**Continuous Point Sparring**

**Points:**

**2 points:**  **Valid kicks** to the scoring area of the **body**

* Front and side of body above the belt and below the neck;
* Controlled kicks to the **head** (**The area above the neck, from ear to ear covering the back of the head).**
* Head gear (kicks to the head may be **implied** meaning that judges may score techniques based on their **control and accuracy** and whether the judge believes the technique **could have made contact to the head gear**.

**1 points:**   **Valid punches** to the scoring area of the body (front and side of body above the belt and below the neck)

* Backfist/ridgehands are allowed to the top and side of the helmet; LIGHT CONTACT ONLY. No spinning backfists allowed.

**Rounds:**

Each bout is 3 rounds; 

* 1 minute round with 30 seconds rest in between each round.
  + Continuous clock; clock only stops on penalty or injury.
* A competitor winning the first 2 rounds wins the bout, without going into the third round
* If one opponent is ahead by 7 points, match is called

**Illegal Techniques:**

Below the belt:

* One warning
* Second offense, loss of point
* Third offense, disqualified

Punch to face:

* One warning
* Second offense, loss of point
* Third offense, disqualified

Lack of control/overuse of power

* One warning
* Second offense, loss of point
* Third offense, disqualified

**\*All rules will be covered right before sparring begins.**