

The AuSable Blitz

Continuous Sparring Rules

Continuous sparring is designed to be a skilled event where the goal is to out-score your opponent by landing controlled techniques. **It is not a full contact fighting match.** Judges score the fight based on who they feel outscored their opponent. Influencing their decision is ring generalship, defense, fitness level, sportsmanship and technique. The Center referee will stop the match any time a competitor throws a technique that does not have proper control.

In continuous fighting, fighters must protect themselves at all times. A match is stopped only if a rule violation occurs, like leaving the ring, equipment is loose or if one fighter is throwing techniques too hard and out of control. Safety of our competitors is the primary concern of the center referee. If a fighter continues to throw techniques without control, they will be warned and eventually disqualified. On the other hand, if a fighter is out of shape and is avoiding the fight they will also be warned and eventually disqualified.

Rounds

In all divisions the match consists of one round of two minutes.

The competitor

The competitor must be dressed in a clean and appropriate uniform. T-shirts are allowed. Competitors cannot wear any objects that may cause injuries to the opponent. Piercings, chains, watches or earrings are not allowed. Eyeglasses are forbidden; soft contact lenses are allowed at the competitor's own risk. Competitors may wear badges or their respective clubs, associations or sponsors. Names and slogans are permitted if they do not offend public decency. Headbands, hairnets and scarves are not allowed since they may slip. Long hair must be fastened by an elastic band.

Competitor equipment: The equipment must include Helmet, Mouth guard (gum shield), 10 oz. boxing gloves, Safety kicks, Groin protector that must be worn under clothes (men and women), Shin guards that must be worn under clothes. No Face shields are allowed.

Scoring area

- Front, back, side and top of the head.
- Front and side of the body.
- Sweeps below mid calves. (Sweeps are allowed to the front and base legs. No grabbing or reaping is allowed.)

- Every action must be controlled and well timed.
- In the event of a downed opponent, the match is stopped immediately. No techniques can be thrown towards a downed fighter.

Prohibited actions

- Sweep and kick to knee and thigh (low kick)
- Kick and punch to the groin
- Kick and punch to the back of the body
- Scratching, biting, spitting, verbal attacks to referees or opponent
- Kick and punch after stop called
- Uncontrolled actions
- Leaving the fighting area or falling down to waste time

It is not usual to stop the time to give points, but the referee will stop time to give a warning or minus point.

Coaching

Only one coach is allowed, and he/she is to stay seated. If the coach feels there has been an infringement of the rules, he may indicate to the center referee using the sign “T” for time. At no time may the coach enter the fighting area. The referee may give a penalty point.

Scoring system

Three judges score the match. The judges use the “10 point must” system. This means that the judge awards the fighter winning the round 10 points. The loser receives 9 points.

Scores can be affected by penalty points awarded by the center referee. The side judges must declare a winner of the match. They cannot decide on a draw; the judge must decide on an overall match winner. Judges score the match on the following: total number of points scored, defense, technique, overall conditioning, good sportsmanship, number of minus points, warnings.

Penalty points

The center referee works on a 3-warning system. This means the center referee can warn a fighter twice for an infraction, like heavy contact. On the third warning a penalty point or minus point is given. The fourth warning results in disqualification. The center referee does hold the power to disqualify a fighter immediately for a gross violation of the rules. In this case they may ask side judges for their opinions.

Stopping the match

A match can be stopped in three ways: The corner throws in the towel. The doctor/medical staff decides that a fighter will be unable to continue, or the center referee stops the match. In the first situation if a corner stops the match the opposition fighter is declared the winner. If the Doctor/medical staff decides a fighter cannot continue, then the center Referee must decide if the cause of the injury was due to a legal or illegal technique. If the technique was legal or the injury was not the result of anything the illegal action the other fighter did, the opposing fighter is declared the winner. If the injury was a direct result of an illegal technique or action then the injured fighter is declared the winner. The center referee may consult with the side judges on these matters.

Protest

The scoring of the Judges is final. Protests against the decisions of a Judge can only be accepted in the event that the competition rules have not been correctly applied. A Judges verdict given at the conclusion of any division shall be binding and may be altered only in the event that the Center Judge and Supervisor deem that one of the following circumstances has occurred:

1. A conspiracy has taken place, or an illegal agreement has been entered into effect the result of the match.
2. The addition of the scorecards is faulty; one judge mixed up the corners, resulting in the victory being given to the wrong competitor.
3. A clear violation of the rules and regulations directly affecting the outcome of the match has been perpetrated. Protests shall be directed to the Center Judge and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made. The Center referee will decide on the protest after hearing evidence from the protesting side and the judges concerned. (Video will not be accepted). If a satisfactory resolution is not reached, the Chief referee for Light Contact at the tournament will decide the protest.

Bodily fluids

All body fluids such as blood or vomit, will be cleaned up by instructors, coaches, or parents.

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Form/Weapons Rules

Judging requirements:

Judges will watch all competitors before giving out scores. Since our scoring system is based on comparative scoring it is imperative that we watch all competitors before deciding our individual scores. During the championships three judges will be used. The “two maximum deviation” rule is in effect. This rule is used to limit the impact of a judge’s score that is significantly different from the other judges. The center referee will look at the 3 scores to determine the middle score (e.g., a 9.92, 9.96 and 9.95 – the 9.95 is the middle score. The other two scores must be .02 from the middle score so the 9.92 must be changed to a 9.93). Other than this obligatory adjustment, judges are not allowed to change their scores. If no score is .02 higher or lower than the middle score no adjustment is made.

Rules:

- In all form divisions, there is no time limit.
- Competitor’s choice if they would like to do introductions in all forms divisions.
- If a competitor stops his or her form, they cannot start again in the Black Belt division; they can start again in the Under Belt division with a .5 deduction.
- If a competitor drops his or her weapon, they are disqualified in the Black Belt division, the Under Belt division can start over with a .5 deduction.
- Competitors must either wear a traditional uniform or a team uniform.
- No jewelry should be worn. If a stud cannot come out, a band-aid should cover it.
- Judges will inspect all weapons prior to starting a division.
- Judges will review division criteria prior to starting the event. Any protests of jewelry, uniforms, or weapons being used will be decided before the event starts to give competitors a chance to comply with the rules and avoid disqualification.
- Competitors compete in order determined by a random draw.
- Traditional weapons division must use traditional weapons.

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Point Sparring Rules

AGE

Competitors age is as of January 1st of the year of the competition. Competitors may move up in age and rank but will not be able to move down. (Example: 15 y/o red belt can opt to move up to adult BB, but cannot move down in rank)

ROUNDS

In point fighting all matches are one round lasting two minutes.

Two-point victory rule: if at the end of regulation time the match is tied, or if one fighter is only ahead by one point, the match continues until one fighter achieves a two point lead.

Mercy rule: if one fighter attains a lead of 10 points during the fight they are instantly declared the winner.

THE COMPETITOR

The competitor must be dressed in a clean and appropriate uniform. The competitor should be wearing a clean sparring or traditional uniform. The pants must reach the feet and be open on the bottom. There should be no zip fasteners, hard plastic or metallic clasps or buttons. Competitors cannot wear any metal objects that may cause injuries to the opponent.

Piercings, chains, watches or earrings that can be removed are not allowed. Eyeglasses are forbidden; soft contact lenses are allowed at the competitors own risk.

Competitors may wear patches of their respective clubs, associations or sponsors. Names and slogans are permitted if they do not offend public decency.

Headbands, hairnets and scarves are not allowed since they may slip. Long hair must be fastened with an elastic band.

COMPETITOR EQUIPMENT

Mandatory equipment is as follows for Blackbelts and Under belts:

Approved martial arts head gear

Mouth guard

Open hand gloves that must have fingers and thumbs enclosed. Foam dipped allowed for under belt divisions.

Foot pads that must cover the back of the heel with protective pads

Groin protectors for all male athletes that must be worn under clothes

Shin guards that must be worn under clothes

Optional equipment for Blackbelts and Under belts:

Hand bandages, maximum length of 3.5 meters though no tape on the fist or knuckles

Elbow pads

Safety goggles (permitted for competitors who need prescription eye wear)

Face shields

BLACKBELT SCORING AREA

Front, back, side and top of the head including face

Front and side of the body

Sweeps front leg or back leg: must be boot to boot contact

3 seconds scoring on downed opponent: must be hands only to the body. No kicks will be allowed. Downed fighters are not allowed to up-kick/strike from ground position.

The center referee will count to three in his head before calling stop.

UNDERBELT SCORING AREA

Back, side and top of the head

NO FACE CONTACT is allowed. No deliberate face contact is allowed. Deliberate contact with the face in ALL under belt divisions will be an immediate point to the person who was hit with intentional face contact. The referees will stop the fight and determine if the technique was deliberate or unintentional.

Front and side of the body

PROHIBITED ACTIONS BLACKBELT

Sweep and/or kick to areas above the mid-calf, knee and thigh (low kick)

Any strike to the groin

Any strike to the back of the body

Scratching, biting, spitting, verbal attacks to the referees or opponent

Any strike after match is stopped by referee (late hit)

Any uncontrolled actions

Leaving the fighting area or falling to waste time

Hands touching the ground while throwing any technique

PROHIBITED ACTIONS UNDERBELT

Ground fighting (no strikes to down opponent allowed)

Any strike to the groin

Any strike to the back of the body

Any technique to the face

Scratching, biting, spitting, verbal attacks to the referees or opponent

Any strike after match is stopped by referee (late hit)

Any uncontrolled actions

Leaving the fighting area or falling to waste time

Hands touching the ground while throwing any technique

COACHING

Only one coach is allowed, and he/she is to stand (or sit if chairs are provided) in the appropriate area behind their fighter on the outside of the ring

If the coach feels there has been an infringement of the rules, he/she may indicate to the center referee using the sign “T” for time

At no time may the coach enter the fighting area

The referee may give a penalty point due to infringement of the rules by actions of the coach

REFEREE

In each fighting area, the referee acts as the “ring inspector”

The referee is responsible for making sure that all rules are correctly enforced in the ring

The referee may stop time to give a warning or a minus point

Referees must comply and be knowledgeable of all The AuSable Blitz rules

PERMITTED TECHNIQUES/ACTIONS

| | |
|-----------------|---|
| Jab | Punch with fore fist |
| Reverse punch | Back fist |
| Ridge hand | Front kick |
| Side kick | Spinning back kick |
| Roundhouse kick | Inside out roundhouse/twist kick |
| Hook kick | Crescent kick |
| Axe kick | Sweeps to front leg below calf (Blackbelt only) |

Any jump kick (must display control, balance and focus)

ILLEGAL TECHNIQUES

| | |
|-------------------|-------------------|
| Spinning backfist | Elbow strikes |
| Throws | Pushing with arms |
| Low kicks | Knees |
| Head butts | |

Using any kick or technique that requires one hand to touch the ground.

BLACKBELT SCORING

Definition of a point: when a legal technique hits a legal target area.

The competitor scoring must remain on their feet (the technique must be completed to score, unless the competitor is thrown or pushed to the ground).

Every clean and well-controlled technique to a permitted target area and executed with light contact scores, according to the degree of difficulty as follows:

- All hand techniques to the head and body are 1 point.
- Foot sweep is 1 point (a competitor is swept if any body part other than their feet touch the floor and their balance is broken after an opponent's attack. A follow up of only a hand technique to the downed opponents' body is allowed (no kicks of any kind are allowed). Both front leg and base leg are allowed to be swept.

- Sweep and hand technique follow up is 2 points.
- Kick to the body is 1 point.
- Kick to the head is 2 points.
- Jump kick to the body or jump spin kick to the body is 2 points.
- Jump kick to the head or jump spin kick to the head is 3 points.

UNDERBELT SCORING

Definition of a point: when a legal technique hits a legal target area.

The competitor scoring must remain on their feet (the technique must be completed to score, unless the competitor is thrown or pushed to the ground).

Every clean and well-controlled technique to a permitted target area and executed with light contact scores, according to the degree of difficulty as follows:

- All hand techniques to the head (no face contact) and body are 1 point.
- Foot sweep to front or base leg is 1 point (a competitor is swept if any body part other than their feet touch the floor and their balance is broken after an opponents' attack. **NO follow up techniques are allowed to down opponent in under belt divisions.**)
- Kick to the body is 1 point.
- Kick to the head (NO FACE CONTACT) is 2 points.
- Jump kick to the body or jump spin kick to the body is 2 points.
- Jump kick to the head or jump spin kick to the head (NO FACE CONTACT) is 3 points.

REFEREEING

The center referee, upon scoring, will count opinions/calls of themselves as well as other corner referees.

The scoring is done by the center referee following a majority system only.

When a referee sees a score, they must indicate IMMEDIATELY. No late calls will be counted.

After each acknowledged technique the fight must be stopped, and the score announced.

Points are awarded only by unanimous or majority decision of the referee and the corner referees.

Referees can score for either fighter, indicate no call (ex. Did not see), or a clash.

Referees call a point/points for one fighter by pointing at the fighter with the appropriate number of fingers extended (ex. 1 finger for a technique that is worth 1 point and 2 fingers for a technique that is worth 2 points).

A referee will place hands in front of their eyes indicating that he or she did not see the point scored.

A referee will cross hands down low indicating a clash, no points awarded.

If a referee wants to show that the contact was too hard, he or she will punch their fist into the other hand indicating excessive.

To give a warning or a penalty point, the main referee must inform the competitor why he or she was penalized.

****No point each will be allowed. The referee must point to only one competitor for a point call.**

**** If there are three referees and one referee calls for 1 point, and the other referee calls 2 points, the fighter will receive 1 point.**

EXIT RULE

Exit means that any part of the foot is outside of the competition area. If a competitor exits the competition area/mat, the competitor inside the competition area/mat can score on the person outside of the ring. The competitor outside the ring cannot score.

CONTACT AND INJURY SITUATIONS

In the event of a technique that dazes an opponent, the center referee must stop the time then ask the corner referees their opinion on the injuring technique. The judges must agree. If the majority of the referees decide that the contact was excessive and/or intentional, the referee will penalize the offender by awarding the opponent 1 point. If they decide that it is unintentional contact, then there is no penalty.

If one of the competitors is injured, it is only the decision of a medical professional, the competitor or his or her coach, to stop the fight.

An injured fighter has 5 minutes to resume the match. The center referee must start 5 minutes from the time of the injury. If the fighter cannot continue at the end of the 5 minutes, then the match is over.

The referee cannot decide how seriously a competitor is injured. In case of injury, the referee must always call the medic.

If one of the competitors is injured and the fight is over because of a foul, the injured competitor is declared the winner.

WARNING AND PENALTY POINTS

Any infringement of the rules, depending on the severity and intent, may result in a warning, penalty point awarded or even disqualification.

Warnings will be carried throughout the match.

Striking any illegal area is an immediate point for the opponent who received the illegal hit.

Groin is included in this rule for both blackbelt and under belts.

Face contact is included in this rule for all under belts.

Warnings for “exit” will be kept separate from warnings for other offenses.

It is up to the referee to award a point to the opposing side instead of a warning, when in his or her opinion the violation was excessive (always falling or wasting time (ex. Turning back while running)).

If a competitor voluntarily steps out of a fighting area or is refusing to fight, the referee has the option to add 10 seconds to the fight time.

This is separate from other violations. The warnings and penalty points are given for using illegal techniques or doing prohibited actions, as well as any illegal action from coaches.

The procedure for warning for under belts is as follows:

There are no warnings for face contact (it is automatic point awarded to opponent)

One warning is given. After that 1 point is awarded to opponent.

The procedure for warning for blackbelts is as follows:

One warning is given. After that 1 point is awarded to opponent.

Excessive contact is as follows for under belts and blackbelts as follows:

One point automatically given to opponent.

Second time is disqualification.

COMPETITION SAFETY RULES

Competitors may only participate if they are completely healthy. Upon suspicion of illness a competitor must be examined by the onsite medic who will decide whether the competitor may participate or not.

A competitor has 5 minutes from the injury to re-enter the ring and resume the match. Eyeglasses are forbidden; soft contact-lenses are allowed as well as safety sport goggles. Safety sport goggles are allowed but at the competitors' own risk.

PROTESTING

The scoring of the referee and judges is final.

Protests against the decisions of the referee or judge can only be accepted in the event that the competition rules have not been correctly applied. The protest must be done immediately after the alleged infraction. The protest is first made to the center referee, and then if a satisfactory answer is not found, the protest moves to the Arbitrator. The Arbitrator will hear the protest, talk to the judges, and then make his or her own decision. The decision made by the Arbitrator is final.

BODILY FLUIDS

All body fluids such as blood or vomit, will be cleaned up by the coach/instructor or parent. This is not the responsibility of the medic or the referees.