

CONTINUOUS SPARRING RULES 2020

RING SIZE (same as point sparring)

SPARRING EQUIPMENT (same as point sparring, unless promoter provides special gloves)

UNIFORM (Same as point sparring)

TIME LIMIT/Length of the Match

Two 30 second rounds Or TWO 45 Second rounds (Promoters Option)

Attention All Competitors Coaches and Parents

The purpose of these rules is the safety of all participants.

OFFICIALS

One Center Referee and Two or Four Corner Officials for each match

Center Referee's Duty is to start and stop any match and issue warnings and penalty points. Generally speaking the operation of each ring depends on all officials especially the center referee. However **in Continuous Sparring most of the responsibility lies on the Center Referee** so the Center referee for these division has to be very FIRM with controlling their ring. Going over the rules with competitors before the start of the divisions would be very helpful for operation of the ring.

Corner Officials Duty is to issue all the points for legal techniques to legal target areas (same as point sparring) to the competitors **using clickers**. Corner officials will issue points to each competitor during each match. Corner officials change their clickers after each round.

Example Official A issues points for (Red Flag) competitor for first round (30 seconds) and Official B issues points for (White Flag) competitor. They change their clickers and issue points for the opposite competitor for second half of the match (30 seconds) At the end of the match SK announces the total points issued on the clickers **and penalty points are added in for the total score.**

All Contact Rules are same as Point Sparring,

NO FACE CONTACT for any color belts or Junior black belts. **LIGHT TOUCH** for Adult Black Belts only