



BORN TO FIGHT

RULES & REGULATIONS

The continuous sparring tournament has two categories —Junior and Adult. Within these categories are broken down by experience level and weight divisions. Use the divisions to your discretion with your instructor to make the divisions fair to all competitors. All contact is to be controlled with sportsmanship conduct to the opponent. If there are no competitors in your category, you will be mixed into the most appropriate pool for the opportunity to compete. The competitions will take place on 16x16ft areas.

PROTECTIVE GEAR: All participants are required to bring and wear the following protective gear: headgear, 14-16oz gloves, mouthpiece, shinguards, chestgear (optional for advanced adults), and cup for all male competitors.

ADULT DIVISION (18yrs and above):

- Adult Male
- Adult Female

- Beginner (*no head shots*)
- Intermediate (*less than 4-5yrs of experience, head shots allowed*)
- Advanced (*more than 5yrs of experience, head shots allowed*)

Beginners: Punching allowed to the body only (no headshots), kicking allowed to the body and to the legs (no kicks to the head allowed). The beginner division is designed for competitors with a minimal number of years of experience or less. (*All protective gear is required for this division.*)

Intermediate: Punching is allowed to the head and to the body, kicks are allowed to the body and legs. This division is designed for competitors with less than 4-5years of experience. (*All protective gear is required for this division.*)

Advanced: Punching is allowed to the head and to the body, kicks are allowed to the body and legs. This division is intended for competitors with consistent experience in sparring training for 5yrs of training and above. (*Chestgear is optional for the advanced division.*)

Men's Weight Classes

Beginner Division

- 135lbs and under 156—185lbs 206lbs and over
- 136—155lbs 186—205lbs

Intermediate or Advanced

- 125lbs and under 146—154lbs 186—205lbs
- 126—135lbs 155—170lbs 206lbs and over
- 136—145lbs 171—185lbs

Women's Weight Classes

Beginner, Intermediate, and Advanced Divisions

- 115lbs and under 136—145lbs 156lbs and over
- 116—135lbs 146—155lbs

JUNIOR DIVISION

All protective gear is required for ALL Junior Divisions. Head contact is not allowed for ALL Junior Divisions.

Junior Weight Classes (13-17yrs old)

- 90lbs and under 106—120lbs 136—155lbs
- 91—105lbs 121—135lbs 156lbs and over

Junior Weight Classes (5-12yrs old)

- 30—45lbs 68—84lbs 101lbs and over
- 46—67lbs 85—100lbs

1 point awarded for strikes to the head and to the torso (*adult intermediate/advanced divisions only*)

1 point awarded for kicks to the legs

2 points awarded for kicks to the torso

Adults are 3x2 minute rounds. Juniors are 3x1 minute rounds. No repetitive punches to the head. Strikes must be controlled using a combination of legal martial arts techniques. No excessive force or contact with malicious intent will be tolerated. Blood drawn or knockout is cause for point deductions or disqualification.