

## General Sparring Rules - Round Robin

- 1. LATE COMPETITORS:** The division is CLOSED once the first match has started. No competitor will be allowed to enter the division after this time.
- 2. PROTEST:** All protests must be submitted in a courteous manner to the referee (center official) at the time of the infraction. The protester shall request a time-out from the referee to discuss the protested issue. Protests submitted after the infraction when the match has continued or at the end of the match, will not be considered. An overt display of emotion or unsportsmanlike conduct or manner will result in immediate disqualification of the competitor.
- 3. BASIC:** There will be a maximum of eight fighters per ring. If more than 8 fighters, that ring will be divided into pools as follows: a. 8 or fewer competitors stay in one pool. b. 9 to 16 competitors break into two pools. c. 17 to 24 competitors break into three pools. NOTE: The division of competitors is decided solely at the discretion of the Judge and Referees. They have been given suggestions on how to divide the competitors (i.e. by size, by gender, by same school status) but this decision is theirs and their decision is final. Whenever possible, students from the same club or school should not fight each other in the first round. This applies only to the first-round eliminations.
- 4. DETERMINING A WINNER:** Add up total of wins first, and then who beat who, second. Wins, points or standings (Seeding) will NOT carry forward to the next pool of competition.
- 5. SAFETY EQUIPMENT:** HEADGEAR & MOUTHPIECE ARE MANDATORY FOR ALL SPARRING COMPETITORS. Hand and foot safety is also mandatory. Top of foot must be covered. Fingers may be exposed. All male competitors must wear groin cups, and are recommended for female competitors.
- 6. ATTIRE:** Regulation uniforms of the school and belt or rank identification is required in each ring. T-shirt is not allowed. Competitors must wear a full uniform. Shorts and jewelry are also not allowed. No martial arts shoes of any type will be allowed during sparring.
- 7. SCORING:** Points will be awarded when a technique is delivered to a legal target area with sufficient speed, power, form, and focus, depending on the quality of the technique. The competitor must be in balance. Specifics will be discussed at the Black Belt meeting. One point for all kicks and strikes. All round robin sparring will 1 minute or first to 5 points. Time will not stop unless a timeout is called by judge.
- 8. LEGAL SCORING TECHNIQUES:** are strikes that are made with the hands and feet only. The following are considered legal strikes; punching, back knuckle, back fist, front kick, side kick, roundhouse kick, hook kick, back kick, and spinning kicks. For safety reasons, boot to boot sweeps will only be permitted in advanced and black belt divisions. No take downs are allowed in point sparring.
- 9. LEGAL TARGET AREAS:** are the sides of head, sides of neck, chest/abdominal area, kidneys, and groin. The following are **ILLEGAL TARGET AREAS** in all divisions. Throat, back of neck, spine, legs, knees, head on any downed opponent. Take downs are illegal. HEAD CONTACT Excluding the facial area and throat, light head contact IS ALLOWED in adult sparring but not mandatory. One inch rule MANDATORY to kid's divisions. GROIN CONTACT: Light groin contact is permitted in all divisions. One inch rule applies to kid's divisions. BODY CONTACT: in all divisions below Adult Brown/Black belt, light to moderate body must be made before a point is awarded. One inch rule applies to kid's divisions. CONTROL OF TECHNIQUES: All competitors will be in full control of their strikes and kicks. Judges and referees in control of their rings will have discretionary ruling on what is excessive contact. NO COACHING: No time outs will be called. Center judge will determine what is coaching and deal with it accordingly.
- 10. ILLEGAL TECHNIQUES:** Any of the following may result in a warning, penalty point, or disqualification. (Penalty point means the competitor fouled receives the point.) Head butt, open hand strikes, strikes to the spine, techniques to the joints of the body, techniques to the throat, all blind techniques, knee strikes, shin strikes, forearm strikes, elbow strikes, take downs, intentional kicks to the legs, any technique and/or excessive contact are grounds for disqualification by a

majority vote of the officials. **EXCESSIVE CONTACT:** Is the use of force beyond what is necessary to score a point. In any division, any contact causing bleeding or knockout may result in immediate disqualification of the offender. Although largely a judgment call, excessive contact is evidenced by the following: a. Blood. b. Visible snapping back of the competitor's head from the force of the blow. c. Violent distortion of the body from the force of the blow to the body. d. A knockout of an opponent. e. A knockdown of an opponent except when the fighter is recklessly charging in or slips or loses their balance. **DISQUALIFICATIONS AND WARNINGS:** Quarreling with any Judge, attempting to injure an opponent, drawing of blood, evidence of poor intent (anger) toward an opponent or disrespect to judges or competitor will result in immediate disqualification. Excessive contact can result in either a minus point or disqualification by the majority decision of the Judges. These rules apply also to spectators who display this type of behavior from outside the ring. Harassment of Judges from spectators on behalf of a fighter may result in a minus point to the fighter and, if continued, a disqualification. We do encourage spectators to appropriately cheer their fighter from outside of the ring.

**11. OTHER SCORING RULES:** Sudden death occurs in overtime. The first competitor to score a point wins the match. There is no time limit. The competitors are entitled to a 30 second rest period before they resume the overtime match. Both feet must be in the ring when a hand technique is used. One foot must be in the ring when feet are used. Ground attacks from the floor will be 3 seconds. The Judge will then stop the match long enough to return the downed competitor to his feet. Running out of the ring will first result in a warning. Penalty points will be added with Judges decision.

**SELF DEFENSE – BLACK BELTS ONLY:** One competitor demonstrates three to five self-defense techniques twice on uki. First time demonstrating strikes to specific target areas slowly. Second time demonstrating "street speed" with control. Scores will be based on accuracy and effectiveness of techniques as if it were performed in reality.

**PADDED SWORDS:** Most points in one-minute wins. Fifteen-point spread. Shots to the head = 3 points. Body = 2 points. Arms and Legs = 1 point. Disarms = 3 points. Head gear is mandatory. If competitor has face mask, please bring it to save time in masking up.

**FLAG SPARRING:** Each competitor has two flags attached to their belt. First person to detach both flags of the opponent wins. Flags pulled at the same time (Judges call) will be re-attached and run again. Headgear, face mask, and mouth guard mandatory.