



Flag Sparring Rules

Flag Sparring rounds are 30 seconds in length.

1. **Equipment** — required for competition
 1. Athletic belt with 3 flags (17.25” length x 2” width with ball and socket attachments)
 2. Headgear and mouthpiece
 2. **Objective** —
 1. Capture all of your opponents flags
 2. Capture more flags than your opponent when time has expired
 3. Keep your flags from being captured through footwork, body movement and blocks
 3. **Warnings** — 3 warnings results in DQ
 1. Removing a flag after the judge has paused the match
 2. Having more than 3 points of contact on ground, ie. Purposefully diving or falling to the ground
 3. Running out of ring to avoid flag being captured
 4. Purposefully falling on the ground to avoid flag being captured
 5. Purposefully delaying match
 6. Striking, tackling, pushing, shoving and grappling
 7. Holding ones own flag as a defense
 4. **Notes** —
 1. Time does not stop when a flag has been captured
 2. Competitors with both feet out of bounds cannot capture a flag
 3. Warnings are issued verbally at the discretion of any of the 3 judges
 4. If you accidentally knock off your own flag, it is considered a captured flag
-