

Tournament Rules

 **All black and brown belts must show respect to others**

Sparring - Roof Top Rules

 **Time Limit – 2 minutes per match**

 **Tie at end of round – Sudden death/First point wins**

 **Girls spar girls (If there are no girls in their division let them spar once for sportsmanship)**

 **Separate school competitors so they don't fight one another**

 **Cup/Mouth piece ARE required!!**

Sparring - SCORING Points

 **HANDS – 1 point**

 **KICKS – 1 point**

 **GROIN – 1 point**

 **Full extension arm or kick is ok for kids**

 **Not counted for adults**

 **Kicks must be above the knees to award a point**

 **Sweeps are allowed – Cannot go against joint (You have 3 seconds to score a point)**

SPARRING*NOT ALLOWED

 **Over head hits to the head**

 **Out of ring warning 1st, 2nd, 3rd – 4th point is awarded**

 **Two warnings for face contact – 3 is disqualification**

 **Disqualification if blood is drawn in all belts**

 **Control punch to face on lower belts – point will be awarded**

 **Light face contact for brown and black belts**

 **Head gear optional for Black Belts**