

AMAC Approved Protective Equipment

The protective equipment shown in this document are examples only, any guards that meet AMAC requirements are permitted in all AMAC sanctioned events.

Head Guards

Points Sparring	
Non-Contact Points	Optional
Contact Points	Compulsory
Freestyle Sparring	
Tap Freestyle	Optional
Full-Contact Freestyle:	
Colts	Compulsory
Adults	Not Allowed



Contact Points - Head Guard must cover face, sides & top of head, as per samples.
Other Events - Approved (martial arts), Head Guard

Chest Guards

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



For Contact Points - Chest Guard Must cover chest, abdomen & kidney regions.

Hand Mitts

Points Sparring	
Non-Contact Points	Compulsory
Contact Points	Compulsory
Freestyle Sparring	
Tap Freestyle	Compulsory
Full-Contact Freestyle:	
Colts	Not Allowed
Adults	Not Allowed



Bag mitts, open grappling mitts & boxing gloves not allowed. Must be free from sharp edges or stitching.

Shin Instep Guards

Points Sparring	
Non-Contact Points	Compulsory
Contact Points	Compulsory
Freestyle Sparring	
Tap Freestyle	Compulsory
Full-Contact Freestyle:	
Colts	Compulsory
Adults	Not Allowed



Must cover entire shin & instep.
No "hard style" shin guards allowed.

Groin Guards

All Sparring Events	
Male	Compulsory
Female	Optional - But Strongly Suggested



Must be worn inside of martial arts pants.