

SPARRING INFORMATION AND RULES

ALL CALLS - POINT CALLS, OFFICIAL WARNING CALLS, POINT AGAINST CALLS AND DISQUALIFICATION CALLS ARE DETERMINED BY THE MAJORITY OF OFFICIALS.

TIME OF MATCHES

Each match will be two minutes running time. Time will run constantly from the start unless there is a time out called by an official.

WINNING A MATCH

The winner of a match shall be the competitor who is ahead on points at the end of regulation time or is 5 points ahead of their opponent. If the score is tied at the end of regulation time the match will be extended until a competitor scores a point. The first competitor to score a point in overtime shall be the winner.

POINT AREAS

A point shall be considered valid if the technique hits any one of the following areas: head, torso (chest, stomach, sides). All other areas are non-point and the only contact to these areas shall be incidental (not caused by direct attack or direct contact).

A POINT

Each hand technique and kick to the body shall be a single point (1). Any kicking technique to the head will be two (2) points.

A point is a well-defined technique, to a legal point area, that would have the ability to (but in sparring does not) do damage if it was not controlled. The technique should be delivered with good form, speed and power. You should maintain your balance and recover from the technique properly (i.e.: not falling down after a kick).

Almost all techniques you practice can be employed, within this specific set of rules. Techniques that are not allowed are and are a foul:

- Any techniques that result in hard contact / injury.
- Any attacks to the legs (excluding boot to boot sweeps) or joints.
- Leg checking.
- Open hand piercing techniques to the eyes / face, etc.
- Throws, wrist locks, holds.
- Holding and multiple hitting, except the one immediate follow up technique.
- Intentional striking to a non-point area.
- Biting, scratching, head butts, elbows, knees, etc.
- Blind techniques (any techniques where eyes are not on the opponent first).
- Techniques delivered to the back and spine.
- Techniques intentionally delivered to the neck.

Fouls shall be delt with the same as “too hard” contact (see CONTACT rules below).

Remember that you are trying not to injure your partner. These rules are in place so that there can be some margin of safety.

ADDITIONAL TECHNIQUES

You may execute a few techniques that will not score a point but are intended to “set up” the other person for a scoring technique. SWEEPS – a sweep is somewhat similar to a trip, the object is to upset your opponent’s balance and allow you to score a point. Sweeps can only be executed to the non- –base leg (non-weight bearing leg if only one is on the ground). They must be executed in the direction the knee bends, and the contact must be limited to the part of the foot covered by the foot pad. GRABS – a grab is allowed but only to set up the technique immediately following the grab. You are not allowed to hold onto and pummel your partner. The grab should be released immediately after the follow up technique and should not be allowed to become the start of a wrestling match. BRUSHES – a brush is a “push” that moves a body part or turns your opponent. While an outright push is

unacceptable you are able to push a body part out of the way (i.e. moving an arm or pushing a kick to the side to turn your opponent).

CONTACT:

The acceptable level is determined by your referee and judges according to the rules set forth herein. In all adult divisions light contact is allowed to all point areas. In all non-adult divisions there is NO CONTACT TO THE FACE and light contact to all other point areas.

General excessive contact rules:

Injury – any contact that causes injury due to the force technique shall result in a disqualification. An injury is defined as anything that impairs normal physical function, causes swelling, discoloration, immediate bleeding, or is determined by officials to give the offending competitor an advantage.

Blood – any contact that causes an opponent to bleed shall result in a disqualification if the majority of officials determine that the bleeding was caused by a specific attack(s) and did not occur spontaneously (i.e; bleeding nose).

Trembling Shock – any contact that causes trembling shock to the body or head of the opponent shall result in a disqualification. A technique which causes forceful movement of the body or head (not movement caused by the competitor moving away from the technique) may be considered excessive. This shall be particularly true in non-adult techniques which land on the face and head.

General “too hard” contact rules. This is for techniques that are not excessive but border on such. Too hard contact warnings can be issued to both competitors when a match is getting “out of hand.”

1st Incident - Warning

2nd Incident – Point awarded to opponent

3rd Incident - Disqualification

EQUIPMENT

ONLY APPROVED EQUIPMENT IS TO BE USED WHILE SPARRING. Everyone who spars is required to wear a mouthguard, headgear, hand pads, foot pads. Shin pads are optional. All males must also wear a cup supporter. Foot pads must cover the entire top of the foot, hand pads must extend far enough to cover the fingers. Soft foam padding may also be used to cover an injured area should there ever be a need. The tournament directors decision on equipment is final.

COMMON SENSE

Sparring is never completely safe. It can, however, be relatively safe provided everyone uses common sense. Common sense will dictate that techniques need to be controlled enough to allow for the unpredictable sparring situation. You are responsible for your techniques even if your partner “ducks into it”, “falls into it” or any one of the hundred other excuses for hurting someone. If you can not execute a technique without maintaining complete control over both the technique and the situation, then don’t throw it.

FORMS INFORMATION AND RULES

Forms will be scored on a scale of 1 to 10 with half points. High and low score will be eliminated. In the case of a tie, the high and low will be added back in to break the tie. If there is still a tie after adding the high and low back in, the participants will perform a form again with the following guidelines:

Novice and Intermediate – it is acceptable to do the same form again without penalty.

Advance and Black Belt – should run a different form or suffer a penalty (judges should reduce their score by a full 1 point)

If a tie is two people a winner will be determined by a show of hands. If a tie is three or more competitors, the judges shall use every effort to score the individual competitors a minimum of one full point apart. If a tie occurs after a second running of a form a winner will be determined by a majority vote of the judges.

In a division of three or more competitors, the first three competitors will run their forms before scoring to establish an average.