

## CONTINUOUS POINT SPARRING RULES

**Duration:** A Match consists one 90 second round. The only stop during the round is by the Referee for excessive contact or second face contact, the Referee will then disqualify the fighter causing the infraction or to break the fighters from a stall point and immediately restart from where they are at, or medical or equipment problems with either competitor.

**Goal:** POINT SPARRING WITH OUT BREAKS. FIRST HIT DOES NOT COUNT AS MUCH AS FOLLOW UP OF THE FIGHT. THE TARGETS AND PENALTIES ARE THE SAME AS POINT SPARRING. THE ONLY EXCEPTION IS THAT THERE IS NO GROIN CONTACT FOR ANYONE.

**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:**

The fighters use all targets of point sparring with the same control. Follow up can be by either opponent, Opponent A hits a legal target and Opponent B follows up with multiple legal hits, or Opponent A can hit with multiple attacks to legal targets.

\* 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.
- Medical or safety equipment needs attention.
- His opponent overwhelms a competitor, 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.

- ④ Fighting Spirit and Attitude
- ④ Superiority of Tactics
- ④ Application of Techniques (Offensive & Defensive)
- ④ Endurance

**Warnings:** Penalties will be the same as point sparring. Scorekeeper will keep track of the penalties announced the Center Referee. The match will only be stopped if there is excessive contact or second face contact. The center will then disqualify the fighter causing the infraction.

Type of warnings:

- Illegal techniques
- Contact to a non-contact area
- Failure to follow direction of the Center Referee
- Excessive Force (without malice or intent)
- Running out of the ring to avoid fighting.

**Disqualification:** The following results in the loss of a match:

- If an injury occurs to an opponent as a result of a foul

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
- Front and side of padded headgear

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

- Face (**Adult Black 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 (**Except adult black belts**)
- Eyes, ears and Throat/neck
- Back

***Legal Techniques:***

- Punches
- Kicks
- 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. The Center Referee will not vote. They will control the ring, award warnings, and penalties. The Center Referee will do this very loudly so that the competitors and judges hear what is being said.

**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**