

SPARRING RULES

1. ALL SPARRING PARTICIPANTS WILL SHOW PROOF OF INSURANCE BEFORE BEING ABLE TO SPAR.
2. ALL STUDENTS MUST BE CLEARED BY A DOCTOR BEFORE BEING ABLE TO SPAR.
3. ALL STUDENTS MUST SIGN SPARRING WAIVER BEFORE BEING ABLE TO SPAR.
4. ALL SPARRING IS CONTINUOUS ACTION LIGHT POWER ANY CHANGE IN POWER LEVEL IS DETERMINED BY MASTER GREEN AND IS ONLY ALLOWED IN CASES OF EXPERTS SPARRING THAT HAVE PROVEN THEIR ABILITY TO CONTROL BOTH THEIR TECHNIQUE AND TEMPERMENT. NO THROUGH POWER WILL EVER BE ALLOWED SO THAT INJURY MAY NOT OCCUR.
5. SPARRING IS SPARRING, NOT A FIGHT FOR ONES LIFE THERE IS NO WINNER OR LOSER SPARRING IS ABOUT BETTERING OF YOUR MARTIAL SKILLS AND TECHNIQUE.
6. SPARRING IS NEVER TO BE USED TO EMBARRASS OR HUMILIATE A STUDENT IT IS ABOUT LEARNING.
7. ALL STUDENTS ARE EXPECTED TO HAVE THEIR OWN MOUTH GUARDS, GROIN CUP (MEN), BREAST PROTECTOR (WOMAN), AND ANY EXTRA PADS SUCH AS KNEE, SHIN, FOOT, OR FOREARM PROTECTORS.
8. THE SCHOOL WILL ALWAYS HAVE HELMETS, GLOVES, AND CHEST PADS. THERE IS A \$15 USAGE FEE PER MONTH FOR THIS EQUIPMENT SO SCHOOL CAN REPLACE ANY FAULTY EQUIPMENT AND STOCK THE PROPER DISINFECTANT FOR AFTER USE.
9. ALL SPARRING GEAR IS TO BE PROPERLY CLEANED AFTER USAGE AND STORED BACK IN PLASTIC BIN.
10. ALL STUDENT GEAR BROUGHT INTO THE SCHOOL HAS TO BE APPROVED BY MASTER GREEN BEFORE USAGE.
11. SPARRING IS IN EITHER TWO MINUTE OR THREE MINUTE ROUNDS; THERE IS ALWAYS A THIRD PERSON PRESENT TO BE A REFEREE AND A SAFETY MONITOR. FIGHTING WILL STOP AUTOMATICALLY IF A UNUSUAL HARD HIT ACCIDENTALLY OCCURS, ANY INJURY OR BLEEDING, WHEN EITHER ONE OF THE PARTICIPANTS PUTS HANDS UP OVER HEAD AND YELLS STOP, THE REFEREE HALTS ACTION, OR ANY EQUIPMENT MALFUNCTION.
12. THERE IS NEVER ANY BRAGGING, TAUNTING, OR ANY OTHER INAPPROPRIATE BEHAVIOR ALLOWED DURING OR AFTER A SPARRING MATCH. ONCE THE MATCH IS OVER IT IS OVER AND NO BULLYING WILL EVER BE ALLOWED. PROPER RESPECT AND BEHAVIOR ALWAYS.
13. ALL PARTICIPANTS WILL BOW TO THE REFEREE AND THEN TO THEIR SPARRING PARTNERS BEFORE AND AFTER MATCH BEGINS. ALL SPARRING PARTNERS WILL TOUCH GLOVES AT THE BEGINNING OF EACH ROUND AND AT THE END OF EACH ROUND.
14. IF A PARTICIPANT IS INJURED THE PARTNER WILL TURN AND KNEEL WHILE INJURED PERSON IS ATTENDED TO.
15. NO DANGEROUS TECHNIQUES WILL BE ALLOWED LIKE FINGER JABS, GROIN STRIKES OF ANY KIND, EYE ATTACKS OF ANY KIND, OR THROAT OR NECK ATTACKS. NO STRIKING TO THE KNEE TARGETING THROUGH THE KNEE AND NO ATTACKS TO THE SPINE, KIDNEYS, OR BACK OF THE HEAD. A TAP TO THESE AREAS IS ENOUGH TO LET YOUR PARTNER KNOW NOT TO EXPOSE THESE AREAS DURING A FIGHT.

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16. IF FIGHTING GOES TO THE GROUND YOU ARE EXPECTED TO DEFEND AND GET BACK TO YOUR FEET. THE REFEREE WILL COUNT TO 15 IF YOU ARE NOT BACK TO YOUR FEET ACTION WILL BE HALTED AND PARTNERS WILL BE RESTARTED.
17. ANY LULL IN ACTION WILL BE DELT WITH BY THE REFEREE BY COUNTING TO 5 IF THE ACTION DOES NOT RESUME REFEREE WILL BREAK THE PARTNERS UP AND RESUME ACTION. IF LULLS CONTINUE MATCH WILL END.
18. ANY PARTNER WHO CONTINUOUSLY RUNS AWAY WILL BE ASKED TO STAND AND FIGHT NO PERSON WILL LEAVE THE SPARRING AREA WITHOUT TRYING TO STAY IN FIGHT EVEN IF THE REFEREE HAS TO LINE THEM UP IN A CORNER TO TEACH THEM TO STAND THEIR GROUND.

STUDENT SIGNITURE OR MARK

SCHOOL WITNESS