



Point Sparring Rules

Point Sparring rounds are 90 seconds in length.

1. **Equipment** — required for competition

- Head gear that covers side, top and back of head (*face shield is optional*)
- Mouth guard
- Elbow guards
- Gloves that cover entire hand including fingers (*no MMA gloves*)
- Shin guards
- Boots that cover top of foot, toes and heel (*does not need to cover bottom of foot*)
- Males: cup and supporter

2. **Overview** —

- Offered in Green Belt divisions and above. (*Note: if you have a student that would like to compete in sparring, they need to be registered as a Green Belt and compete in the Green Belt division.*)
- Competitors spar against each other to see who can score the most points in a 90 second round. The competitor with the most points advances to the next round. IMAS uses a double elimination bracket which means a competitor must lose twice before they are officially out of the competition.

3. **Legal target areas** —

- Head gear (*if competitor is wearing a face mask then this is considered part of head gear*)
- Front of body

4. **Points** —

- **One Point:** Kick to body / Punch to body
 - **Two Points:** Kick to head / Spin kick to body / Jump kick to body
 - **Three Points:** Spin kick to head / Jump kick to head
 - **Four Points:** Jump spin kick to the head
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- **Colored belts** are not required to make direct contact with their opponent in order to score points but should try to make light contact. If an opponent does not make an effort to block or defend themselves against a strike, the attacker is likely to receive those points.
- **Black Belts** are required to make contact to the target in order to score points.

5. **Warnings and Penalties** —

- In addition to earning points, competitors can also receive warnings for contact to illegal targets or excessive contact.
 1. Kick or punch to the face, throat, back or below the belt
 2. Punch to the head
 3. Excessive contact to any target
 4. Deliberately running out of the ring to avoid being scored on
 5. Purposefully turning your back in an attempt to draw a warning
- Points from warnings
 1. First warning: other competitor receives one point
 2. Second warning: other competitor receives two points
 3. Third warning: disqualification

6. **Tie Breaker** — In the event of a tie, competitors enter ‘Sudden Death’

- First point wins
 - First warning loses
 - There is no time limit
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