

SPARRING CONTINUOUS CONTROLLED

DUAL COMBAT SWORD SPARRING (CONTINUOUS POINT SYSTEM)

All ranks and ages are eligible to participate in Dual Combat Sword Sparring.



Each match will be conducted using a continuous point system with a running score. Bouts will last ninety (90) seconds, with scoring taking place in real time. The competitor with the highest point total at the end of the round will be declared the winner.

A match may also end early if a competitor achieves a ten (10) point lead before time expires.

In the event of a tie at the end of regulation time, the match will go to sudden victory overtime, where the first competitor to score will be declared the winner.

DUAL SWORD FORMAT

Unlike standard combat sword divisions, competitors will use two swords (dual wielding):

- **Short Sword (Wakizashi-style):** Used for blocking, trapping, and control
- **Long Sword (Katana-style):** Used for striking and scoring techniques

This format requires a higher level of coordination, control, and tactical awareness than single-sword competition.

Each ring will have:

- **One Center Referee**
- **Two Corner Judges**

SPARRING CONTINUOUS CONTROLLED

- One Timekeeper
 - One Scorekeeper
-

REQUIRED EQUIPMENT

1. Headgear with face shield (Advanced not required)
2. Mouthpiece (strongly recommended)
3. Sparring gloves (strongly recommended)
4. Chest guard (recommended, not required)

Swords will be supplied by the host

LEGAL TARGET AREAS

All target areas above the knees are legal, with the following exceptions:

- Groin
 - Eyes
 - Throat or neck
 - Any area below the knees
-

SCORING (CONTINUOUS)

Points are awarded in real time and recorded continuously:

- 1 Point — Clean strike to the body or any legal target
- 1 Point — Opponent loses control of a weapon (drop or disarm)
- 2 Points — Jump strike to any legal target below the head (both feet off the ground)

SPARRING CONTINUOUS CONTROLLED

- **3 Points — Jump strike to the head (both feet off the ground)**

NO SWINGING THEM LIKE BATS BUT CONTROLLED STABS, SLICES, CUTS and SLASHES!

PENALTIES

- **1st offense: Verbal warning**
 - **2nd offense: One (1) point deduction**
 - **3rd offense: Three (3) point deduction**
 - **4th offense: Disqualification**
-

OFFICIAL SIGNALS

Judges will signal scoring and calls as follows:

- **Points Awarded: Raise correct flag color (Red/Blue) and display 1–3 fingers**
 - **No Point: Cross both forearms downward**
 - **No See: Cover eyes with right hand**
 - **Warning: Wave correct flag (Red/Blue) low**
-

This continuous format ensures fast-paced, engaging matches that reward skill, control, and effective technique throughout the full 90-second round.