

2. Protective Equipment

- 2.1 Players may wear an open face, soft rubber **head protector**.



- 2.2 Players shall wear a **mouth guard**.
- 2.3 Appropriate **groin and breast protection** shall be worn by players
- 2.4 Players shall wear **under pants** and **under shirts** beneath their Gi's.
- 2.5 Protective shoulder padding may be worn under the gi, as long as it does not restrict the Opposing Player's grip or ability to execute techniques.
- 2.6 Hand padding may also be worn.
- 2.7 Hand and shoulder padding shall not be used in conjunction with one another.