

Continuous Sparring

Required Protective Equipment

Headgear, mouth piece, groin protector, approved gloves, and feet. Protective equipment may not be allowed to be used if the equipment is held together by materials other than those used by the manufacturer. This may include staples, duck tape or other products that may render the equipment unsafe or dangerous.

Weight classes

Generally speaking 3 weight weight-classes will be used, light, medium and heavy. This will hold true for both men's and women's divisions. However, in some circumstances heavier and lighter classes may be incorporated, but should not be mixed, in the event that great weight dispersion is presented.

Weight class should never be mixed when ranking status is being used. Mixed divisions should be created at the tournament level, and placement should be allowed at the tournament level only without ranking, when there are not enough contestants present to hold a particular division, if the competitors agree to fight out of their respective weight class.

Requirements to Winning

Contestants will be required to spar and win 2 out of 3 rounds of fighting. In the event that either contestant has not scored the necessary amount of scores to win the fight, additional rounds will take place until a winner has been decided or when one opponent with-draws from the fight.

Scoring is not done on a technique by technique basis. Rather, scoring is done at the end of each round per judge. The judge awards his/her scores to the fighter that in his/her opinion executed the greater skill in technique combined with the greater level of control while demonstrating both offensive and defensive capability. In the event that a judge cannot reasonably decide which combatant was the better competitor, he may score the round a tie.

Each round can be scored no less than 3 scores, one score per judge, no judge scoring a tie in any round. The competitor with greater number of scores at the end of each round wins that round. The competitor with the greater number of winning rounds at the end of two or more rounds of fighting, after accumulating the scores of the previous rounds wins the bout.

Rounds will be 30 seconds in duration.

Light Contact Areas

Beginner and Intermediate Levels

Light contact areas include the forehead area and sides of the headgear, front and side of the torso, outside of the thigh, and outside and inside of the lower leg. Any attacks to any parts of the legs will be limited to circular attacks such as round house kicks to the outside of the thigh and sweeps to the outside and inside of the lower lead leg. Sweeps to the support leg are not allowed, nor will straight on attacks to the leg, be allowed due to risk of injury.

Facial attacks are not allowed at all, at the beginner or intermediate levels. Horizontal attacks coming down towards the top of the head and shoulder (AXE KICKS) are also NOT allowed in this division. The risk of injury is too great and the level of control with these types of attack is too low. These attacks include but are not limited to axe kicks and downward striking attacks such as hammer fists and ridge hands.

Advanced Level

The same rules as those referenced above apply except that attacks to the face will be allowed without contact. An exception to this rule is allowed when a competitor is using headgear that is manufactured with a facial protective grid, shield or nose guard. When this type of equipment is used, light contact to the facial area is allowed but not to the extent the contact creates a wiping motion of head.

A disadvantage can be present when one competitor use headgear as described above and the other competitor does not. Prior to the start of the bout, both competitors must be reminded of this rule.

Illegal Targets and Weapons

The following are illegal targets, the back and top of the head, spine, neck, throat and groin. Furthermore attacks to joints will not be allowed. Attacks to the joints include strikes directed at the joint and joint locking techniques. The joints include the knee, elbow wrist and shoulder.

Illegal weapons include knees, elbows, fingertip strikes, take downs except sweeps to the lead leg and throws of any kind, floor and/or ground fighting, open hand strikes to the face, and sweeps to the support leg or sweeps attacking both legs. Any spinning attacks in which the judges consider the technique to be a blind attack. This includes spinning back fists and spinning kicks of any kind.

Disqualification

Biting is grounds for immediate disqualification. Rude, obnoxious, belligerent and unsportsmen like behavior and foul language will not be tolerated. Contestants will be given one warning only for this type of behavior. A second warning will result in immediate disqualification.

An injury to an opponent that results in the drawing of blood will result in a disqualification depending on the severity of the blood drawn. An accumulation of 4 warnings for attacks to illegal targets, for the use of illegal weapons or the use of excessive contact will result in disqualification. Contestants will be given only 2 warning for excessive head contact prior to disqualification. Other warnings include but are not limited to intentionally leaving an illegal target open to draw an attack and turning your back on your opponent. Only 2 warning will be given for running out of the established area of fighting.

Excessive contact is defined as a level of contact at which an opponent is dislodged from a stable stance, a level at which blood is drawn (see above), a level at which the head is forced from a natural position in such a way as to allow injury to the head or neck.

Intent to injure an opponent is not necessary for a warning to be issued.

Coaching

Coaching from instructors during and between rounds is not allowed (since there is no rest period between rounds). Contestants should be skilled enough to properly execute their techniques without instruction from the sidelines. Coaching between fights is perfectly legal.

Reminder

This is not San Shou (FULL CONTACT). It is also not point sparing. It is continuous light contact. All contestants need to protect themselves throughout their fights. Do not think that because you are not executing hard technique that you won't get hit, you need to know how to block as well as punch & kick.