



# Youth Armored Combat Equipment Guide



**HEAD:** -Must be completely covered with no more than 1.5" gap.  
-Helm must be continuous rigid material; no 'floating' segments attached with straps alone.  
+Aventails, camails, bevors, etc for neck protection do not violate this rule.  
-Hockey, lacrosse, or other sports helmets acceptable, if they satisfy above.  
-Helmets must have a chinstrap or other retention device.  
-No rigid part of the helm may touch the wearer directly.  
-Metal helmets are allowed, but may be ruled out if they are too heavy for the wearer.

**NECK:** -All must cover the larynx, cervical vertebrae, and first thoracic vertebra.  
-An aventail, camail, or coif may be substituted or used with a gorget, as long as all areas are protected  
D1&2 – Minimum gorget of medium leather with .25" foam.  
D3 – Minimum gorget of rigid material or heavy leather, with padding.

**BODY:** D1&2 -Torso, shoulders, and armpits covered with a minimum of cloth.  
-Kidneys protected by minimum of medium leather with padding or equivalent  
D3 -Torso, shoulders, and armpits covered with a minimum of cloth.  
-Kidneys protected by minimum of medium leather with padding or equivalent.  
-Xyphoid process covered with minimum medium leather with padding.  
-Females required to have chest protection of medium leather, heavy quilted material, or equivalent.

**ELBOW:** -D1&2: -Minimum of soft pads.  
-D3: -Rigid material over padding, hockey, motocross, and similar sports pads work.

**HAND/WRIST:** -D1&2: -Minimum light gloves with .25" padding over the fingers, back of the hand, and wrist.  
-Street hockey gloves or similar are acceptable, with wrist protection in a basket hilt.  
-D3 -There are 3 options:  
a. Sports glove with at least .5" foam over the fingers, back of the hand, and wrist, with extra thumb protection. (Ice hockey or lacrosse goalie)  
b. Heavy leather or rigid gauntlets lined with closed cell foam or heavy pads.  
c. Lighter gloves and a demi gauntlet, with a basket hilt.

**GROIN:** -Rigid athletic cup worn in a supporter or garment designed to hold it in place.  
-OR-  
-Pubic bone covered by layers of closed-cell foam, heavy leather, or similar materials, or equivalent.

**KNEES:** -D1&2: -Minimum of soft pads.  
-D3: -Rigid material over padding, hockey, motocross, and similar sports pads work.

**FEET:** -Closed-toe shoes that provide safe, reliable footing.  
-No open-toed shoes, flip-flops, crocs, etc.

**NOTE:** These represent the MINIMUM armor standards for each division. Exceeding these requirements is encouraged, insofar as the youth can safely bear the weight of the additional equipment.

Division 1 – ages 6-9 – Lion  
Division 2 – ages 10-13 – Griffin  
Division 3 – ages 14-17 – Dragon

Parents or Legal Guardians are required to bring their youths to check in to each event or practice. D1&2 parents must remain within visual or vocal range of the activity. D3 parents must remain at the site but may leave after telling the MIC where they will be.