

# CONTINUOUS SPARRING RULES

## 18 & over – all ranks

- Ring should have 4 judges and 1 center Referee (minimum, 2 judges – 1 referee)
- Must wear a presentable uniform. *Belt is optional.* No street attire permitted.
- The match will last a total of 1.5 - minutes (running time / non-stop sparring) elimination rounds.
- A competitor is allowed only (1) time-out for up to (10) seconds per match. If a competitor is injured, he/she has (1) minute to recover; otherwise, they will forfeit the match.
- Techniques allowed are limited to jabs, straight punches, overhand punches, and hook punches. No hand techniques to top or back of head. Controlled spin-back fists are allowed. No uncontrolled or wild hand techniques are permissible. Kick techniques are limited to the front and side of the torso and headgear. Leg checks to front leg only – above/below knee area is permissible (no knee strikes allowed). Cut kicks are permissible, but only to the thigh area (above the knee). No groin or knee attacks/techniques.
- **Contact** allowed: Light touch to face/head gear / Moderate to torso. Heavy contact is prohibited. No intentional knock downs permitted (*will be subjected to disqualification*). Once a competitor receives 3 separate penalty warnings/calls they are disqualified.
- **Safety headgear** with a facial safety grill/mask must be worn, or boxing-type headgear with cheekbone protection. **No Open face headgear allowed.** Competitors must provide their own 8 to 16 oz lace-less boxing gloves/Top-Ten gear, and mouthpiece. Foam-dipped sparring shoes must be worn. *Chest and shin protectors are optional.*
- **Scoring:** At the end of the round, the center referee will call for a winner. The two/four judges, along with the center referee will evaluate the relative effectiveness of each competitor based on the number, quality and variety of scoring strikes, defense, and conditioning. Officials will determine the winner of each match by majority decision. A vote must be rendered. No ties whatsoever. Emphasis must be placed on **both punching and kicking techniques.** Punching or “boxing” only, for an extended period of time without throwing kicks will downgrade the judge’s evaluation of the competitor’s performance.
- **Penalties:** Safety rules will be enforced. If at any time a player shows disrespect, he/she will be automatically disqualified. A player is allowed up to two warnings, providing the infraction is not excessive or intentional. The third warning will result in disqualification.
- **Blood drawn and/or swelling – may result in disqualification** (The total circumstances behind the infraction will be taken into consideration before considering a disqualification call).
- **Unsportsmanlike conduct by the competitor and/or coach/instructor will result in an automatic disqualification.**