



Sparring

The sparring will be a continuous point system where a 2-competitor elimination system will be used. The competitor with the most points at the end of the round wins. We will be using a scoring system that will help run the event smoothly and fairly for everyone participating.

Color Belts

- One (1) round of one and a half (1-½) minutes continuous sparring will be in effect for ages 12 and under.
- One (1) round of two (2) minutes continuous sparring will be in effect for ages 13 and up.
- If there is a tie, a one (1) minute overtime will be allowed.
- If there is a second tie, a **tie breaker** will take place for the first competitor to strike a point approved by the judges and center referee.

Black Belts

- This category will use a **Single Elimination** system.
- One (1) round of two (2) minutes will be in effect for all Black Belts Division.
- Two (2) rounds of two (2) minutes will be in effect for all Black Belts Division with one (1) minute rest, **only for Finals.**
- In case of a tie, one (1) minute overtime will be allowed.
- If there is a second tie, a **tie breaker** will take place for the first competitor to strike a point approved by the judges and center referee.



SPARRING RULES

Target Area

1. **High Section** - Head:
 - 1.1. At the front, sides, and top of the head, but not at the back.
 - 1.2. Excluding the neck.
2. **Mid-Section** - Trunk of the body:
 - 2.1. From shoulder to navel vertically
 - 2.2. From a line drawn from the armpit vertically down to the waist on each side (that is frontal area only, excluding the back).

Target Point Awards

- a. One (1) point will be awarded for any legal hand attack directed at the mid or high section.
- b. Two (2) points will be awarded for any legal foot attack directed to mid-section.
- c. Three (3) points will be awarded for any legal foot attack directed to the high section.

Light Contact Scoring Procedure System

In competition a technique is valid according to a light contact system if:

- a. Executed correctly.
- b. Dynamic (i.e., it is delivered with strength, purpose, speed, and precision.)
- c. Controlled on the target.

Minus Points/Fouls

One point will be deducted for the following offenses:

- a. Heavy contact.
- b. Attacking a fallen opponent.
- c. Leg sweeping.
- d. Holding/grabbing.
- e. Intentional attack to a target other than mentioned in Target Area
- f. Unsportsmanlike Conduct *

* To include any action taken by a competitor that shows disrespect, lack of following directions or other unacceptable behaviors towards umpires, officials, or other competitors, including though not limited to: Failure or refusal to follow referee's directions, intentionally leaving ring/manipulation of time, inappropriate behavior/language....)



Warnings

Warnings will be assigned for the following offenses:

- a. Pretending to have scored a point by raising one or both arms.
- b. Stepping completely out of the ring (both feet).
- c. Falling, whether intentional or not (i.e., any part of the body, other than the feet, touching the ground).
- d. Faking a blow, pretending to be injured to gain an advantage.
- e. Intentionally avoiding sparring.
- f. Adjusting equipment during the bout without the consent of the Center Referee.
- g. Unintentional attack to a target other than mentioned in Target Area.
- h. Pushing with either the hands or body.

The sum of three **(3) warnings** automatically results in the **deduction of one (1) point**.

If a competitor is pushed out of the ring with intent (without undergoing a technique) then he will not receive a warning. The competitor who pushed shall receive a warning.

Disqualifications

- a. Misconduct against officials or ignoring instructions.
- b. Uncontrolled or excessive contact.
- c. Receiving three (3) minus points/fouls directly given by the Center Referee.
- d. Being under the influence of alcoholic beverages or drugs.
- e. Loss of temper.
- f. Insulting an opponent, coach, and/or official.
- g. Biting, scratching.
- h. Attacking with the knee, elbow, or forehead.
- i. Being negatively responsible for causing a loss of consciousness.

A competitor that insults an opponent, coach or official will be disqualified from the rest of the competition.



Injury

- a. When a competitor is injured, the Center Referee must stop the match and call the Doctor.
- b. When a competitor cannot compete anymore because of the injury or the allocated treatment maximum time of **3 minutes**, it is the Medic's decision and according to the decision of the Ring Council (Jury President, Center Referee and Corner referees)
 - i. He/she is the winner if his/her opponent is responsible.
 - ii. He/she is the loser if his/her opponent is not responsible.
- c. An injured competitor that is unfit to fight cannot continue for the time/day(s) set according to the Medic's decision.
- d. A competitor that refuses to accept the Medic's and/or the Ring Council decision will be disqualified and taken out of the competition.
- e. If two competitors injure themselves at the same time and both are unfit to fight according to the Medic's decision, the winner is the contender that has more scored points at that moment. If the competitors are even, the Ring Council will decide about the bout.
- f. If a competitor forfeits from any category because doesn't feel well or is injured, they cannot longer continue on any other event.

A competitor that is negatively responsible for causing a loss of consciousness or causing a concussion in sparring competition may be disqualified. The unconscious or concussed competitor shall not be able to compete again during the whole event, and as such will forfeit any remaining matches or events.