

Sparring rules

- Match is 2 minutes
- First person to get 3 points or the person with the most points at the end of the 3 minutes wins
- Ties go to overtime, sudden death first person to score a point wins
- Follow center ring judges mandates

Illegal moves

- No hand techniques to the face or head
- No chops or ridge hands
- No kicks below the belt or back
- No grabbing
- No sweeping
- No running away
- No stepping out of the ring

Points

- Kick to the head or body
- Head -must be controlled, does not have to touch for a point
- Body -front or side, nothing to the back
- Only hand techniques are front hand jab and reverse punch to the body

Disqualification

- Drawing blood from an executed technique
- Excessive contact
- Disrespectful actions
- Warnings
- 2 warnings loss of one point
- 3 warnings disqualification

Sparring equipment

- Head gear and mouth guard mandatory
- No hand covers or gloves
- No shoes
- Feet guards optional