

# MARTIAL ARTS SPARRING RULES

<p><b>Compulsory Sparring Equipment</b></p>	<p><b>All competitors must provide sparring equipment.</b>  Mouth guard, groin guard, shin protectors, gloves and foot protectors. (Gloves must have 25mm knuckle padding) (Foot protectors must cover the toes and instep). No cloth style gloves or cloth style foot protectors at all.  <b>Chest protectors for females and headgear for all competitors will be provided.</b>  All Competitors must wear clean &amp; neat Club Uniforms. (no Thai Boxing shorts or singlets)  <b>**Competitors who fail to have full correct sparring equipment will forfeit the event**</b></p>
<p><b>Tournament Protocol</b></p>	<p>Upon hearing the name of the division called, <b>all competitors must line up at the ring designated.</b>  The referee will call all competitors to stand, bow to the referee and the officials table.  Competitors will be seated along side of the ring <b>and remain there until the event is finished</b> or they are called to compete. At the end of the event all competitors will bow to the referee and officials table.</p>
<p><b>Contact Definition</b></p>	<p><b>Light Touch Contact</b> means no penetration or visible movement of the opponent as a result of a technique.  <b>Moderate Touch Contact (Continuous sparring only)</b> means slight penetration or slight target movement.  Moderate Touch Contact may be made to all <b>target areas</b> except the head and face.</p>
<p><b>Point Contact Rules</b></p>	<p><b>One (1) Point will be awarded on clean striking techniques. Time per competition is two (2) minutes.</b></p> <ul style="list-style-type: none"> <li>• <b>Scoring Areas.</b> The torso above waist height and the Head and face (7-cm halo area).</li> <li>• <b>All strikes to the Body must be pulled using Moderate contact.</b></li> <li>• Any technique can score to the <b>headgear with light touch contact only.</b>  <b>Strictly No contact to the face.</b> Strikes must stop short of the face to score.  <b>(7-cm halo applies to the entire head area).</b></li> <li>• The first competitor who earns five (5) points automatically wins.</li> <li>• The competitor who earns a three (3) point advantage automatically wins.</li> <li>• If no one scores five (5) points or a three (3) point advantage by the end of the round, the competitor who is ahead wins.</li> <li>• In case of a draw, competitors will continue, first to score a point wins.</li> <li>• A competitor can not score a point if they have one foot out of the ring.</li> </ul>
<p><b>Point Contact Penalties</b></p>	<ul style="list-style-type: none"> <li>• <b>Penalties: 1<sup>st</sup> Warning , 2<sup>nd</sup> Point Deduction, Three (3) penalty points (instant disqualification)</b></li> <li>• <b>Illegal contact areas:</b> Face, throat, neck, spine and anywhere below the waist.</li> <li>• <b>Illegal techniques:</b> Striking with the elbow, knee, forearm, palm, fingers. No take downs or sweeps.</li> <li>• Excessive contact will result in penalty points.</li> <li>• Continual stepping outside of the ring area will result in penalties.</li> <li>• Excessive contact, brawling, poor sportsmanship, striking to non-target areas whether malicious or unintentional or arguing with the referee will <b>result in immediate disqualification without warning</b> at the referee's discretion. The competitor will also lose their placing.</li> </ul>
<p><b>Continuous Sparring Rules</b></p>	<ul style="list-style-type: none"> <li>• <b>Continuous sparring will be judged on clean controlled techniques.</b></li> <li>• Two by 1 minute rounds.</li> <li>• Can strike with <b>moderate contact</b> to the body.</li> <li>• <b>Strictly No head contact. (7-cm halo applies to the entire head area).</b></li> <li>• <b>Outside leg kicks</b> above the knee and <b>controlled sweeps</b> are allowed.</li> <li>• <b>Controlled sweeps</b> - Can only be executed to the back of the lead leg at mid-calf or below.  The executor must remain on their feet to score. Going down on 1-knee awards ½ points.</li> <li>• <b>No inside leg kicks. No hip throws. No striking when an opponent is down.</b></li> <li>• 3 second grappling rule. (If competitors clench they have 3seconds to score points).</li> </ul>
<p><b>Continuous Sparring Penalties</b></p>	<ul style="list-style-type: none"> <li>• <b>Same Penalties apply as point sparring except for sweeps and leg kicks.</b></li> <li>• <b>Strictly no head contact.</b></li> <li>• <b>Penalties will result when the referee displays a yellow or red card to the officials table.</b>  <b>Yellow card signifies point deductions.</b>  <b>Red card signifies call for disqualification.</b></li> </ul> <p style="text-align: center;"><b>All decisions by the Judges and Referee's are FINAL</b></p>
<p><b>Application Forms</b></p>	<p><b>Application forms must be received 7 Days before the Tournament.</b></p>