

MSKC continuous sparring rules

Competitors age as of January 1 year of the competition. Competitors may move up in age and rank but will not be able to move down.

Continuous sparring is designed to be a skilled event where the goal is to out-score your opponent by landing controlled techniques. It is not a full contact fighting match. Judges score the fight based on who they feel outscored their opponent. Influencing their decision is ring generalship, defense, fitness level, sportsmanship and technique. The Center referee will stop the match any time a competitor throws a technique that does not have the proper control.

In continuous fighting, fighters must protect themselves at all times. A match is stopped only if a rule violation occurs, like leaving the ring, equipment is loose or if one fighter is throwing techniques too hard and out of control. Safety of our competitors is the primary concern of the center referee. If a fighter continues to throw techniques without control they will be warned and eventually disqualified. On the other side, if a fighter is out of shape and is avoiding the fight they will also be warned and eventually disqualified.

Rounds

In all divisions the match consists of one round of two minutes.

The competitor

The competitor must be dressed in a clean and appropriate uniform. T-shirts are allowed. Competitors cannot wear any objects that may cause injuries to the opponent. Piercings, chains, watches or earrings are not allowed. Eyeglasses are forbidden; soft contact lenses are allowed at the competitor's own risk. Competitors may wear badges or their respective clubs, associations or sponsors. Names and slogans are permitted as long as they do not offend public decency. Headbands, hairnets and scarves are not allowed since they may slip. Long hair must be fastened by an elastic band.

Competitor equipment: The equipment must include: Helmet, Mouth guard (gum shield), 10 oz. boxing gloves Safety kicks, Groin protector that must be worn under clothes (men and women), Shin guards that must be worn under clothes. No Face shields are allowed.

Scoring area

- Front, back, side and top of the head.
- Front and side of the body.
- Sweeps below mid calves. (Sweeps are allowed to the front and base legs. No grabbing or reaping is allowed.)
- Every action must be controlled and well timed.
- In the event of a downed opponent, the match is stopped immediately. No techniques can be thrown towards a downed fighter.

Prohibited actions

- Sweep and kick to knee and thigh (low kick)
- Kick and punch to the groin
- Kick and punch to the back of the body
- Scratching, biting, spitting, verbal attacks to the referees or opponent
- Kick and punch after stop called
- Uncontrolled actions
- Leaving the fighting area or falling down to waste time

It is not usual to stop the time to give points, but the referee will stop time to give a warning or minus point.

Coaching

Only one coach is allowed and he/she is to stay seated. If the coach feels there has been an infringement of the rules, he may indicate to the center referee using the sign “T” for time. At no time may the coach enter the fighting area. The referee may give a penalty point.

Scoring system

Three judges score the match. The judges use the “10 point must” system. This means that the judge awards the fighter winning the round 10 points. The loser receives 9 points. Scores can be affected by penalty points awarded by the center referee. The side judges must declare a winner of the match. They cannot decide on a draw, the judge must decide on an overall match winner.

Judges score the match on: total number of points scored, defense, technique, overall conditioning, good sportsmanship, number of minus points, warnings.

Penalty points

The center referee works on a 3 warning system. This means the center referee can warn a fighter twice for an infraction, like heavy contact. On the third warning a penalty point or minus point is given. The fourth warning results in disqualification. The center referee does hold the power to disqualify a fighter immediately for a gross violation of the rules. In this case they may ask side judges for their opinions.

Stopping the match

A match can be stopped in three ways. The corner throws in the towel. The doctor/medical staff decides that a fighter unable to continue. The center referee stops the match. In the first situation if a corner stops the match the opposition fighter is declared the winner. If the Doctor/medical staff decides a fighter cannot continue, then the center Referee must decide if the cause of the injury was due to a legal or illegal technique. If the technique was legal or the injury was not the result of anything the illegal action the other fighter did, the opposing fighter is declared the winner. If the injury was a direct result of an illegal technique or action then the injured fighter is declared the winner. The center referee may consult with the side judges on these matters.

Protest

The scoring of the Judges is final. Protests against the decisions of a Judge can only be accepted in the event that the competition rules have not been correctly applied. A Judges verdict given at the conclusion of any division shall be binding and may be altered only in the event that the Center Judge and Supervisor deem that one of the following circumstances has occurred: 1. A conspiracy has taken place or an illegal agreement has been entered into effect the result of the match. 2. The addition of the scorecards is faulty; one judge mixed up the corners, resulting in the victory being given to the wrong competitor. 3. A clear violation of the rules and regulations directly affecting the outcome of the match has been perpetrated. Protest shall be directed to the Center Judge and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made. The Center referee will decide on the protest after hearing evidence from the protesting side and the judges concerned. (Video will not be accepted). If a satisfactory resolution is not reached, the Chief referee for Light Contact at the tournament will decide the protest.

3 person sparring divisions

All point sparring divisions with 3 competitors will be ran as Follows:

- Scenario 1: A fights B, B wins and fights C, C wins and takes first, B takes second, A takes third.
- Scenario 2: A fights B, B wins and Fights C, B wins and takes First. C and A fight off for second and third.

Bodily fluids

All body fluids such as blood or vomit, will be cleaned up by instructors, coaches, or parents.

In order to offer a fun, fair, safe and competitive experience, the promoters of the MSKC circuit reserve the right to alter or change any rules at any time throughout the season to maintain the integrity and the spirit of true competition. The MSKC promoters strive to meet and exceed the expectations of all MSKC competitors.