**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) and **head** (area above the neck, from ear to ear covering the back of the head).

* Controlled 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:**

Two minute round with breaks called for each point **OR first to 7 points**

* If tied at the end of 2 minutes, then 1-min. overtime will be given.
  + If tied again then it will go to sudden death, first to score wins.

**Illegal Techniques:**

* Illegal techniques will result in:
  + One warning
  + Second offense, loss of point
  + Third offense, disqualified
* Punching and kicking with heavy force.
* Punching and kicking to the “No Contact” areas.
* Using “Prohibited Techniques” against the opponent

The referee has the right to disqualify a competitor from the bout or competition if:

* The competitor receives 3 or more warnings from the referee.
* The competitor engages in unsportsmanlike conducts.
* The competitor injures his/her opponent using prohibited techniques or attacks to the no contact area, depending on the seriousness of the injury

The referee has the right to stop the contest if:

* There is a big gap in the skill level between the 2 competitors. The competitor with the skill advantage wins the bout.
* A competitor is injured as a result of a legal maneuver, depending on the seriousness of the injury. The opponent wins the bout

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