



## RULES FOR FOAM WEAPONS SPARRING

### Required Protective Equipment

- Mandatory equipment includes NAKA-approved head gear and face mask.
- All male participants must wear a groin protector.
- Protective gloves.
- Competitors are responsible for their own gear (except face mask).
- Universal face masks will be available at the ring.
- The following objects are prohibited from wear during competition: metal hair clips, jewelry or other metallic objects.

### Scoring

#### Legal Scoring Areas:

- Helmet and face mask;
- Front and side of body above the belt and below the neck; and,
- Wrist.

#### Point System:

- 1 point for firm contact to the wrist or front and side of body above the belt and below the neck; and,
- 2 points for firm contact to the head gear and/or face mask.
- Any thrusting technique will not be scored.

#### Illegal Techniques:

- Any technique to the groin;
- Any technique to the throat; and,
- Any one-handed technique.

Points are awarded by the Center Referee and kept by the Scorekeeper. The Center Referee has discretion and final say in awarding points and penalties. A Timekeeper will also be present.

Matches will run for two minutes. A participant will win the match if he or she has at least a five (5) point lead at any time.

In the event of a tie, there will be a one minute overtime match until the tie is broken, either by one participant earning a point or by one participant losing a point as a result of a penalty. If there is a tie upon the conclusion of the overtime match, the Center Referee will pick the winner.

### Firm Contact

All contact to the head, body and/or wrist is to be firm contact.



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### **Time Limit & Coaching**

One round of two minutes.

### **Penalties, Warnings & Disqualification**

Warnings for Contact Violations Penalties for Contact Violations (i.e., excessive force or contact, striking illegal target areas or using illegal techniques, etc.) will be issued by the Referee.

Penalties for Contact Violations (i.e., excessive force or contact when striking or blocking, striking illegal target areas or using illegal techniques, etc.):

- 1<sup>ST</sup> penalty gives one (1) point to your opponent;
- 2<sup>ND</sup> penalty gives another point to your opponent; and,
- 3<sup>RD</sup> penalty will be disqualification.

For Non-Contact Violations (i.e., avoiding your opponent, going out of the ring repeatedly, excessive falling, etc.): Warnings for non-contact violations are at the discretion of the Referee. If the Non-Contact Violations are excessive, then the Referee can utilize the same penalty system as for Contact Violations.

Immediate disqualification, including, but not limited to:

- Unintentional or accidental contact causing the opponent to bleed or resulting in an injury;
- Intentional excessive contact; and,
- Poor sportsmanship by the participant and/or the participant's coaches, instructors, parents, and/or colleagues.

Warnings, penalties and disqualification are assigned at the discretion of the Center Referee.