

Bout Sparring is a English term for Chinese San Sao, or open hand two person sparring helps students get a feel for combat in an controlled environment. The action of engaging in controlled, and spontaneous sparring helps gain confidence in a real combat situation.

APPROVED RULES FOR BOUT SPARRING

2008

Duration: A Match consists of 3 - 40 second bouts (no designated rest time between bouts). Only stopped between bouts by the Referee for a call by judges to determine winner of the bout.

Goal: Best of 3 – 40 second bouts of continuous sparring. The winner is determined by a majority vote by the Judges (odd qty 3 or 5) for each 40- second bout. Winner of the first two bouts wins the fight.

Dress Code: Clean school uniform. Schools that use T-shirts, as a part of their uniform must show the school/system logo on the shirt. (no blank or off-the shelf printed shirts)

Safety Equipment:

MANDATORY: Headgear, Safety Gloves, Foot Protection (Foam dip only!)
Mouthguard, and groin protection.

OPTIONAL: Chest Protector, Shin Protectors, Face Guard

Competition:

Each of the three bouts is 40 seconds long, with continuous sparring for 40 seconds.

* A Break will be called by the Referee (only) should any of the following events occur.

- Head contact that might result in an injury or a call for Foul/Disqualification.
- Standing 10 count, a competitor is overwhelmed and the Referee deems it an unsafe condition. (Multiple techniques unanswered, lack of control)
- One or both competitors goes to the floor.
- Time has run out.

Judging: Judges will use the following as a base to help determine a winner.

- Fighting Spirit and Attitude
- Superiority of Tactics
- Application of Techniques (Offensive & Defensive)
- Endurance

Warnings: The Referee may issue two verbal warnings before issuing a penalty. Any competitor that accumulates two penalties in a 40 second bout, forfeits that bout (not the match, unless it is the deciding bout).

* The Referee is not required to limit it to two verbal warnings; he may use his best discretion to use less or more warnings before a penalty, with the competitor's safety being considered first and foremost.

Type of warnings:

- Illegal techniques

- Contact to a non-contact area
- Failure to break, on the call by the Referee.
- Excessive Force (without malice or intent)
- Running out of the ring to avoid fighting.

Disqualification: The following results in the loss of a bout:

- If an injury occurs to an opponent as a result of a foul
- Accumulating two penalties.

Any of the following will not be tolerated and may result in immediate disqualification. The offender forfeits the **Match** and his competitor is awarded the win.

- Deliberate excessive force/intent to inflict bodily injury.
- Deliberate Fouling.
- Malice act resulting in an injury.
 - Rude, belligerent, and/or disrespectful behavior by a contestant and/or his/her school. (Can included but not limited to the use of foul and/or offensive language)

The following list is the most common examples of Excessive Force:

- A strike that results in bleeding
- A strike that results in a fracture or broken bone
- A strike to the head that results in the head and/or neck whipping around.
- Impact resulting in bruising or swelling to the face.
- Unreasonable force to the body. (A kick or punch that moves an opponent from a stable or rooted stance to the floor or the outside the ring.

Legal Targets:

With physical contact

- Torso – front and sides
- Outside of thigh
- Outside of leg
- Entire arm (except joints)
- Front and side of padded headgear
- Groin area

With **Light**-physical contact with **Closed** hand only

- Face (**Adult Black Belt Only**)

With **No**-physical contact only controlled focus

- Face (**Adult Green – Brown Belt Only**)

Please note that this area is legal for non-contact techniques only. Any contact to this target could result in a Penalty or possible Disqualification.

Illegal Targets: Any contact to this target could result in a Penalty or possible Disqualification.

- Joints (knees, elbows, wrist, fingers)
- Top and back of the head
- Face (**All children and White-Purple Belt adults**)
- Eyes, ears and Throat/neck

- Back including kidneys

Legal Techniques:

- Punches
- Kicks
- Open hand to the body ONLY
- Sweeps to the opponent's front leg
- Controlled spinning techniques (No Blind Techniques, the head must be able to see the target before the strike can be executed)

Illegal Techniques:

- Knee strikes
- Elbow strikes
- Finger strikes
- Take-downs or throws
- Grabbing and holding
- Joint locking or breaking attempts
- Head butts
- Biting
- Floor or ground fighting
- Open hand strikes to the face
- Blind spinning techniques
- Sweeps to the back leg or both legs at the same time.

Staff:

- Referee (1)
- Judges (3, for all Children and Adult Underbelt) & (5, for Adult Black Belt)
- Score/Time Keeper (1)

Skills:

REFEREE, must be extremely well versed in the rules and have a strong presents about him/her self. Possess the ability to control the ring at all times and be fair and impartial when enforcing the rules.

JUDGE, must have a working knowledge of the rules, be prepared to observe and evaluate the skills of the competitors based on the criteria and rules of the event. Possess the ability to be impartial and fair when making all calls.

SCORE/TIME KEEPER, Must be alert and detail oriented and write clearly. Be prepared to coordinate the order of the event and document all scores. Keep track of the time for each bout and inform the referee when time has run out. Document any and all penalties per bout and inform the referee in the event of disqualification due to penalties. Note on the score sheets any and all disqualifications. Maintain the fight ladder.

Equipment:

RING, 20'X 20' is regulation

STOPWATCH,

CLIPBOARD & PENCIL

SCORE SHEETS

FIGHT LADDER