



# Austin Martial Arts Festival

Presented by TaiChi People Herb Co.

## AMAF Continuous Sparring Rules

These are rules for **Continuous Sparring**. See, also, the **AMAF General Rules**.

### General

**Clothing:** Full protection must be used. This means that the head, mouth, hands, groin, shins, and feet are protected. Head gear must cover the side, top, and back of the head, and face grills are permitted, but optional. Fingerless gloves are not allowed (fingers may not be exposed). Feet and shin pads may be either foam-dipped or pull-over types. Cotton-soled shoes may be worn.

**Weight Divisions:** Weight divisions will be determined at the day of the competition, but will adhere as closely as possible to the following pattern --

- Adult men: starting at 125 lbs, a new division every ten lbs;
- Adult women: starting at 110 lbs, a new division every fifteen pounds;
- Children: starting at 70 pounds, a new division every fifteen to twenty pounds.

**Weigh-ins:** Weigh-ins will start two or more hours prior to the matches. These will be announced at the day of the event if they have not been announced publicly beforehand. A short physical examination will take place to determine proper hygiene (length of finger and toe-nails, cleanliness, etc.) and general good health.

**Matches:** Matches will consist of three bouts and each bout will last 30 seconds. Fighting time and the clock will stop as dictated by the referee. A match is won by winning two bouts. The winner of each bout is declared by a majority vote of the referee and judges.

Your name will be called for the match three separate times, with a wait of one minute between each calling. Unless the head judge makes an alternate decision to postpone further, failure to answer or being unprepared to compete at last call will result in your forfeit.

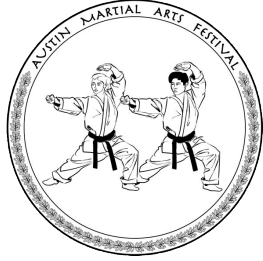
### Scoring

#### Legal Contact Areas

- Front of torso
- Outside of thigh
- Outside of leg
- Entire arm
- Front and side of head

#### Illegal Contact Areas

- Back and top of the head
- Spine, neck and throat
- Entire knee and knee joint
- Groin the leg only
- Inside of thigh
- Shin, other than to check



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### Illegal Techniques

- Knee strikes
- Floor or ground fighting
- Elbow strikes
- Groin Strikes
- Finger strikes
- Open hand strikes to the face
- Take-downs or throws
- Sweeps to the opponent's back leg or sweeps that attempt both legs of an
- Joint locking or breaking attempts
- Head butts
- Dangerous blind attempts at spinning hand or foot strikes
- Biting

### Penalties

The following actions will result in a Break, Warning, or Disqualification.

#### Break

- Head contact that may cause injury
- Controlled, non-contact technique scored on the back
- Competitor scores 3 unanswered techniques
- One or both competitors go to the floor
- A foul is called by a judge

#### Warning

- Using an illegal technique (see Illegal Techniques list, above)
- Contact to a non-contact area (see Illegal Contact Areas list, above)
- Excessive force (without malice or intent)
- Failure to break on the referee's call or failure to obey other instruction from referee

#### Disqualification

- If an injury occurs to an opponent as a result of a foul
- Receiving more than three warnings
- Running out of the ring more than once
- Repeated and deliberate exposure of a non-contact area in an attempt to cause competitor to commit a foul

#### Immediate Disqualification

- Deliberate excessive force or intent to injure
- Deliberate fouling
- Inappropriate behavior
- Use of objectionable or abusive language by a competitor or by the competitor's school