**Olympic Sparring**

**The valid points are divided as follows:**

**1) One (1) point for a valid punch** to the scoring area of the body (the red and blue areas only).

**2) Two (2) points for a valid kick** to the scoring area of the body (the red and blue areas only);

**3) Three (3) points for a valid kick to the head or a spinning kick to the scoring area of the body** (the red and blue areas only).

**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

**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.**