of the pad may have a Velcro tab, but this is not mandatory.





### HEAD GEAR

- Contestants do not have to wear identical items.
- The head gear is generally made with a vinyl or leather outer layer.
- They must be of the full open face type with no cheek cover at all.
- The rear closure must be Velcro in new or near new condition with solid closing ability, unaffected by moisture and able to provide for a tight unmovable fit.
- The unit must have a Velcro chin strap. No buckles at all. It must be in new or near new condition with solid closing ability and unaffected by moisture.
- The strap must fit neatly under the Contestants chin and be unable to slide forward.
- The crown cover may be of a Velcro or lace design. The Velcro must be in new or near new condition with solid closing ability and unaffected by moisture. The laces must not be so long as to become a distraction. Either instance must provide for a tight unmovable fit.
- The ear hole should be structured so that the ear cannot push through.
- Commission Members will inspect the contestants head gear to ascertain that it adheres to these specifications. If the Commission Member deems the head gear to be unsuitable then the Promoters head gear will be used.
- If the head gear proves to be unserviceable i.e. the chin strap keeps slipping off or the Velcro doesn't stay attached, then the unit will be replaced immediately with the Promoters spare.



### Additional Protective Equipment

The following additional protective equipment is required for all Contestants under the age of 18 regardless of their experience:

<b>Muay Thai</b>	
<b>Age Group</b>	<b>Protective Equipment</b>
12 –15 years	Head guard, shin guards, elbow guards, chest guard/body pad.
16 – 17 years (contests 1 & 2)	Head guard, shin guards, elbow guards, chest guard/body pad.
16 – 17 years	Head guard, shin guards, elbow guards
18 years +	No additional protective gear.

  

<b>Kickboxing</b>	
<b>Age Group</b>	<b>Protective Equipment</b>
12 –15 years	Head guard, shin guards, chest guard/body pad.
16 – 17 years (contests 1& 2)	Head guard, shin guards, chest guard/body pad
18 years +	No additional protective gear.



### Additional Protective Equipment – cont.

The Following table of additional protective equipment is required (mandatory) for debut Contestants over the age of 18 based on their contest experience. Optional additional padding, such as head guards, may also be worn if mutually agreed to be worn by both Contestants:

<b>Muay Thai</b>	
<b>Number of contests</b>	<b>Protective Equipment</b>
Contests 1 to 5	- Wear approved shin guards, and - Wear approved elbow pads. <i>Elbow strikes are NOT allowed without the use of elbow pads.</i>
Contest 6	- Wear approved elbow pads. <i>Elbow strikes are NOT allowed without the use of elbow pads.</i>
Contest 7 onwards.	- Will not be subject to any additional protective equipment.

<b>Kickboxing</b>	
<b>Number of contests</b>	<b>Protective Equipment</b>
Contests 1 to 6	- Wear approved shin guards.
Contest 7 onwards.	- Will not be subject to any additional protective equipment.

<b>MMA</b>	
<b>Number of contests</b>	<b>Protective Equipment</b>
Contests 1 and 2	- Wear approved 7oz hybrid gloves and soft shin guards.
Contests 3 to 6	- Wear approved 7oz hybrid gloves.
Contest 7 onwards.	- 4oz gloves with no additional protective equipment.