

ADULT DIVISIONS: 18+

2:00 MIN 3 ROUNDS

ELITE

OPEN (A)

INTERMEDIATE (B)

ALL LEGAL STRIKES



Head Protector



Cloth Shin Guards



Cloth Elbow Pads



Groin Protector



Mouth Guard

NOVICE (C)



No Elbow Strikes



Head Protector



Cloth Shin Guards



Groin Protector



Mouth Guard

ADULT DIVISIONS: 18+

1:30 MIN 3 ROUNDS

DEVELOPMENT (D)

TECHNICAL BOUT



No Elbow Strikes



No Excessive Power



Head Protector



Cloth Shin Guards



Chest Protector



Groin Protector



Mouth Guard

JUNIOR DIVISIONS: 15-17

2:00 MIN 3 ROUNDS

OPEN (A)

INTERMEDIATE (B)

ALL LEGAL STRIKES



Head Protector



Cloth Shin Guards



Cloth Elbow Pads



Groin Protector



Mouth Guard

NOVICE (C)



No Elbow Strikes



Head Protector



Cloth Shin Guards



Groin Protector



Mouth Guard

JUNIOR DIVISIONS: 15-17

1:30 MIN 3 ROUNDS

DEVELOPMENT (D)

TECHNICAL BOUT



No Elbow Strikes



No Excessive Power



No Head Strikes



Head Protector



Cloth Shin Guards



Chest Protector



Groin Protector



Mouth Guard

INTERMEDIATE DIVISIONS: 13-14

1:30 MIN 3 ROUNDS

OPEN (A)

INTERMEDIATE (B)



No Elbow Strikes



Head Protector



Cloth Shin Guards



Groin Protector



Mouth Guard

NOVICE (C)



No Elbow Strikes



Head Protector



Chest Protector



Groin Protector



Cloth Shin Guards



Mouth Guard

INTERMEDIATE DIVISIONS: 13-14

1:30 MIN 3 ROUNDS

DEVELOPMENT (D)

TECHNICAL BOUT



No Elbow Strikes



No Excessive Power



No Head Strikes



Head Protector



Cloth Shin Guards



Chest Protector



Groin Protector



Mouth Guard

BANTAM DIVISIONS: 11-12

1:30 MIN 3 ROUNDS

OPEN (A)

INTERMEDIATE (B)



No Elbow Strikes



Head Protector



Cloth Shin Guards



Groin Protector



Mouth Guard

NOVICE (C)



No Elbow Strikes

No Head Strikes



Head Protector



Cloth Shin Guards



Groin Protector



Chest Protector



Mouth Guard

BANTAM DIVISIONS: 11-12

1:30 MIN 3 ROUNDS

DEVELOPMENT (D)

TECHNICAL BOUT



No Elbow Strikes



No Excessive Power



No Head Strikes



Head Protector



Cloth Shin Guards



Chest Protector



Groin Protector



Mouth Guard

PEE WEE DIVISIONS: 8-10

1:30 MIN 3 ROUNDS

OPEN (A)

INTERMEDIATE (B)

NOVICE (C)



No Elbow Strikes



Head Protector



Cloth Shin Guards



Groin Protector



Mouth Guard



No Elbow Strikes



No Head Strikes



Head Protector



Cloth Shin Guards



Groin Protector



Mouth Guard



No Elbow Strikes



No Head Strikes



Head Protector



Cloth Shin Guards



Groin Protector



Chest Protector



Mouth Guard

PEE WEE DIVISIONS: 8-10

1:30 MIN 3 ROUNDS

DEVELOPMENT (D)

TECHNICAL BOUT



No Elbow Strikes



No Excessive Power



No Head Strikes



Head Protector



Cloth Shin Guards



Chest Protector



Groin Protector



Mouth Guard