



WMAC Approved Protective Equipment

The protective equipment displayed in this document are examples only and may vary. If you are unsure, please contact us or check with the National Technical Commission.

Head Guards

Point Sparring	
Non-Contact Points	Optional
Contact Points	Compulsory
Freestyle Sparring	
Tap Freestyle	Optional
Full Contact Freestyle:	
- Juniors (15yrs & below)	Compulsory
- Colts (16-17yrs)	
- Adults	Not Allowed
Fun Events	
Sumo	Optional
Sword	Optional (But strongly advised!)



Open Face NOT permitted
in Contact Points

Contact Points - Head Guard must cover face, sides and top of head (as per samples) **Other Events** - Approved (Martial Arts) Head Guard

Hand Mitts/Gloves

Point Sparring	
Non-Contact Points	Compulsory
Contact Points	Compulsory
Freestyle Sparring	
Tap Freestyle	Compulsory
Full Contact Freestyle:	
- Juniors (15yrs & below)	Compulsory
- Colts (16-17yrs)	
- Adults	Not Allowed



Bag gloves & Open grappling gloves with hard leather/material &/or with a minimal layer of soft padding are **NOT** allowed. Boxing Gloves are **NOT** allowed unless they are the soft fitness style gloves. **ALL** gloves **MUST** be free from sharp edges or stitching and should be soft in nature.

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Shin & Instep Guards

Point Sparring	
Non-Contact Points	Compulsory
Contact Points	Compulsory
Freestyle Sparring	
Tap Freestyle	Compulsory
Full Contact Freestyle:	
- Juniors (15yrs & below)	Compulsory
- Colts (16-17yrs)	
- Adults	Not Allowed



MUST cover the entire shin & instep. **NO** 'hard style' Shin guards allowed.

Chest Guards

Point Sparring	
Non-Contact Points	Optional
Contact Points	Optional
Freestyle Sparring	
Tap Freestyle	Optional
Full Contact Freestyle	Not Allowed



Groin Guards

All Sparring Events	
Male	Compulsory
Female	Optional (But strongly advised!)



Breast Guards

All Sparring Events	
Female	Optional (But strongly advised!)

MUST NOT cover the solar plexus, low ribs, side ribs or abdominals. They should be like a cup style protector.

