

## SPARRING

Participants will be matched up as close as possible according to age, gender, rank and weight. In the event that there are not good partners for any participants, the organizing committee will do their best to create an "exhibition match" for the contestant. This match is optional for both participants.

- Each participant will be responsible for their own safety equipment (chest protector, headgear, shin and instep pads, forearm pads, groin cup (male only) and mouthpiece (sparring gloves optional)).
- Scoring with electronic chest protectors will NOT be used.
- Matches will be 2 rounds of 90 seconds each with a 30 second rest in between.
- No contact to the head, neck, or below the belt for ALL divisions (using either kicking or punching techniques).
- Properly executed techniques to the legal scoring area will be awarded 1 point.
  - Any properly executed spinning technique to the legal scoring area will be awarded 2 points.
- The athlete with the most points at the end of the match will be the winner.
- The following are prohibited: intentional contact above the collar bone or below the belt, pushing, holding, grabbing, butting (with head or knee), tripping, intentional falling, intentionally going out of bounds, turning your back to avoid fighting, and unsportsmanlike conduct. (Each 2 warnings will cause one point to be added to the opponent's total score. Six warnings will cause disqualification).
- In the event of a tie a sudden death overtime round will take place. First point scored will win the match. Point will be determined by the Center Referee.