



Sparring Safety Policy

This policy has been written with the well being and safety of all CMAA members in mind while they take part in sparring both in the lessons and at competitions. The definition of sparring is 2 people trying to strike each other at the same time. The following guidelines will help to prevent unnecessary injury within our clubs. It should be made clear to all students that they will be disciplined and may even be banned from the club for breaking these guidelines.

1. Students must be instructed upon their first visit to never attempt any move or technique until a Club Instructor has deemed them competent enough to carry them out. Competence can be granted verbally or via a belt grading system.
2. Students must always be supervised during sparring of any kind. This applies to both adults and children without exception.
3. The correct safety equipment, **relevant to style**, must always be worn during sparring of any kind, even if supervised. No safety equipment – no sparring.
4. **ALL** gloves must cover every knuckle and finger tip, the same applies to foot protection. Shin and instep style are **NOT** recommended as it is advised that the entire foot be covered including the heel.

Please follow these guidelines within your club(s), doing otherwise may result in unnecessary injury. While Insurance does provide us with the necessary cover, claims do affect us all and most of the time can be avoided with the correct safety measures in place.

Please sign below acknowledging that you have read and understand this policy. A copy should be returned to the CMAA.

Name: _____ Signature: _____
Date: _____



PERSONAL PROTECTIVE EQUIPMENT (PPE)

The following shows examples of the PPE to be worn, which also must be in good condition. Optional PPE is shown by * although these are advised.

Points PPE



Head Guard (*Over 18)
Gloves, open palm must cover finger and thumb.
Boots, must cover heel and all toes.
Shin Pads
Gum Shield
Groin Guard for males
Chest Guard for females*

Light Contact Kickboxing PPE



Same as Points apart from the gloves, which must be:
10 oz closed palm boxing gloves. 12 oz may be accepted at the discretion of the Centre Referee.

Full Contact Kickboxing PPE

As above although it is accepted that some styles do not wear head, foot or shin guards – K1 and Muay Thai for example. In all cases full contact fighters must complete a medical questionnaire prior to competing, these are available from the CMAA.

Submission Grappling PPE



Though not compulsory Gum Shields, Knee and Elbow pads are advised.