

# Rules for Continuous Sparring

## Competition Format:

All matches are single-elimination round(s), consisting of three (3) one-minute rounds of running time. At the end of each round, the winner of that round is declared by the decision of the majority of the judges. The winner of two out of three rounds wins the match. The time is stopped for injuries or equipment adjustment.

## Equipment:

Mandatory protective equipment must be supplied by the athlete and must include: Head protector, mouth guard, groin cup, chest protector (mandatory for female; optional for male), foam gloves with no exposed fingers, and foam foot protectors that cover entire foot. Shin guards are optional. Athletes who do not equip the mandatory protective equipment will not be allowed to compete.

## Match Length:

- For Teens and Adults, medium contact continuous sparring:
  - Three **1 Minute** Rounds with 30 seconds break: Winner of First 2 Rounds wins the Match.
- For Kids and Juniors, light contact continuous sparring
  - Three **45 Seconds** Rounds with 15 seconds break. Winner of First 2 Rounds wins the Match.

**Note:** In case of a Tie, there will be a Sudden-Death round to determine the winner. First person to score a Clear, Legal Technique wins. Chief Judge will serve as a tie-breaker for a round in the event that other judges are unable to render a decision.

- Athletes who are on back-to-back matches may be given a two (2) minute break between matches. Chief judges may award additional break by discretion.

## Progression of Match:

- Athletes enter the ring at the command of the Chief Judge
- Before initiating competitive sparring, athletes salute the chief judge and then each other
- The Chief Judge will commence the match by giving the signal to begin
- The Chief Judge directs the match with verbal signals (“begin,” “stop,” etc.)
- At the end of the round, each of the judges will announce the winner of the round simultaneously.

## Legal Contact Targets:

For 13 & up

- Medium contact to front and sides of torso
- Medium contact to side of head gear
- Medium contact to upper thigh

**Note:** For 12 & under

- Light contact only

**Absolute Non-Contact Targets:**

- Front of face
- Back of head
- Groin

**Note:** Any contact to these areas may result in immediate disqualification, at the discretion of the Chief Judge

**Allowable Techniques:**

- Sharp, clean punches and kicks
- Momentarily grabbing the opponent's wrist to execute a technique
- Leg sweep to the-front leg

**Illegal Techniques:**

- Elbows
- Knees
- Spinning backfist
- Joint locking
- Eye-gouging
- Striking any area of the opponent's back or groin
- Sweeping the rear leg or the supporting leg when the opponent is kicking
- Any blind technique

**The following infractions will result in a warning:**

- Willingly running out of the ring
- Use of illegal techniques
- Striking an illegal target
- Not following the Chief Judge's directions
- Excessive use of force
- Bleeding or excess bruising that results from any strike

**The following will result in immediate disqualification:**

- Accumulation of 3 warnings
- Unsportsmanlike conduct by Athlete, Coach or Parent

**Competitors' Meeting:**

On the day of the competition, all athletes competing in continuous sparring must attend a review meeting over the above rules and competition format, to be hosted by the Chief Judge at a time to be announced.