



Supplement 4. Personal protective equipment standard

1. Shin Instep Guards

Male	Female		<p>Shin Instep Guards should be in the form of a white elastic stocking with three sections of protective liners <u>1.5 cm</u> thick.</p> <p>Also, the guards should have Achilles tendon protection and be fixed on the big toe with a loop of elastic band. The use of plastic shields, inserts is prohibited.</p> <p>The shields must have the KWU logo.</p>
10	10		
11	11		
12-13	12-13		
14-15	14-15		
16-17	16-17		
18+	18+		
35+	35+		

2. Gloves on the hands

Male	Female		<p>Gloves on the hands must be with mandatory protection of the joints. The thickness of the sealing material must be <u>at least 1.5 cm</u>.</p> <p>The glove must fully protect the striking surface, the hook-and-loop fastener must be in good condition and tightly fix the glove on the hand.</p> <p>The use of plastic inserts is prohibited.</p> <p>The gloves must have the KWU logo.</p>
10	10		
11	11		
12-13	12-13		
14-15	14-15		
16-17	16-17		
18+	18+		
35+	35+		

PROTECTIVE EQUIPMENT MUST BE:

- strictly individual;
- in good condition - clean, not torn, without scuffs with loss of color;
- not pressed through (have the thickness of the established sample);
- size must provide reliable protection of all protected surfaces.

3. Helmet on the head

Male	Female
10	10
11	11
12-13	12-13
14-15	14-15
16-17	16-17
18+	18+
35+	35+



A helmet on the head must necessarily provide protection for the chin, frontal, temporal, parietal and occipital parts of the head. The thickness of the protective layer must be at least 2 cm.

The helmet must be of the right size and fit securely on the head. The back of the helmet should have red and white hook-and-loop fasteners.

The helmet must have the KWU logo.

PROTECTIVE EQUIPMENT MUST BE:

- strictly individual;
- in good condition - clean, not torn, without scuffs with loss of color;
- not pressed through (have the thickness of the established sample);
- size must provide reliable protection of all protected surfaces.

4. Chest protection

Male	Female
10	10
11	11
12-13	12-13
14-15	14-15
16-17	16-17
18+	18+
35+	35+




Chest protection should be in the form of a white top with liners. The liners are separate cups, the shapes of which correspond to the shape of the female body as much as possible. The solar plexus area is open.

The use of plastic protectors is prohibited.

The top should have the KWU logo.

5. Protective vest

Male	Female	
10	10	
11	11	
12-13	12-13	
14-15	14-15	
16-17	16-17	
18+	18+	
35+	35+	

The vest must necessarily protect the body of the athlete in front (additionally the lower abdomen and collarbone), on the sides and behind (the spine along the entire length).


The protective liner must be made of foamed polymeric materials with high absorption of strike energy with a thickness of 0.8 cm.

The vest must have the KWU logo.

PROTECTIVE EQUIPMENT MUST BE:

- strictly individual;
- in good condition - clean, not torn, without scuffs with loss of color;
- not pressed through (have the thickness of the established sample);
- size must provide reliable protection of all protected surfaces.

6. Groin bandage

Male	Female	
10	10	
11	11	
12-13	12-13	
14-15	14-15	
16-17	16-17	
18+	18+	
35+	35+	

The groin bandage (shell) should protect the groin area from accidental strikes. It attaches to the waist with a wide elastic band and two narrow ones at the hips.

The groin bandage for women is used at the will of the athletes.

7. Mouth guard (used at the will, except when the athlete wears braces).