



**National All Styles
Gloves Policy**



NAS policy On uniforms and equipment

Introduction

All competitors must comply with the following:

Uniform; Forms, Point & Continuous Sparring;

Each competitor must wear his/her traditional school uniform, subject to the following uniform requirements. The uniform must be in good condition. **NO STREET CLOTHS ARE PERMITTED** Further; hakama or other loose fitting clothing such as gowns or dresses are not permitted nor are any loose swinging items of apparel such as cords, scarves or long sleeves.

Note! All jewelry must be removed before a competitor enters the ring this includes, but it is not limited, necklaces, bracelets, anklets, finger rings, ear rings, nose, nipple, belle rings etc. Any metal or other ridged/sharp materials, for instance on belts or sleeves, must be removed.

Demonstration/ Weaponry

The use of hakamas is permitted during demonstration and weaponry competition only.

Footwear

Under no circumstances will competitors be permitted to wear foot wear in Forms, demonstrations, point and continuous sparring events.

Shin & Instep guards

Foot protectors must have padding that will not slip out of place and must be large enough to cover 75% of the instep.

Shin/instep guards are compulsory and must not contain any reinforcing (hard component such as plastic, metal, wood, or bamboo)

Mouth guard & Groin guard

At all times, mouth & groin guards must be worn during competition, all groin guards must be worn under uniform pants. Note! Groin guards for females are optional.

Optical Glasses

Competitors may wear optical glasses during forms and demonstrations.

Note! At no time are they permitted to be worn in point and continuous sparring. (Special sport optical eye wear for competition accepted). The referee must inspect the sport eye wear.

Sponsor's logo/ advertising

Sponsor's advertising or logo's may, subject to prior approval of the Technical Director, to be worn on the uniform in the following manner:

- Top of upper sleeve, shoulder. The area must not be larger than 4 x 4 inches approximately 100mm.
- Pants, on the side between the knees and the hip area.
- If the promoter's sponsors do not want the competitors to wear advertising other than belonging to the official sponsor, then the promoter and the official sponsor must be prepared to provide equal sponsorship to the competitor (the official sponsors, rights will always take precedence over other sponsorship arrangements where a conflict of interest arises).



Safety Gloves Points & Continuous Sparring

Introduction

There is a general acceptance that sparring mitts or gloves have in recent times been used in martial arts and other competitions as either safety or protective equipment. In other words, that gloves are equipment to help avoid or minimize any injury as a result of contact during any exchange between two individuals in defense or offence.

National All Styles understand that our rules, in their entirety, were designed both to avoid unnecessary injury to competitors and also to promote an effective and credible competition between two athletes. This highlights the important distinction of the sporting environment in contrast to the traditional 'real life' encounters where protection, including the use of gloves, is not an issue.

NAS Glove Policy

The safety gloves (open hand type) must have soft padding of no more than 2.5 cm when measured at the knuckle to be of robust construction and be manufactured from soft material. All gloves must conform to the NAS policy on competition gloves that provides guidance on the type of gloves that are acceptable and those that are not acceptable. For example, contestant may not wear boxing gloves, hard surface gloves or gloves in a dilapidated condition.

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Acceptable Gloves Point sparring & Continuous sparring

Appendix 1



Commonly referred to point sparring gloves used by karate and TKD exponents. Padding is acceptable for NAS competition.



Foam gloves, commonly macho brand etc. These gloves are molded to the fist and are made from soft material. Again these gloves are designed for sparring purposes. Padding is acceptable for NAS competition.



This glove is made from soft vinyl and is also designed for sparring purposes. The padding is less than 1 inch when measured from the knuckle.

Padding is acceptable for NAS competition.

Note!

All gloves allow competitors to close their fist, cover the knuckle area and allow movement from open hand to closed fist techniques. All the above gloves are acceptable allowing 2.5cm of padding thickness for both styles of sparring (points & continuous).

Unacceptable Gloves Point sparring & Continuous sparring

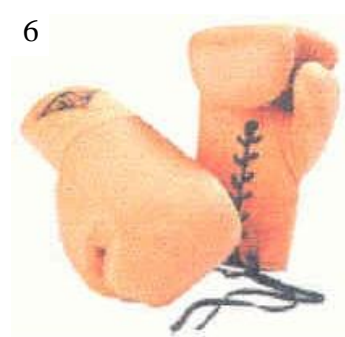
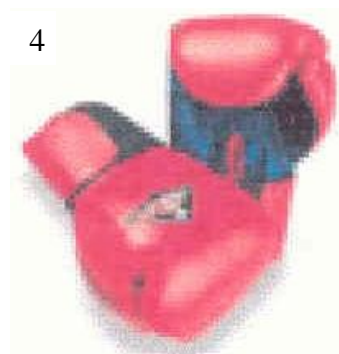
Appendix 2



Commonly referred to as Kempo gloves, these are big, heavy and hard. They offer little protection to the receiver and size of padding is large - over 2.5cm. Used for hard contact sparring. Not acceptable in NAS competition.



The above bag gloves, used as practice or punching mitts for work with bags etc
By name they are bag punching gloves regardless of texture. These are normally vinyl and/ or leather again offering no protection to receiver. Regardless of size these gloves can injure opponents easily. Not acceptable in NAS competition.



Boxing/ kickboxing gloves
Used for contact sparring and for head strikes/ boxing. These gloves are too heavy and large and can cause injury to competitor if contact is made. Not acceptable for NAS point/ continuous sparring.

Unacceptable Gloves Point sparring & Continuous sparring

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Finger-less gloves; these are used for bag work and contact sparring. Texture is hard and offers little protection to receiver. Not accepted in NAS competition.

Mr. James Casey
Chairman: Referees Board
National All Styles Australia
World All Styles Organisation

National All Styles Acceptable – Not acceptable Gloves

Appendix 3

Acceptable Gloves - *Points Sparring & Continuous Sparring*

1



2



3



4



5



6



Unacceptable gloves

