

WEAPON SPARRING

Short Weapon Sparring

1. Competition area is a minimum size of 5mx5m square. No barriers.
2. Format is continuous sparring.
3. **Scoring:** All effective hits to legitimate targets score 1 point.
4. In the event of successful delivery of a technique deemed by a majority of the Judging officers to be a 'finishing blow' the match will end.
5. **Loss of point if you:**
 - a. Drop your weapon, 1 point awarded to the opponent.
 - b. Both feet outside boundary, 1 point awarded to the opponent. Ground techniques allowed.
6. **Violations:** Hit an opponent's throat, neck and groin.
7. **Penalty:** If deemed unintentional, 1 warning, 3 warnings results in forfeiture of the match.
8. **Equipment:**
 - a. Helmet, body protector and gloves are mandatory and provided;
 - b. Groin protector is mandatory (bring your own);
 - c. Arm pads, shin pads, kneepads, elbow pads and shoulder pads are optional (bring your own).
9. **Length of match:**
 - a. 2 minutes fighting time (not including time between each stop and restart)
 - b. In the event of a tie the match will go to 1 minute overtime.
10. At the end of the match scores will be totalled and, at the discretion of the Chief Judge the core of the competitor who showed the most evidence of appropriate and efficient weapon usage will be increased by a maximum multiple of 2.

Long Weapon Sparring

1. Rules 1-10 from above apply.
2. Scoring by successfully striking, poking or jabbing the opponent with the weapon on his/her body other than throat, neck, groin and forearm.