

Sunflower State Games Martial Arts: Sparring Rules Sheet

- Hand techniques are worth 1pt. and feet are worth 2pts.
- No face contact below 18 years old and below brown/red belt.
- Back of head is a target- from back of ear to other ear, not the top of head.
- Kidney is a target, but not the middle of the back.
- Controlled techniques that have arm/leg bent that were pulled back but could have made contact should be called for pt/pts. Outstretched arm/leg that couldn't have made contact will not be call for points.
- Below the belt is not a target. If groin contact is made, warning will be issued for offender and point given to victim. If happens a second time the offender will be **disqualified**.
- Control of power is important. If your opponent has severe redness, swelling, or bleeding from a technique thrown by yourself, you will be **disqualified**.
- Front leg boot-boot sweeps are allowed, but remember we are on wood floors with no mats.
- 1-second holds are allowed then counter.
- **No fighting** to the floor or back up.
- Going out of bounce, each time there will be given a warning, after the third warning a point will be taken from that person and given to their opponent for each time thereafter.
- Each round is for 2-mins. With breaks called for each point. If tied at the end of 2-mins, then 1-min. overtime will be given. If tied again then it will go to sudden death, first to score wins.

***All rules will be covered right before sparring begins and all questions will be answered before we start.**