

Sunflower State Games Martial Arts Sparring Rules

1. All techniques are worth 1 point, 5 point spread will end the match
2. Rounds are 2 minutes running time with breaks called for each point. If tied at the end of 2 minutes, then 1 minute of overtime will be given. If tied again, then it will go to Sudden Win.
3. No face contact below 18 years old or below brown/red belt. If face contact is made, then a warning will be issued and one point given to their opponent. If this happens a second time, then the offender will be **disqualified**.
4. Back of head is a target, from back of one ear to the back of the other ear.
5. Top of the head and neck are not targets.
6. Kidney is a target, but not the middle of the back or spine.
7. Controlled techniques that have arm/leg bent that were pulled back but could have made contact should be called for a point to controlled target areas. Outstretched arm/leg that could not have made contact will not be called for points.
8. Groin is not a target. If groin contact is made, a warning will be issued to that person and one point given to their opponent. If this happens a second time, then the offender will be **disqualified**.
9. Controlling power is important. Wild techniques will not be tolerated. If your opponent has severe redness or swelling, you may be disqualified. If it is confirmed you threw a wild technique, you will be issued a warning and your opponent awarded a point. On the third warning, you will be **disqualified**.
10. **Drawing blood** will be grounds for immediate **disqualification**.
11. Front leg boot-to-boot sweeps or break stance are allowed. No sweeps to the back leg or while your opponent is kicking will be allowed. If you do either of those, you will receive a warning and your opponent awarded a point. On the third warning, you will be **disqualified**.
12. 1 second holds are allowed but must be followed by another technique
13. **No down fighting or takedowns** will be allowed.
14. Running out of bounds will result in a warning. On the third warning and after, your opponent will receive one point.
15. At any time, the center referee may override the other referees and **disqualify** a competitor if they have had multiple warnings, contact is excessive or unsportsman-like behavior.

***All rules will be covered before sparring begins and questions will be answered.**