

Tournament Equipment List

Youth / Novice Tournament Series

All athletes are required to provide their own competition equipment. The list is as follows:

1. All athletes must wear competition shorts. No pockets, zippers, metal tabs, etc. No spats allowed. Long strings must be tucked in prior to competition.
2. All athletes must wear rash guard type fitted top. No loose or baggy t-shirts allowed. Sleeve length doesn't matter can be long, short or sleeveless.
3. All athletes must wear a properly fitted mouthguard.
4. All athletes must wear shin guards. It is advisable that you use the thin shin guards as opposed to the bulky ones as it doesn't lend itself well for MMA grappling.
5. All male athletes must wear groin protection.
6. All athletes must use FRONT padded sparring gloves. Standard MMA gloves will not be allowed. Most of your home clubs have these available. If not, you can get them on our GAMMAUSA.org website or other options such as CombatCorner.com



MMA Spar Gloves

Adult & Youth Sizes | 3 Colors



HMIT MMA Training Gloves

Adult Sizes | 3 Colors



MMA Spar Shin Guards

Adult & Youth Sizes | 2 Colors

Slip-On Elastic Shin Pads

Adult & Youth Sizes | 3 Colors



**Elite Spar
MMA Training Gloves**

Adult Sizes | 1 Color



**Youngstar
MMA Training Gloves**

Youth Size | 1 Color