

Sparring Rules

To score a point, a competitor has to strike, punch or kick to a vital body area.

Vital body areas include:

Front, side, back of the head, not the top of the head.

The neck, throat, side and back of the neck.

The chest, solar plexus, stomach and lower abdomen (below belt level).

The ribs on the side, above the belt, not below the belt.

The kidney area in the back, above the belt on either side of the spine.

Groin kicks, with control, are allowed and the groin is a target.

Any techniques below the belt on the side of body or back area are not a point.

Shoulders, arms, legs are not a target.

Warnings and disqualifications will occur with malicious kicks to the leg area, especially the knees.

Light body contact is allowed.

No face contact is allowed. That will result in a warning, loss of point or disqualification (decided on by the officials – corner judges and center referee).

If it draws blood that is an automatic disqualification.

The time limit is 2 minutes.

3 points wins or the most points at the end of the time limit.

Competitor on the referee's right side wears the red ribbon.

White and red flags are used by the corner judges, hand signals are used by the center referee.

When the competitor with the red ribbon scores a point, the corner judges will hold up the red flags. When the competitor without the red ribbons scores a point, the corner judges will hold up the white flags. The center referee holds up the right or left arm in the direction of the competitor who scores a point.

The flags are held up when the referee calls out score. "Judges – SCORE!" Everyone pops up the flag at the same time as the center referee holds up an arm. Two of the three officials must agree for a point to be awarded.

Running out of the ring to avoid the fight gets a warning. On the 3rd warning, you lose a point.

Referees should give commands in English. If you use a different language used in your dojo, follow it up in English so everyone understands what is being said.

Unsportsmanlike conduct, bad attitudes, anger, or disrespect to officials can result in disqualification.

Points, warnings and disqualifications are decided on by a majority of the three officials, (2 corner judges and center referee).