

# USFL APPROVED YOUTH SAFETY GEAR

Athletes should have a Rash Guard, set of Gloves and Shin Guards in both **RED** & **BLUE** or have all their gear in a neutral color (Not Red or Blue)

## RASHGUARD

Must have short or long sleeve rash guard or tight fitting T-Shirt.  
It's highly recommended that the athlete have both Red and Blue rash guards or neutral color (no red or blue) as to not confuse referees if "cross colored". Example – Blue rash guard is in the red corner. Female athletes may wear a sport top designed for competition.



## SHORTS

Both "Board" and "Compression" style shorts/ spats are allowed.  
**Cannot have metallic parts or open pockets (Velcro is OK)**  
**AVOID RED OR BLUE UNLESS YOU HAVE BOTH A RED & BLUE PAIR**



# HEADGEAR

**MUST BE NEUTRAL COLOR OR HAVE BOTH RED & BLUE SETS**

## Examples of Approved Headgear

**TOP TEN/ WORLD CLASS**



**CENTURY TEGU**



*For USFL Discount of \$80, contact  
Juanito Ibarra 949 395-2698*

**MERCADO BATSTOI**



**TITLE CLASIC**



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*\$80 is using USFL discount code [www.batstoi.com](http://www.batstoi.com)*

**Gamebreaker**



Custom team logo  
[www.Gamebreaker.com](http://www.Gamebreaker.com)

**NOT RECOMMENDED**



*Chin guards are not recommended*

**LDR WRESTLING HEADGEAR (Must have forehead & back pad)**



[www.leaderheadgear.com](http://www.leaderheadgear.com)

**PROHIBITED STYLES OF HEADGEAR**



*Foam Dipped not allowed*



*Facemask or bar not allowed.*



*Cage not allowed.*

## GLOVES

**MUST BE NEUTRAL COLOR OR HAVE BOTH RED & BLUE SETS**

**Must be open finger, Velcro wrist strap, open palm.**

*Rookies, Novice and Schoolboy age groups can use 4 oz Gloves*

*Cadet and Junior age groups must use 6 oz Gloves*

**6 oz or Amateur MMA Style**

**APPROVED GLOVES FOR JUNIORS.**

**Also OK for CADET, SCHOOLBOY & NOVICE**

**(ALL AGES)**



**EXAMPLES OF 4 OZ STYLE APPROVED GLOVES**

**For**

**CADET, SCHOOLBOY, NOVICE and ROOKIE AGE GROUPS ONLY**

*Similar models OK if open finger, Velcro wrist strap and open palm.*

*Can use models with thumb guard*



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## SHINGUARDS

**MUST BE NEUTRAL COLOR OR HAVE BOTH RED & BLUE SETS**

Must cover shins and instep and may not contain metal buckles.

Shin Guards with Velcro straps must be secured with tape

**SOCK STYLE SHIN & INSTEP ARE RECOMENDED**



**Ridged Muay Thai Style are  
NOT PERMITTED**

# **OTHER PROTECTIVE GEAR NOT LIMITED TO SPECIFIC VENDORS**

## **FEMALE CHEST PROTECTOR**

**Optional for Female athletes  
Includes all similar styles from all vendors**

**TITLE ADVANCED CHEST GUARD/COMPRESS BRA**



## **GROIN PROTECTOR**

**Mandatory for all male athletes  
Optional for Female  
Includes all similar styles from all vendors**

**TITLE FEMALE GROIN PROTECTOR**





**ADIDAS GROIN PROTECTOR**



**MCDAVID ATHLETIC SUPPORTER WITH CUP**



**SHOCK DOCTOR PADDED SHORTS AND CUP**



## **MOUTHGUARD**

**Mandatory for all athletes**

**Double (top and bottom) guards are recommended**

**Must be moldable or form fitting**

**Includes all similar styles from all vendors**

### **SHOCK DOCTOR NANO DOUBLE MOUTHGUARD**



### **SHOCK DOCTOR DOUBLE BRACES MOUTHGUARD**



### **BRAIN PAD PRO YOUTH MOUTHGUARD**



Vendors may contact [jon@fightleague.org](mailto:jon@fightleague.org) to have their equipment approved and listed