



---

## Flag Sparring Rules

*Flag Sparring rounds are 30 seconds in length.*

### 1. **Equipment** —

- Athletic belt with 3 flags (17.25" length x 2" width with ball and socket attachments)
- Headgear and mouthpiece are *required* for sparring ranks
- Headgear and mouthpiece are *recommended* for non-sparring ranks

### 2. **Objective** —

- Capture all of your opponents flags
- Capture more flags than your opponent when time has expired
- Keep your flags from being captured through footwork, body movement and blocks

### 3. **Tie Breaker** —

- If at the end of the 30 second round competitors are tied, then all flags are replaced and the first competitor to remove the next flag is the winner

### 4. **Warnings** — 3 warnings results in DQ

- Removing a flag after the judge has paused the match
- Having more than 3 points of contact on ground, ie. Purposefully diving or falling to the ground
- Running out of ring to avoid flag being captured
- Purposefully falling on the ground to avoid flag being captured
- Purposefully delaying match
- Striking, tackling, pushing, shoving and grappling
- Holding ones own flag as a defense

### 5. **Notes** —

- Time does not stop when a flag has been captured
  - Competitors with both feet out of bounds cannot capture a flag
  - Warnings are issued verbally at the discretion of any of the 3 judges
  - If you accidentally knock off your own flag, it is considered a captured flag
-