

KICK International Continuous Sparring Rules 2009

Divisions/Event Definition

Continuous Sparring is defined as an event involving (2) individuals engaged in a 2 minute continuous sparring match.

Opponents will start on their feet in a designated ring similar to point fighting. The object of the match is to score the most accumulated points against your opponent in a specified time limit.

Competitors are required to wear specified gear for their division and must adhere to the general rules.

Specified Gear:

All competitors must wear a mouth guard.

Males- cup and supporter

All competitors must wear a helmet with a face shield.

Gloves that cover the knuckles and backside of fingers (must be soft foam)

Foot pads that cover the complete top of the foot and be soft foam

Shin pads are optional, but recommended

Chest pads are not allowed unless there is a medical condition

KICK International reserves the right to add or eliminate divisions.

All ranks- Separate male and female

Age

8 and under - beginner- intermediate

9 to 11 year olds- beginner- intermediate- advanced/Black

12 to 14 year olds- beginner- intermediate- advanced/Black

15 to 17 year olds- beginner- intermediate- advanced/Black

Match Duration

- Each match will be 1 round of 2 minutes.
- In case of a tie, an extra round will be fought for 1 minute
- After the overtime if it is still tied then there will be a third round of sudden winner. The first fighter to score is the winner.

Scoring:

All Hand Techniques (standing or midair) to Head or Torso 1 point

Kicks (standing or midair) to the Torso 2 Points

Kicks (standing or midair) to the Head 3 Points

Ring Size and Layout:

Ring Size

Rings must be at least 15 X 15 and not be warped and be in good shape

Score Keeper and TimeKeeper Table

At the top of the ring there will be a table where the score keeper and time keeper will be stationed as to view the match without obstruction

Outside Referees

2 referees will be seated in diagonal corners of the ring and will be provided clipboards and scoring sheets.

Center Referee

The Center Referee will be positioned in the middle of the ring when the fight starts and will follow the fighters around the ring to ensure their safety.

Red Fighter

The red fighter will be on the right hand side of the score table and will wear a red scarf on their body during the fight.

Blue Fighter

The blue fighter will be on the left hand side of the score table and will wear a blue scarf on their body during the fight.

Number of Referees

- Each match will have 2 corner referees and 1 center judge.
- The corner judges will be the primary decision makers
- The decision of the center referee will be used only in cases of ties.
- At the end of 2 minutes the center will give his/her decision to the scorekeeper before collecting the papers of the corners
- The corner referees will completely fill out the fight forms and turn them into the center referee at the completion of the fight.

Target Areas

- The front and sides of the head and face.
- Never to the neck, throat, back of neck, head or top of the head.
- Shoulder to shoulder all the way to the belt. The entire front of the torso. Never to the back or below the waist.

What Constitutes a Point

- Techniques must be executed correctly. Must be a legal technique to a legal target area
- Techniques must have extension and retraction
- Techniques to the head must not have much or any displacement. (i.e. no whiplash)
- Techniques must have purpose and be identifiable to the judges.
- The attacker must be balanced while executing the technique.

Warnings

- Contact Warning: Attacking illegal targets or Whiplash of the head
- Stepping out of bounds with both feet (unless pushed by the opponent). One foot in is allowed, however only for 2 seconds
- Falling down, intentionally or as a result of a technique
- Holding, grabbing, sweeping, pushing, pulling the opponent
- Boundary Warning : Fleeing from your opponent to avoid sparring.
- Important Point: An athlete can not score a point if he/she committed a warning or foul during the technique.

Fouls

Loss of 1 point will be enforced in the case of any of these offenses.

- Loss of temper and/or show of anger
- Bad sportsmanship or taunting
- Biting, scratching, use of knees, elbows or forehead
- Three warnings (every three warnings is 1 deduction point)
- Attacking a fallen opponent

Disqualification – Referee can auto escalate to this if blatant issues occur.

- Ignoring the referees, judges or any Kick officials
- Excessive Contact
- Committing 3 Fouls

Injuries

During an injury, the center referee will stop time and a doctor can be brought in to diagnose the athlete.

- If the athlete can not continue because of the injury, he/she is the winner if the opponent is responsible.
- If the athlete can not continue because of the injury, he/she is the loser if the opponent is not responsible.
- If you can not continue during your event, due to injury, you must not compete anymore that day.