



## **AYSMA RULES GOVERNING THE SPARRING DIVISIONS**

### **UNIFORM, SPARRING GEAR REQUIREMENTS (A)**

1. Competitors must wear a traditional uniform as prescribed by their base system; Chinese, Japanese, Korean martial arts.
2. Competitors may wear a polo shirt with sleeves that reach the point of the elbow.
3. Competitors must wear a belt or sash to identify themselves inside their specific system of martial arts.
4. Competitors may not wear any form of soled shoe on their feet during sparring.
5. Competitors must wear soft foam type sparring gear with a slick surface on their hands and feet.
6. Competitors must wear foam headgear or boxing headgear when sparring.
7. Competitors must wear a mouthpiece.
8. Female competitors must wear a sports bra when appropriate.
9. Male competitors must wear a strap and plastic groin cup.

### **AGE GROUPS AND GROUPING OF COMPETITORS (B)**

1. Competitors ages 14 and younger, all belt ranks will be placed into groups of 3, 4 or 5 competitors and compete for 1<sup>st</sup>, 2<sup>nd</sup> and two or three 3<sup>rd</sup> place trophies.
2. Competitors ages 15 through 18 years of age, beginner and intermediate belt rank will be placed into groups of 3, 4 or 5 competitors and compete for 1<sup>st</sup>, 2<sup>nd</sup> and two or three 3<sup>rd</sup> place trophies.
3. All divisions 14 and younger will be placed into three categories of competition; beginner (white, yellow, gold, orange belts), intermediate (green, blue, purple belts), advanced (red, brown, black belts).
4. Competitors ages 15 through 18 red, brown and black belts will be placed into groups of 8-12 competitors per weight division and compete for 1<sup>st</sup>, 2<sup>nd</sup>, and two 3<sup>rd</sup> place trophies. The winners of these weight divisions will compete for Grand Champion and the College Scholarship.



### **AUTHORIZED SCORING TECHNIQUES, TARGET AREAS AND POINT VALUES (C)**

1. Hand techniques; knife hand, ridge hand, back fist, straight punch, inverted punch, hook punch; to the chest, ribs, stomach, groin or front, side or back of the headgear. Worth one point.
2. Kicking techniques; inside crescent kick, outside crescent kick, inside axe kick, outside ax kick, front kick, round kick, side kick, hook (heel) kick, rising hook (heel) kick, back kick in any standing, skipping, spinning, reverse spinning, lunging motion delivered to the chest, ribs, stomach or front, side and back of the headgear. Worth two points.
3. Kicking techniques; any of the kicks named above delivered in a jumping motion with the **non-kicking leg off the ground at the moment of contact**. Worth three points.
4. Three kicking techniques are allowed to the groin; front kick, round kick, rising hook (heel) kick. Any other kicks are not allowed. No side kicks of any kind to the groin.
5. Leg checks are allowed to upset an opponents balance. A leg check is when the competitors inside of the foot/foot gear strikes the back of the heel/foot gear in an effort to upset balance momentarily.
6. Grabbing and holding an opponent while delivering a hand or kicking technique is allowed. The center judge will count out loud "one and two and three break". At which time the competitors will stop sparring at the command break.
7. SPECIAL RULE; standing side kick, skipping side kick, spinning side kick, reverse spinning side kick, or any form of a jumping side kick may be not be delivered to the groin or headgear or face. The competitor will receive one warning and the second infraction will result in immediate disqualification.
8. The top of the headgear is not a point any hand techniques delivered to this area will result in a warning and reminder that the top of the head is not a point area.
9. If a competitor delivers an ax kick in any form to the top of the head of an opponent will receive one warning and the second infraction will result in immediate disqualification.
10. No hand or kicking techniques will be delivered to the face area. The face as a target is off limits. The first infraction will be a warning, the second infraction will result in a point for the opponent, and the third infraction will result in the immediate disqualification of the competitor.
11. Hook kicks may be withdrawn or may "slap" the target with the bottom of the toes, ball of foot. Axe kicks must be delivered within 1-2 inches of target or must "slap" the target with the bottom of the toes, ball of foot.



## **REQUIREMENTS CONCERNING CONTACT FOULS, PERSONAL FOULS AND DISQUALIFICATION**

### **REQUIREMENTS CONCERNING CONTACT AND SCORING POINTS (D)**

1. A competitor must make light touch to medium contact to score any hand or kicking technique to the ribs, chest and stomach.
2. A competitor must make light touch with any hand technique or with the front kick, round kick and rising heel kick to the groin.
3. A competitor must make light touch to the front, side or back of the headgear with any hand or kicking technique.
4. No side kicks in any form to the groin or front, side or back of the headgear.
5. No hand or kicking techniques to the top of the headgear.

### **FOULS AND THEIR CONSEQUENCE (E)**

1. Any hand or kicking technique delivered to an opponents back, any technique delivered to the front, side or back of the neck.
2. Any hand or kicking technique without looking at the technique at the moment of impact (blind techniques).
3. Any elbow, knee or head strike.
4. Any take down or sweep resulting in the opponent falling to the ground.
5. Stepping out of bounds.

A competitor will be given two warnings; on the third foul the opponent will receive one point and one point for every foul after in that match.

### **PERSONAL FOULS AND THEIR CONSEQUENCE (F)**

1. Any display of poor sportsmanship.
2. Any display of anger during the match.
3. Any of the above mentioned **FOULS** committed in anger.
4. Avoiding the action.

A competitor will be given one warning; on the second personal foul the competitor committing the personal foul will be immediately disqualified.

### **DISQUALIFICATIONS AND THEIR CONSEQUENCE (G)**



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1. Any competitor striking an opponent with any hand or kicking technique delivered in an offensive manner to the body that forces the opponent backward three steps or more will be considered a personal foul and will be given one warning with a point awarded to the opponent and the second infraction will result in disqualification.
2. Any competitor striking an opponent with any hand or kicking technique to the headgear or face that moves the opponents head and shoulders will be given one warning with a point awarded to the opponent and the second infraction will result in immediate disqualification.
3. Any technique that draws blood from an opponent will result in immediate disqualification for the competitor executing the technique. The side judges do not have to see the contact. The center judge does not have to see the contact. Blood whether from a scratch or technique is the deciding factor.
4. Any competitor "talking back" or showing dis-respect whether verbally or with body language or facial expression to the center judge or any side judge will be given one warning and no point for the opponent, the second infraction will result in immediate disqualification.
5. Any competitor continuing to fight after the center judge calls stop (break) will be given one warning with a point awarded for the opponent and the second infraction will result in immediate disqualification.
6. Any competitor purposely kicking to the legs will be given one warning with one point awarded to the opponent and the second infraction will result in disqualification.



## **BASIC CALLS OF THE CENTER JUDGE AND SIDE JUDGES**

1. The center judge will call the competitors to face the center judge and bow, face each other and bow assume a sparring stance behind their designated start line.
2. The center judge will then say "begin" at which time the sparring will commence.
3. Only the center judge may call break, the center judge will call break when he/she sees a "technique" score. The center judge may call "break" when he/she hears a side judge call "point" or indicates a foul or other call.
4. The center judge will make the call "judges score" at which time the side judges will point their flag to the competitor they believe scored a technique, with the other hand the side judge will indicate 1, 2 or 3 points with their fingers.
5. The center judge and side judges will cross flags, or touch fist to indicate clash or blocked technique.
6. The center judge and side judges will slip their fist across their body to indicate a technique that slipped instead of making proper contact.
7. The center judge and side judges will cover their eyes with the flag or their hand to indicate they could not see the technique score.
8. The center judge and side judges will extend their arm making a fist, completely straightening their elbow and move their shoulder and arm in a forward/backward motion to indicate the technique was over extended.
9. The center judge and side judges will place their fist on their face and raise any color of the flag to indicate face contact or blood being drawn, thus informing the center judge to stop time.
10. The side judges will raise their flag and rotate their flag to indicate to judge they are calling a foul instead of point.
  - A. The center judge will call break, the side judge will "call the foul or infraction", the center judge will ask for further acknowledgement and make appropriate call.
11. The side judges will tap the flag on the floor, the color of the opponent, to indicate stepping out of bounds.
  - A. The center judge will acknowledge the "out of bounds" and make the appropriate call.
12. In the case of any personal fouls the center judge will stop time, confirm the infraction with the side judges, and then verbally make the call to the competitors and spectators around the ring.

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