

# SPARRING COMPETITION RULES

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## Divisions:

For youth (12 & Under) boys & girls will be in the same divisions, for everyone 13 & up, males and females will be separated.

## Judging:

For all sparring divisions there will be three (3) or five (5) judges for each division. A majority of judges must agree on all decisions made during competition (this includes points and warnings).

## Match time:

Sparring matches will be 2 minutes in time. Time will run continuously during the match unless specific instructions to stop the time are given by the center referee.

## Declaring a Winner:

A winner will be determined by one of the following criteria:

- Competitor with the most points at the end of two minutes
- Competitor shows definitive dominance by achieving a five (5) point spread over their opponent
- Opponent bows out of the match

## Ties:

If at the end of two (2) minutes, the match will continue for one (1) minute of overtime. If at the end of the one minute over time, the score is still tied, winner will be determined by the first competitor to score.

## Equipment:

The following equipment is required for competition in Sparring Divisions. ***If you are not sure if your equipment is acceptable for competition, please have it inspected by your center judge prior to beginning competition.*** Any equipment does not meet the following guidelines will need to be changed prior to competition. *(DMA of Sioux Falls will have a few sets of loaner gear available for any participant that does not have the correct equipment.)*

### ***Mandatory Equipment:***

1. **Mouth Guard**
2. **Male groin protection**
3. **Hand gear** – must cover thumb and second knuckle. No MMA gloves.
4. **Footgear** – must cover the toes and the instep
5. **Head gear** – must cover the forehead and back of head.

### ***Optional Equipment***

1. Chest protectors
2. Forearm guards
3. Shin guards
4. Female groin protection

## Scoring:

All scoring techniques will be awarded one (1) point. The person with the most points at the end of the 2-Minute match, or the first person to achieve a five point spread will be declared the winner. In the event of a tie, the competitors will compete in OT for one additional minute. In the case of a second tie, sudden death will take place (first person to score wins).

### *Target Areas*

- Front of body
- Side of body
- Kidneys
- Head: **2-inches from the head for all division under Black Belt.** Light head contact will be allowed in the **Black Belt Divisions only.**

### *Illegal Target Areas:*

- Anything below the belt (waist)
- Spine& Shoulder blades
- Contact to the head below Black Belt Levels

### *Legal Strikes:*

- Straight and reverse punches
- Back hands
- Ridge hands (thumb side of hand)
- All kicks using the foot as a striking tool
- Sweeps to the front leg from the outside in, immediately followed by a legal strike to a target area

### *Illegal Techniques:*

- Spinning back hands
- Knife hand strikes (pinky side of hand)
- Open hand strikes
- Upper cuts
- Spear Hand strikes
- Claw strikes
- Shin and forearm strikes
- Knee and elbow strikes
- Sweeps other than stated above
- Grabs lasting longer than 2 seconds

### *Points:*

*All strikes must land with light contact. Excessive contact will result in a warning.*

- **1 point** for any legal hand technique executed with control to a legal target area.
- **1 point** for any kick that uses the foot as a striking tool, executed with control to a legal target area.
- **Head contact will be allowed in the Black Belt Divisions Only.** All other divisions must stop head strikes two inches from head to receive a point.

### **Fighting from the ground:**

Competitors are allowed to score from the ground or be scored on while on the ground. If a competitor falls over for any reason, the center judge will make an audible “three count” during which time points may be scored. After three seconds “Break” will be called and competitors will be returned to their feet.

## **Warnings:**

Warnings are divided into three categories

### ***Illegal Technique Warnings:***

A warning will be awarded for any intentional strikes to the illegal areas, strikes with excessive contact, or use of an illegal technique

- **First warning** – Verbal warning from judges
- **Second warning** – One (1) point awarded to other competitor
- **Third warning** – Competitor will be disqualified

### ***Out of Ring Warnings:***

Out of Ring Warnings will be issued to any competitor who steps out of the ring with one foot. Competitors who are out of the ring cannot score, but can be scored upon as long as one foot is still in the ring.

- **First Warning** – Verbal warning from judges
- **Second Warning** – Verbal warning from judges
- **Third Warning** – The other competitor will be awarded 1 point

### ***Poor sportsman Conduct Warnings:***

Because the purpose of competition is to engage in healthy competition with others to improve and test one's self, it is in the interest of all that both competitors and spectators conduct themselves within the proper spirit of the arts. With that in mind, a competitor may be penalized for poor conduct from themselves, their coaches/instructors, or their fans.

- **First warning** – Verbal warning from judges
- **Second warning** – One (1) point awarded to other competitor
- **Third warning** – Competitor will be disqualified

**At the Judges' discretion a competitor may be disqualified from competition at any time.**