



RULES FOR POINT SPARRING

Required Protective Equipment

Mandatory equipment includes NAKA-approved head gear, foot gear, hand gear, shin gear, and mouth guard. All male participants must wear a groin protector.

Chest protectors (hogu's) are optional.

Competitors are responsible for their own gear

A participant who needs to wear glasses while sparring has two options:

- 1 Wear prescription sports goggles in lieu of their glasses; or
- 2 Wear a head gear with a face shield (NAKA will provide a limited number of face shields.)

Fingers and toes must be covered (Rounded end gloves are acceptable. Bag gloves are not acceptable)
Finger and Toe nails must be Clean and Trimmed neatly.

Scoring

Legal Scoring Areas:

- a. Front and side of body above the belt and below the neck;
- b. Head gear (kicks to the head may be implied meaning that judges may score techniques based on their control and accuracy and whether the judge believes the technique could have made contact to the head gear).

Point System:

- a. 1 point for hand or foot technique to the body;
- b. 2 points for legal foot techniques to the head gear; ,
- c. If the age of the participants is 18 or older and rank is brown belt or above, then 1 point with a back fist technique to the head gear.

Legal Hand Techniques:

- a. Ridge-hand and knife-hand techniques to the body;
- b. Punches and back fist techniques to the body;
- c. Back fist to the head gear for those 18 or older and whose rank is brown belt or above.

Illegal Techniques:

- a. Any hand techniques to the face or headgear
(the exceptions is a backlist to the head gear for 18+ and brown belt and above)
- b. Elbow and knee strikes;
- c. Any spinning hand technique;
- d. Kicking to the face (unless deemed inadvertent by referee)
- e. Strikes below the belt
- f. Strikes to the neck, back , shoulders, arms and hands
- g. Pushing or shoving
- h. Grabs, traps and locking techniques
- i. Throws, sweeps and takedowns

Points are awarded based on a consensus of a majority of the Center Referee and four Corner Judges. This means that three out of the five judges must agree in order for a point to be awarded. If at least three out of the five judges score a technique, but disagree on whether it was a 1 or 2 point technique, the 1 point technique shall score provided the judges saw the same technique.



A participant will win the match if he or she has at least a five (5) point lead upon the completion of the first round. All participants will complete the first round regardless of the score. Once there is a 5 point lead at any time during the second round, the participant with the 5 point lead will win the match. If there is no 5 point lead upon the conclusion of the second round, then the participant with the highest score will be the winner.

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 and four Corner Judges will pick the winner.

Light Contact

All contact to the head and body is to be light contact.

Time Limit & Coaching

Two rounds of two minutes each with a thirty (30) second break between rounds. During the 30 second break, one coach may give advice to the participant. A coach may be another student, parent, or an instructor. The Center Referee and four Corner Judges **shall not** be allowed to coach any participant that is competing in their ring, at any time.

Penalties, Warnings, & Disqualification

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

- a. 1ST penalty gives one (1) point to your opponent;
- b. 2ND penalty gives another point to your opponent; and,
- c. 3RD 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 Center Referee. If the Non-Contact Violations are excessive, then the Center Referee can utilize the same penalty system as for Contact Violations.

Immediate disqualification, including, but not limited to:

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

Penalties, warnings and disqualification are assigned at the discretion of the Center Referee. The Center Referee may seek counsel from the four Corner Judges before making a final decision.