



CSB Fighters Checklist

Required Gear

- ☐ Molded Mouthpiece
- ☐ Headgear
- ☐ In-Step Shin Guards, must have hard shell
 - ☐ Ages 5-8 can wear cloth
- ☐ Groin Protector required for males, optional for females
- ☐ Cloth handwraps
- ☐ Gloves
 - ☐ Ages 5-8 will use 10oz
 - ☐ Ages 9-12 will use 12oz
 - ☐ Ages 13+ will use 16oz
- ☐ Muay Thai Shorts

Optional Gear

- ☐ Ankle wraps
- ☐ Knee pads
- ☐ Chest protector - must be agreed upon by both fighters during matching process; must bring your own
- ☐ If wearing a shirt must be tight fit or compression, sports bras allowed for females

CSB Coaches Checklist

Required Gear

- ☐ Pads for warm up
- ☐ Athletes have proper equipment

Required Corner Supplies

- ☐ Water
- ☐ Tape
- ☐ Bucket
- ☐ Vaseline
- ☐ Towels