

§ 6: SPORTING REGULATIONS AT-A-GLANCE

ADULT DIVISIONS: 18+ 2:00 min x 3 Rounds			JUNIOR DIVISIONS: 15-17 2:00 min x 3 Rounds		
INTERMEDIATE [B]	ELITE & OPEN [A]	NOVICE [C]	INTERMEDIATE [B]	OPEN [A]	NOVICE [C]
✓ All Legal Strikes	✓ All Legal Strikes	✗ NO Elbow Strikes	✓ All Legal Strikes	✓ All Legal Strikes	✗ NO Elbow Strikes
Required Equipment	Required Equipment	Required Equipment	Required Equipment	Required Equipment	Required Equipment
Elbow Pads Head Protector Shin Guards Groin Protector Mouth Guard	Elbow Pads Head Protector Shin Guards Groin Protector Mouth Guard	Head Protector Shin Guards Groin Protector Mouth Guard	Elbow Pads Head Protector Shin Guards Groin Protector Mouth Guard	Elbow Pads Head Protector Shin Guards Groin Protector Mouth Guard	Head Protector Shin Guards Groin Protector Mouth Guard
BANTAM DIVISIONS: 11 & 12 1:30 min x 3 Rounds			INTERMEDIATE DIVISIONS: 13 & 14 1:30 min x 3 Rounds		
INTERMEDIATE [B]	OPEN [A]	NOVICE [C]	INTERMEDIATE [B]	OPEN [A]	NOVICE [C]
✗ NO Elbow Strikes	✓ All Legal Strikes	✗ Elbow Strikes NO Head Strikes	✗ NO Elbow Strikes	✓ All Legal Strikes	✗ NO Elbow Strikes
Required Equipment	Required Equipment	Required Equipment	Required Equipment	Required Equipment	Required Equipment
Head Protector Shin Guards Groin Protector Mouth Guard	Elbow Pads Head Protector Shin Guards Groin Protector Mouth Guard	Chest Protector Head Protector Shin Guards Groin Protector Mouth Guard	Head Protector Shin Guards Groin Protector Mouth Guard	Elbow Pads Head Protector Shin Guards Groin Protector Mouth Guard	Chest Protector Head Protector Shin Guards Groin Protector Mouth Guard
PEE-WEE DIVISIONS: 8 - 10 1:30 min x 3 Rounds			Class-D (Development) 1:30 min x 3 Rounds		
INTERMEDIATE [B]	OPEN [A]	NOVICE [C]	All Competitors		
✗ Elbow Strikes NO Head Strikes	✗ NO Elbow Strikes	✗ Elbow Strikes NO Head Strikes	Experience Limit: 0-2 Bouts		
Required Equipment	Required Equipment	Required Equipment	✗ Head Strikes	Required Equipment	
Head Protector Shin Guards Groin Protector Mouth Guard	Head Protector Shin Guards Groin Protector Mouth Guard	Chest Protector Head Protector Shin Guards Groin Protector Mouth Guard	✗ Elbow Strikes	Chest Protector	Head Protector
			✗ Excessive Power/Damage	Shin Guards	Groin Protector
				Mouth Guard	Mouth Guard