

Light-Contact Continuous Sparring Rules

We reserve the right to disqualify competitors for violations of any rule.

• Mandatory Equipment

- Protective headgear - must cover the back, forehead, and sides of the head.
- Groin protector
- Light Contact Sparring gloves (foam or vinyl)
- Mouthpiece
- Footgear

• Optional Equipment

We strongly recommend the use of a face shields/protectors, along with chest, thigh, arm, and shin protectors.

For participant safety, referees will scrutinize all equipment. Unsafe equipment will not be allowed.

• Scoring/Time Limit

- (1) 1.5 min. continuous round. Judges will stop matches for warnings, safety concerns, falls, or discretion of judges.
- _At the end of the round, the referee will call for the judges' votes. The winner will be determined by majority vote. Additional 30 second rounds for ties.
- Competitors will be judged on the execution of techniques, skill, conduct, and control of each match.

• Legal Targets & Techniques

1. Front of Body (below neck & above waist)
2. Legs (outside thigh & calf)
3. Sweeps to the front leg to disrupt the balance of the opponent (mid-calf or below).
4. Grabbing: A competitor may grab their opponent for only one second in an effort to follow up with a technique.
5. Controlled strikes TOWARDS the head will be considered in points as long as they adhere to the following criteria:
 - A. They do not strike the head.
 - B. They are close enough to the opponents head that they WOULD strike if followed through.
 - C. They are direct and showing obvious control with NO FOLLOW-THRU.
 - D. We understand that accidents happen, and judges will keep this in mind during competition, however it will be clear what was an accident and what was purposeful. Competitors who do not adhere to these rules will be disqualified.

• Illegal Targets & Techniques

- **NO CONTACT TO HEAD WHATSOEVER (controlled or full force). THIS IS NOT FULL CONTACT. Due to Maryland law Title 4-302 We CAN NOT have ANY Head contact in our sparring event.**
- No strikes to neck, groin, back, spine, knees, or shins.
- _No throws/wrestling, takedowns, biting, headlocks, holding more than one second, head butting, scratching, elbow or knee strikes.
- No sweeps to back leg.

• Excessive Force, Warnings, and Disqualification

Excessive Force: Force that a reasonable person would consider unrestrained, uncontrolled, unrestricted or reasonably exceeding the safety limits. Force causing the head to snap backwards will be considered one example of "excessive force".

- _At the discretion of judges & following a vote, participants may be disqualified for abusive language, disrespectful behavior, and/or malicious behavior.
- Participants may receive warnings for:
 - Leaving the ring excessively.
 - Excessive force
 - Conduct
 - Use of illegal techniques or targets.
 - 3 warnings will result in automatic disqualification.
 - Bleeding or any injury caused by an illegal technique or “excessive force” will result in automatic disqualification.

Forfeiture of Match

Competitors shall forfeit matches if they do not continue for the following reasons:

- An illness or injury NOT caused by his or her opponent.
- An injury NOT considered a result of “excessive force”.
- Competitors who are NOT present or ready to compete at the time of their match.

Referee & Judges

- _Each ring will have (1) Referee to control & coordinate the matches and (3) Judges for voting. Only JUDGES can decide matches.
- _Judges may stop a match at their discretion, however control & coordination of the ring should be considered the responsibility of the Referee.
- Warnings or disqualifications MUST be determined by a unanimous vote between the Referee and Judges.

Ring Procedure

After the competitor has been checked, he/she will wait for the referee to indicate for the competitors to bow (to the referee first). On the command of the referee, the competitors will bow to each other and after assuming ready position, wait for the command, “Start” from the referee.

NOTE: This procedure is reversed at the end of the bout. i.e. on the command of the referee the competitors bow to each other and then bow to the Referee.

Prior to the referee starting the bout he/she checks that the judges and the timekeeper are ready to commence.

NOTE: The Referee checks the readiness of the other judges before starting.

During a bout, the timekeeper does not suspend the time when the referee calls “Stop”. However, the referee or another official may specifically call for time to be suspended in certain circumstances e.g. due to injury or equipment replacement. Time recording is resumed on the command “Start”.

NOTE: Under normal circumstances only the referee may ask time to be stopped. However, the judges may call for time to be stopped if they observe an injury or other incident likely to cause a discontinuity of the time and the referee has not signaled the timekeeper to suspend time.

• Coaches

- During a match only One (1) coach per competitor and/or team may be present on the floor/ring.
- Coaches must stay in the allotted area.
- _Coaches may appeal, protest or ask questions of the Referee. The Referee is responsible for resolving issues in the ring. The Referee may call the assistance of an Arbiter. The Arbiter will only intervene in order to assist the Referee or make decisions when the Referee cannot do so.
- _Coaches may not interfere with the referees conducting of the match or the progress of the

tournament. Competitors may be disqualified for inappropriate behavior of Coaches.

- **Blood Rules**

Contaminated Gear and uniform/clothing must be changed or decontaminated to ensure no possible contamination to any other person results.