

Sparring Rules

- 1. All kumite matches will have the duration of two minutes.**
- 2. The time keeper will start the clock at the request of the referee.**
- 3. The time keeper may only stop the clock at the request of the referee.**
- 4. 3-point matches. 1 point for punch and 1 point for kicks.**
- 5. Points are scored to the front upper torso, face, and headgear. If a competitor turns away to avoid being scored on, a point can be earned by striking to the back or the back of the head.**
- 6. Nothing is allowed below the belt. No sweeps or leg checks.**
- 7. Headgear, feet gear, and handgear that cover the punching knuckles are required. Mouthpiece is required for all fighters and groin cups for males.**
- 8. Grabbing is allowed only if followed by an immediate technique.**
- 9. Excessive contact will receive a warning the first time, loss of point for second warning, and disqualification for the third offense.**
- 10. Unsportsmanlike conduct of any kind will not be tolerated and will result in the immediate disqualification of the offender.**

- 11. No coaching is allowed by instructors or family members.**
- 12. Unsportsmanlike behavior from family or instructor will result in the disqualification of the competitor.**
- 13. Scores will only be awarded for proper technique only done balance.**
- 14. Spinning techniques are allowed.**
- 15. No blind techniques.**
- 16. All fighters must be in the uniform of their style.**