



## **CSB Fighters Checklist**

### **Required Gear**

- ☐ Molded Mouthpiece
- ☐ Headgear
- ☐ 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
- ☐ Boxing Shoes

### **Optional Gear**

- ☐ 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