



SPAR WARS

RULES & REGULATIONS

DIVISIONS

Gender • Rank • Age • Weight (may be merged for fairness)
Repechage OR Round Robin depending on division numbers

ROUNDS

Kids: 2 x 1 min, Teens & Adults: 2 x 1.5 min (may be adjusted on day due to timing)

SCORING

1 pt: Punch (Body/Head)
2 pt: Kick to body
3pt: Kick to head

CONTACT

Light Contact Only - No knockouts
Under ~8: No head contact

MANDATORY GEAR

Head guard • Approved Gloves • Approved Boots • Mouthguard • Full Dobok + Belt
Males: Groin guard

OPTIONAL GEAR

Soft shin guards • Soft forearm guards • Female chest protector

WARNINGS

Stepping out • Falling • Holding • Turning back • Pushing • Avoiding
3 Warnings = -1 point

FOULS

Excessive contact • Late hits • Illegal targets • Ignoring or arguing with ref
Each foul = -1 point

DISQUALIFICATION

Knockout • Dangerous behaviour • Injury from excessive force • 3x fouls