

Rules for Chinese Martial Arts

Light-Moderate Contact Continuous Sparring

Continuous Sparring is a light-moderate contact sparring that allows competitors to demonstrate proficiency in punching, kicking, attacking, or defensive techniques, and martial strategies in a safe and managed environment. This is NOT a full-contact, “knock the opponent out” type of sparring. Punches and kicks must not be executed with heavy impact force that would “strike through” or “push through” a target; rather should be executed with 70% moderation and intensity. Only one warning will be given for a full contact strike.

MANDATORY SPARRING GEAR (All competitors must bring their own gear)

1. Head Gear with a Plastic Face Shield



2. Chest Gear (Optional)



3. Close-finger or Open-finger Gloves with thick padding over knuckle area (min. 7 oz.)
Close-finger Sparring Gloves



Open-finger Sparring Gloves



4. Mouth Guard
5. Groin Cup (mandatory for males)
6. Shin Guards
7. Foam padded Foot Guards

MATCHES AND WINNING

- (3) Three rounds of 1½-minutes each / 1-minute break between rounds
- Winner of each round will be declared by the judges at the end of the round
- Winner of 2 rounds first / Wins the match
- Time will be stopped for injuries or equipment adjustment
- In case of a tie after the three rounds, there will be a final 1-minute round to determine a winner; if still tied after this round, the winner will be determined by the Chief Judge
- If a competitor is injured, he/she will have one minute to recover, and will be determined by the Chief Judge if he/she can continue

ALLOWABLE TECHNIQUES AND TARGETS

Techniques must be executed with good control and should NOT “strike through” or “push through” the target.

Allowable Techniques and Targets:

- Sharp, clean, controlled, light contact punches and kicks to:
 - **Sides of head gear ONLY!**
 - Front and sides of torso
 - Upper thigh
- Momentarily grabbing the opponent’s wrist/arm to execute a technique (2 secs. / Not a hold)
- Open palm strikes are permitted; no finger jabs, palms press traps are permitted
- Leg sweep to the front leg (boot to boot – ankle/foot level only)
- Allow the calf to calf front leg backwards sweep (Not the takedown)
- NO blind spinning backfists, and NO “strike through”

Prohibited Moves:

- Strike with elbows, knees, head, thumbs and shoulder
- Strike any area of the opponent’s backside, throat, groin, joints, shins, inside leg, or instep foot
- Grabbing, throwing, pushing, or tripping
- Sweeping the rear leg, or the supporting leg when the opponent is kicking
- Turning one’s back to the opponent, running away, or falling down to avoid contact
- Attack an opponent who is already down with one knee, or hand touching the floor

Infractions result in a warning or disqualification (if the infraction is severe):

- Willingly run out of the ring
- Apply heavy impact force
- Apply prohibited moves
- Disobey the Chief Judge’s instructions
- Display disrespectful or unsportsmanlike behavior

JUDGING

- Each match should be judged by (4) four Corner Judges.
- Chief Judge:
 - Referees the bouts ensuring that the competitors adhere to the guidelines and rules; calls out warning when needed; separates the competitors as clashes occur; stops the match should an issue or concern; determines if an injured competitor can continue; announces the scores of the judges; and declares the winners for each round and for the match.
 - Has the final call relative to resolving any differences of opinion among the Corner Judges.

- Serves a dual role as Referee and Judge in situations when there is shortage of Corner Judges.

Positive Judges Criteria (That Will Earn a Fighter Credit towards Victory)

- Clean and controlled strikes
- Effective combination striking
- Effective defensive or “evading” moves
- Effective fighting strategy
- Good physical condition

Negative Judges Criteria (That Will Reduce a Fighter’s Credit towards Victory)

- Rule(s) Violations
- “Bulling”, or any effort to overpower an opponent rather than demonstrate superior skill
- Lack of combination striking
- Lack of defensive or “evading” moves
- Lack of fighting strategy
- Poor physical condition