



# Austin Martial Arts Festival

Presented by TaiChi People Herb Co.

## AMAF Point Sparring Rules

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

### GENERAL

**Clothing:** Appropriate clothing, such as a Karate or Tae Kwon Do uniform, must be worn. Long-sleeved shirts and short pants are not allowed. Competitors are not allowed to wear anything that may cause injury to themselves or to their opponents (rings, necklaces, etc.).

**Weight Divisions:** Weight divisions will be determined at the day of the competition, based on competitor information.

### COMPETITION

**Matches:** The match consists of three 1-minute rounds with a 1-minute break between each round. Competitors score points by using kicking and punching techniques, only.

**Safety Equipment Requirements:** Competitors must supply their own protective gear, which must include the following.

1. Headgear (mandatory)
2. Hand & foot gear (mandatory)
3. Mouth guard (mandatory)
4. Protector cup (optional)

### SCORING PROCEDURES

**Legal Target Areas** A competitor will receive a point only when "light controlled contact" or "controlled no contact" is made to the following areas of the opponent's body.

1. Face (controlled no contact)
2. Side, or top of head (light, or controlled no contact)
3. Front or side of the body (light controlled contact)

**Illegal Target Areas** A competitor will receive a warning each time he/she makes contact to any of the following areas of his/her opponent's body with any type of contact.

1. Any area below the opponent's waistline.
2. Back of the opponent's head or body.
3. Front or back of the opponent's neck.

**Illegal Techniques** A competitor will receive a warning each time he/she uses any of the following techniques to make contact to any part of the opponent's body.

1. Spin back fists
2. Piercing (to the face)
3. Head-butting
4. Elbow strikes
5. Knee strikes
6. Holding



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### 3 WARNINGS RULE

The center referee will issue a warning each time a competitor commits any of the following violations during a match.

1. Shows disrespect or unsportsmanlike conduct.
2. Steps out of bound without being forced out.
3. Stalling - staying away excessively to avoid contact.
4. Uses an illegal technique - strikes an illegal target area.

When a competitor receives a 3rd warning for any combinations or infractions, the referee will award 1 point to his/her opponent. Each time thereafter, the referee will award 1 point for any violation committed by the competitor.

### Match Winner

The match will be won by the competitor who has the most points at the end of the match.

### If there is a TIE

1. If there is a tie, the match will be extended 1 extra minute (overtime). The first competitor who scores a point will be the winner.
2. If there is still a tie at the end of overtime, the match will be recorded as a draw.

### IMMEDIATE DISQUALIFICATION

A competitor will be disqualified immediately upon committing any of the following violations.

1. Insubordination
  - a. Failing to follow the referee's direct instruction.
  - b. Physical or verbal abusiveness involving anyone.
2. Excessive Contact
  - a. Makes contact to the opponent's face (whether it was accidental or intentional) that draws blood, causes redness & swelling, cuts, bruises, fractures or unconsciousness.