

# Sparring rules

## Scoring

### 1 point

Hand attack to mid or high section

Foot attack to mid section

Flying hand attack to mid section

Perfect defence

### 2 points

Foot attack to high section

Flying hand attack to high section

Flying foot attack to mid section

### 3 points

Flying foot attack to high section

Flying 180° kick to mid section

### 4 points Flying

180° kick to high section

Flying 360° kick to mid section

### 5 points Flying

360° kick to high section

## Sparring - Target Area

Head & neck area at the front & sides (But not the back

of the head)

Trunk of the body from the neck to the navel vertically and from a line drawn from the armpit vertically down to the waist on each side (Excluding the back)

## Sparring equipment

Hands and feet must be Top Ten style fingers enclosed, 10oz palm enclosed gloves are not compulsory

**Strictly no Macho or Dyna type for hands or feet (Dipped Foam) will be not permitted!**

Competitors must have a full set of safety equipment that fits, hands, feet, shin, head guard, gum shield, males must have a groin guard, females must have a chest protector.

## Match times

### Colour belts

Matches for under 12 years are 60 seconds

Matches for over 12 years are 90 seconds

### Black Belt

Matches for under 12 years are 2 rounds of 60 seconds

Matches for over 12 years are 2 rounds of 90 seconds