

**SPARRING COMPETITION RULES -
COLOUR BELTS, SENIORS, and CHILDRENS DIVISIONS**

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LENGTH OF MATCHES

- 1 ½ minutes stop time match.
- 1 minute sudden death overtime in the event of a tie at the end of regular time.
- If still tied at the end of overtime, the Judges and Referee will decide the winner.

POINT SCORING SYSTEM (**Controlled techniques only are permitted**).

- 1 point for punch to body between collar bones and belt, including belt & flanks.
- No point for punch to the head. (no warnings or points removed)
- 1 point for kick to body between collar bones and belt, including belt and flanks.
- 2 points for kick to the head, including entire head and sides of neck. This includes a controlled kick going over the head if the kicker is looking at the kick.
- 5 point Mercy Rule. Competitor wins if leading by 5 points (not just first 5 points)

WARNINGS

A warning will be given by the centre ring referee and recorded by the timekeeper for:

- Any attack toward back of neck or spine.
- Any attack below the belt. (Note- no warning for kick to back of thigh or butt if it is followed immediately by a legal kick before the first foot touches the ground).
- Any contact to an illegal area - below belt, spine, back of neck, even by accident.
- Blind attack, even if no contact is made.
- **Excessive contact** to the face with punch or kick (esp. in childrens divisions).
- **Any excessive contact** showing lack of control.
- Feigning injury.
- Falling down on purpose.
- Stalling, running around without fighting, or stepping out of the ring on purpose.
- Turning back to opponent.
- Grabbing or holding for more than one technique.
- Tripping or throwing the opponent down on purpose.
- Poor sportsmanship, bad language, or taunting an opponent.
- Arguing with an official.

MINUS POINTS

One point minus will be given by the centre referee and recorded by the timekeeper for:

- Any two warnings given during the match.
- Deliberately attacking the groin.
- Attacking a fallen opponent.
- Continued attack after the command to stop ("Kalyeo!").
- Deliberate and excessive contact to the head with fist, even if no blood appears.
- Any attack with knee, elbow, forehead, or with open hand to the eyes.
- Any deliberate attempt to injure.
- Loss of temper, throwing equipment, or showing any lack of self control.

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DISQUALIFICATION

A competitor can be disqualified by the referee for the following:

- Two minus points (four warnings) during the match.
- Showing disrespect to a judge or referee.
- Failure to comply with instructions.
- Blood appears after excessive and deliberate contact to face.
- Excessive contact where the opponent is injured or cannot continue in the competition because of a deliberate attack (requires that both competitors will be out and can not proceed to the next round).
- In the event of a possible disqualification, the referee may decide after consultation with the corner judges.

SPARRING EQUIPMENT

- Head protectors, fist/forearm guards, and foot/shin guards are mandatory in all Colour Belt, Children, and Seniors sparring divisions.
- Chest protectors and mouthguards are optional in all Colour Belt, Children, and Seniors sparring divisions.
- Chest protectors are mandatory if one competitor insists (can be supplied by fellow competitors or host club at ring).

REFEREE/CORNER JUDGES RESPONSIBILITIES

There will be 1 referee and 2, 3, or 4 corner judges.

- The Referee must ensure both competitors are wearing appropriate safety equipment, (and chest protectors if one competitor insists).
- The referee should relinquish the referee position to a qualified corner judge for any match in which one of the referee's own students is competing.
- Each corner judge calls "point!" when seen. All raise arms outward, the referee crosses arms and says "Judges call!" and all raise the scorer's colour flag at the same time, with the referee pointing one finger for one point or two fingers for two points at the competitor who scored.
- The referee will then announce the point(s) scored, and make sure it is recorded by the timekeeper.
- Any two or more of the same colour flag raised must be awarded a point (or two points by high section kick), even if no point is seen by the referee.
- In the event of one each or two each of different colour flags raised, the referee can decide the point or declare no point.
- The referee can not award a point without a flag confirmation from at least one corner judge, but can award the point if only one flag is raised if he indicates the point when he clearly saw the technique score.
- In the event of a tie at the end of the sudden death overtime, the judges and referee will declare a winner by majority based upon best techniques, by turning back and raising the winner's colour flag at the same time.
- In the event of a dispute the Tournament Director will have the final decision.