



Sparring Rules

Competition bracket: The bracket will be single elimination and byes will be awarded to highest rated SWAT competitors first, otherwise on a random draw basis. Rated competitors are based upon the previous year standings, not current standings.

Time: Running time is 2 minutes. Time will only be stopped by a time out request from the center judge. Time shall not be stopped for awarding of points.

Winner: Shall be determined by the competitor who is ahead on points at the end of time or by the first to score five points. Some tournament directors may elect to use a five point spread or two minutes. If the match is tied, sudden victory will decide the winner (first one to score).

Scoring: One point shall be awarded for a legitimate martial art technique (hand or foot) to a legal contact area. Open hand strikes are not allowed.

Legal contact areas:

- The padded (head gear) portions on the head, including sides, back, and forehead pad. Top of the head is not a target. The face guard area is not a target below adult black belt level.
- Upper torso above the belt and below the neck, including the side (kidney) area are legal targets. The spine and neck are not legal targets.

Illegal contact areas: The lower body (intentional leg attacks), neck, groin, face (except for adult black belts).

Fouls: Face contact (below adult black belt), groin, intentional leg attack (not a clash), and excessive force, in the opinion of a majority of the judges. First warning is administered to all competitors in the rules meeting. First contact is a point to the offended party. Second contact is loss of match.

Judges: Should be in uniform and must be adult black belts. Adult brown or red belts may assist if needed, but no more than one to a ring.

Awarding points: Points shall be awarded by the center judge with the majority of the judges in agreement.



No sweeps or leg checks. No take downs or down fighting. Legs cannot be grabbed and held. No one can score from the ground (if they are down or hands are on the floor).

Grabs: Any grab must result in an immediate point (example: grab front arm sleeve and reverse punch to body). Legs or feet may not be grabbed.

Running out of the ring. Competitors are out of the ring when either foot steps on or outside the line. Fighting and leaving the ring is not a penalty. Running out to avoid contact and kill the clock is a penalty. One warning for first offense, point awarded on next offense, third offense is loss of match. Consensus of the judges is necessary.

Approved sparring gear. Sparring gear must be dipped foam style hand and foot gear. Ringstar footpads and sparring shoes are also approved. Gloves must incorporate coverage of the thumb. Headgear, mouthpiece, groin protector (for males) are all required.

Coaching: Coaching is not allowed during a match. **With tournament director approval, one 10 second coaching timeout may be called per match.** The coach must be designated before the match begins. Cheering is allowed. Coaching is defined as telling the competitor to use particular techniques or strategy.

Disrespect or foul language will not be tolerated whether from competitors, spectators, or instructors. Occurrence can result in penalties ranging from disqualification to expulsion from the venue. To be decided by the tournament director or arbitrator.