

**2025 Jin Sei Ryu Karate-Do US Open Benefit Tournament
Equipment Requirements and Contact Chart**

Sparring Division	Equipment Requirements	Contact Summary
A. Shadow Sparring (Non-Contact) Duration: 30-60seconds	No equipment required	Head (Level 0) Body (Level 0) Legs (Level 0)
B. Points Sparring (Non-Contact) Duration: 90 seconds	Mandatory: • Mouth guards • Hand guards • Instep/Foot guards • Shin guards • Groin guards (for males) Optional: • Groin guards (for females) • Head guards (not face shields) • Chest guards (not body shields)	Head (Level 0) Body (Level 0) Legs (Level 0)
C. Freestyle Sparring (Touch-Contact) Duration: 90 seconds	Mandatory: • Mouth guards • Hand guards • Instep/Foot guards • Shin guards • Groin guards (for males) Optional: • Groin guards (for females) • Head guards (not face shields) • Chest guards (not body shields)	Head (Level 0) Body (Level 0) Legs (Level 0)
D. Points Sparring (Contact) Duration: 90 seconds	Mandatory: • Head guards with face shield (13yo+) • Mouth guards • Hand guards • Instep/Foot guards • Shin guards • Groin guards (for males) Optional: • Groin guards (for females) • Chest cups (for females)	Head (Level 2) Body (Level 2-3) Legs (Level 0)
E. Full-Contact Sparring Duration: 120 seconds	Mandatory (for all athletes): • Mouth guards (all athletes) • Groin guards (for males) • Head guards (13-17yo) • Shin/Instep guards (13-17yo) • Chest guards (13-15yo) • Chest cups (females) Optional: • Groin guards (for females)	Head (Level 3 13-15) Head (Level 4 16-17) Head (Level 5) Body (Level 5) Legs (Level 5)