

TOURNAMENT SPARRING RULES

Match Format

- First to 5 points wins
- Matches are continuous sparring

Scoring (1 point each)

- Any kick to legal target area
- Any hand strike to legal target area
- NO points for strikes to the face

Legal Target Areas

- Headgear (sides and back)
- Chest
- Stomach
- Ribs

Contact Level

- Light touch contact only
- No excessive force or knockouts

Required Safety Gear

- Headgear
- Mouthpiece
- Gloves (foam-dipped or enclosed style)
- Groin protection
- Foot protectors
- Shin guards and chest protectors are optional

Prohibited Techniques

- Strikes to the front of the face
- Strikes to the back of the head
- Strikes to the neck, spine, groin, or knees
- Grabbing, holding, or clinching

Conduct

- Bow to judges, then to your opponent before the match
- Bow to judges, then to your opponent after the match
- Respect the referee's calls at all times

- Be ready when called—delays result in penalty points

Penalties

- Warnings for rule violations
- Disqualification for excessive contact or unsportsmanlike conduct