



Stick Sparring Rules

Stick Sparring rounds are 60 seconds in length.

1. **Equipment** — required for competition
 1. Full sparring gear (head gear, mouth piece, elbow guards, gloves and boots)
 2. Padded stick (28" youth / 31" teen + adult)
 3. Face mask or padded weapon helmet
 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 start match with sticks crossed
 2. Center judge pops both sticks up to signal beginning of 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
 - Strikes to illegal target areas
 - Striking (kicks, punches, elbows, etc), body checking, pushing or shoving
 - Excessive contact (issued at the discretion of center judge)
-



INNOVATIVE MARTIAL ARTS SYSTEMS

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.
-