



Stick Sparring Rules

Stick Sparring rounds are 60 seconds in length.

1. **Equipment** — required for competition
 1. Safety gear (head gear with face mask and gloves)
 2. Padded stick
 1. Youth Divisions: Ages 11 years old and younger use a 28” stick
 2. Teen & Adult Divisions: Ages 12 years old and older use a 31” stick
 2. **Legal Target Areas** — entire body with following **exceptions**:
 1. Groin
 2. Thrust/stab to head
 3. Neck & throat (area not covered by head gear)
 3. **Start of Match** —
 1. Competitors salute and touch sticks
 2. Competitors back apart approximately 10 feet
 3. Center Judge stands between competitors, checks that time and scorekeeper are ready, then begins the match
 4. **Points** —
 1. **One point:** Body shot (arms, legs, back, stomach)
 2. **Two points:** Head shot
 3. **Two points:** Below elbow on weapon holding hand
 4. **One point:** Causing opponent to drop weapon
 5. **Plus one point:** Jumping
 5. **Warnings** — 3 warnings results in DQ
 1. Non-Contact Warnings
 - More than 3 points of contact on ground, ie. Purposefully diving or falling to the ground
 - Running out of ring to avoid being scored on
 - Purposefully falling on the ground to avoid being scored on
 - Purposefully delaying match
 2. Contact Warnings
 - Grabbing / grappling
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INNOVATIVE MARTIAL ARTS SYSTEMS

- Strikes to illegal target areas
 - Striking (kicks, punches, elbows, etc), body checking, pushing or shoving
 - Excessive contact (issued at the discretion of center judge)
3. Points from Warnings
 - First warning: other competitor receives one point
 - Second warning: other competitor receives two points
 - Third warning: disqualification
 6. **Tie Breaker** — In the event of a tie, competitors enter ‘Sudden Victory’
 1. First point wins
 2. First warning loses
 3. There is no time limit
 7. **Notes** —
 1. Competitors have 60 seconds to replace broken weapon
 2. Competitors with both feet out of bounds cannot score points
 3. There is no grabbing or grappling of weapon or opponent
 4. Competitors cannot hit an opponent on the ground
 5. Must have 3 or less points of contact to score a point. Points of contact include: knee, foot, elbow, hand, butt, back, stomach.
 6. Stick Sparring is judged by only *one* certified judge
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