

Light Contact, Continuous Sparring Rules

Rules and Responsibilities - Continuous sparring allows the competitors to test the applications of their martial art in unarmed combat. Competitors are split into categories based on experience level.

**Refer to General Rules for more clarification on martial arts experience levels.*

Only competitors that have been registered at check-in, on the sparring bracket, and given to the ring scorekeeper before the match may participate in the sparring competition. No ring walk-ins are allowed to participate in continuous sparring.

Procedural rules for continuous sparring as follows:

- The head judge will ascertain the readiness of judges, timekeeper & competitors.
- The 2 competitors will bow to the center judge and bow to each other out of sportsmanship and respect
- The head judge will command the competitors to begin.
- The competitors will continue sparring in the approved fashion until:
 - Time is called by the timekeeper
 - A ring judge calls break
 - A competitor is outside of the ring
 - An incomplete grapple/sweep
 - Competitor touches the ground
 - Equipment malfunction
 - Injury to either competitors
 - A foul being observed
 - A potential hazard is observed

Competitors will separate immediately & return to their starting positions if instructed, and then the head judge continues the match until time is called. *(Competitors are cautioned and should be aware that this restart does not require verification of readiness.)*

Equipment

Required equipment for sparring:

- Padded headgear (with full-face guard for advanced levels) is mandatory
- Foam or vinyl sparring booties (optional)

- Shoes are optional. Must be a flexible shoe (i.e. wrestling shoes, Feiyue). Laces are permitted only if the opponent agrees to allow them, otherwise, must be covered or padded. Bare feet or socks are permitted
- Mouth piece
- Groin cup for males (optional for females)
- Sparring gloves (Boxing gloves, MMA gloves, traditional foam hand gear or Kenpo style gloves)
- Chest protectors are optional.

Judges will examine sparring gear before the match to ensure quality and safety.

Scoring

Scoring techniques include:

- Hand techniques (Closed fist or open palm)
- Leg techniques above the waist or to the outer thigh
- Sweeps to the outside portion of the leg (sweeping the supporting leg of a competitor while they are performing a technique is prohibited)
- Competitors are evaluated and scored on the execution of clean martial technique and control of the ring. A controlled technique with the implication of power is also considered a clean martial technique. An example includes a clear strike to the head that could have landed but the competitor intently controlled the technique to not hit the opponent.
- The ring judges will determine the winner for each round. The first competitor to win 2 rounds will be declared the winner of the match

Hygiene - Competitors must exhibit good and clean hygiene. Nails must be trimmed to less than 1/8" for open fingered gloves or bare feet to avoid any injury to opponents during the competition. Competitors must be free of any communicable disease, open and/or bleeding sores. Competitors must be physically capable of competing. Open sores, cuts, bleeding, etc. of any kind, will not be allowed.

Fouls/Disqualification

Foul techniques are as follows:

Any technique making intentional contact to the:

Face (Prohibited to on beginner/intermediate competitors)

- Back of Head
- Neck and Throat
- Joint areas of the body

- Groin
- Eyes

- Striking the support leg while the opposing leg is lifted.
- Any technique, including all joint locks, that causes the opponent to be twisted in such a way as to cause potential injury.
- Elbow or knee strikes are prohibited.
- Executing throws that lift the opponent above the attacking competitor's waist.
- Any technique considered excessive or dangerous to the participants.

During each round a competitor may be given a verbal warning for an accidental foul technique. Inadvertent foul technique may not be used to evaluate the merits of the competitors' sparring performance. Though, depending on the severity and frequency, a foul can still be called based on the judges' judgment. Three fouls will lead to disqualification from the sparring competition.

A competitor that performs a premeditated foul will be disqualified immediately without allowance of the 1st warning.

During the match, the contestants shall not receive coaching by anyone in the audience including that student's instructor and family members. A warning will be given to the competitor. Continued infractions that continue past the 1st warning will cause disqualification of that competitor.

Repeated or severe breaches of civility or politeness or lack of respect and sportsmanship, for either the other competitor or any of the judges, at the Head Judge's discretion, may cause the offender to be penalized or disqualified from the match and possibly future matches.

If a competitor causes a wound to another opponent during sparring competition through excessive contact, illegal technique, or improper grooming, the responsible competitor will be disqualified, and the injured competitor will seek qualified medical attention as provided.

A competitor must not attempt to cause his or her opponent, judges, tournament officials/volunteers, spectators any malicious harm. Any malicious harm or indication of malicious intent to the aforementioned is grounds from removal and banishment from the tournament.

Injuries -Any judge may stop the match in case of injury to either competitor or if any other danger presents itself during competition.

If a competitor requires medical attention, they are allowed 2 minutes in their corner with a medical official. If a competitor is injured through their own volition, and the competitor cannot return because of medical advice, the opponent will automatically receive a "win" for that match.

Depending on the bracket seeding, if a previously injured competitor is reexamined by a medical professional and cleared, then the competitor may return to competition.

Any competitor that has been knocked out, has lost consciousness, or has received a head injury that appears to have markedly affected his or her awareness, balance or orientation, will not be allowed to continue sparring.

Contact Definitions

Contact power definitions are as follows:

Light contact is defined as follows:

- The fist or foot only makes contact with the added width of the glove.
- Body or head (Advanced competitors) displaced 1-2 inches

Medium Contact is defined as follows:

- The attack displaces the opponent no more than 3 – 4 inches, not considering stumbling, slipping or withdrawing by the opponent.
- Heavy contact is prohibited and reserved for the Lei Tai ring.

Arbitration - Any coach disputing the results of a match and wishing to have arbitration of a match for any reason must notify the head referee verbally within 15 minutes of the match. The team coach must then file a written request for arbitration along with a \$300 arbitration fee to the Tournament Director within 30 minutes of the match. If the arbitration is settled in favor of the arbitrating team, the coach shall receive a refund of the arbitration fee; otherwise, no refund will be given.

***A round or match may be stopped by any of the ring judges, the Tournament Official (s), if so desired, based on a breach of these rules herein.**