

CONTINUOUS SPARRING RULES 2022

RING SIZE (same as point sparring)

SPARRING EQUIPMENT (same as point sparring, unless promoter provides special gloves)

UNIFORM (Same as point sparring)

TIME LIMIT/Length of the Match

Two 30 second rounds Or TWO 45 Second rounds (Promoters Option)

Attention All Competitors Coaches and Parents

The purpose of these rules is the safety of all participants.

OFFICIALS

One Center Referee and Two or Four Corner Officials for each match

Center Referee's Duty is to start and stop any match and issue warnings and penalty points. Generally speaking the operation of each ring depends on all officials especially the center referee. However **in Continuous Sparring most of the responsibility lies on the Center Referee** so the Center referee for these division has to be very FIRM with controlling their ring. Going over the rules with competitors before the start of the divisions would be very helpful for operation of the ring.

Corner Officials Duty is to issue all the points for legal techniques to legal target areas (same as point sparring) to the competitors **using clickers**. Corner officials will issue points to each competitor during each match. Corner officials change their clickers after each round.

Example Official A issues points for (Red Flag) competitor for first round (30 seconds) and Official B issues points for (White Flag) competitor. They change their clickers and issue points for the opposite competitor for second half of the match (30 seconds) At the end of the match SK announces the total points issued on the clickers **and penalty points are added in for the total score.**

All Contact Rules are same as Point Sparring,

NO FACE CONTACT for any color belts or Junior black belts. **LIGHT TOUCH** for Adult Black Belts only

Continuous Penalty Rules & Penalty Points

1. **ONE WARNING** for any Violation and **PENALTY POINT** for any Violation after the first.

NO WARNING for FACE CONTACT and Poor Sportsmanship

2. AMOUNT OF Continuous PUNCHES and KICKS Allowed

Competitors are allowed to execute a maximum of (5) hand or foot techniques in a row After fifth hand or foot technique is thrown the competitor must do one of the following option before continuing,

a) **Throw a kick after five punches**

b) **Take step backward or pause for a time sufficient enough to break the progression of repetitive strikes.**

3. Penalty Points Given by Center Referee (2,3,4)

Center Referee Issues all the penalty points independently during any match at the end of each match. Penalty points are added to the total score. Any competitor with 10 or more penalty points will automatically be disqualified.

a) **(2) points penalty** for striking six times in a row as long as Sixth techniques is not severe enough for disqualification

b) **(3) point penalty** for striking a non target area (except face – a higher penalty for face contact for all belts except adult black belts) or excessive contact to the body, grabbing, take downs or **poor sportsmanship from Competitor , coaches, parents or spectators**

c) **Minimum (4) penalty point** for any type of light touch to the face in all divisions except adult black belt, light contact to the head for color belts and face for black belts

d) **All Competitors will be disqualified for second violation for the head or face contact**

e) **DISQUALIFICATION** for any moderate or excessive contact to the face or head in all belt divisions except adult black belts. Excessive contact to the head or face for adult black belts will result in disqualification.