

American Open Continuous Sparring Rules

All Continuous Sparring Rules are the same as NASKA Point Sparring Rules. In addition, AKA American Open will include the following rules.

RING SIZE (same as point sparring)

SPARRING EQUIPMENT (same as point sparring)

17 & under Black Belts are required to wear chest guard and face shield.

UNIFORM (Same as point sparring)

TIME LIMIT / Length of the Match

- a. Under Belts - Two 30 second rounds with a 30-second break between them.
- b. Black Belts - Two 45 second rounds with a 30-second break between them.
- c. Ties / Overtime – one 15 second round.

CONTACT RULES

All Contact Rules are the Same as NASKA Point Sparring Rules. Following are Head and Face Contact Rules at AKA American Open for Continuous Sparring Divisions.

a. **UNDER BELT** - No Face or Face Shield Contact is Allowed. Light Touch is allowed to Head Gear Only. If contact to the headgear is deemed more than light touch by the Center Referee, penalty points or disqualification will be used.

b. **17 & UNDER BLACK BELT** - Light Touch to Head Gear and Face Shield are allowed. No Face Contact is allowed. If contact to the head or face shield is deemed more than light touch by the Center Referee, penalty points or disqualification will be used.

c. **18 & UP BLACK BELTS** - Light Touch to Head Gear, Face Shield and Face are allowed. . If contact to the headgear, face shield or face is deemed more than light touch by the Center Referee, penalty points or disqualification will be used.

SCORING

Matches are scored using Clickers as follows:

When using 2 Corner Officials, Official A issues points for (Red Flag) competitor for first round (45 seconds) and Official B issues points for (White Flag) competitor. They change their clickers and issue points for the opposite competitor for second half of the match (45 seconds) At the end of the match Score Keeper totals points issued on the clickers and penalty points are added in for the total score. When using 4 Corner Officials, Officials A & B issues points for (Red Flag) competitor for first round (45 seconds) and Officials C & D issues points for (White Flag) competitor and then exchange Clickers on the break.

One Center Referee and Two or Four Corner Officials for each match
Center Referee's Duty is to start and stop any match and issue warnings and penalty points. Generally speaking the operation of each ring depends on all officials especially the center referee. However in Continuous Sparring most of the responsibility lies on the Center Referee so the Center referee for these division has to be very FIRM with controlling their ring. Going over the rules with competitors before the start of the divisions would be very helpful for operation of the ring.

Corner Official's Duty - to issue all the points for legal techniques to legal target areas (same as point sparring) to the competitors using clickers. Corner officials will issue points to each competitor during each match. Corner officials change their clickers after each round.

CONTINUOUS PENALTY RULES & PENALTY POINTS

1. One warning for any violation and penalty point for any violation after first warning except for face contact or poor sportsmanship.

NO WARNING for FACE OR FACE SHIELD CONTACT or poor sportsmanship.

2. Allowable Number of Continuous Punches And Kicks:

Competitors are allowed to execute a maximum of 3 hand or foot techniques in a row. After third hand or foot technique is thrown the competitor must do one of the following options before continuing.

- (a) Throw a kick after three punches or a punch after three kicks.
- (b) Pause for a time sufficient enough to break the progression of repetitive strikes.

3. Penalty points awarded by Center Referee (2, 3, or 4)

The Center Referee issues all the penalty points independently during each match. Penalty Points are added to the total score. Any competitor with 10 or more penalty points will automatically be disqualified.

- a) 2 point penalty for striking four times in a row as long as the 4th technique is not severe enough for disqualification.
- b) 3 point penalty for striking a non target area (Example legs, back, joints etc.)
- c) 3 point penalty for using illegal technique (example elbow strike, knee strike, grappling, take downs)
- d) 3 point penalty for poor sportsmanship conduct from competitor, coaches, parents or spectators.
- e) 4 point penalty for any type of touch to the face or face shield contact in Under Belt divisions.
- f) 4 point penalty for more than light touch to the face shield or head gear for All Black Belts.
- g) All competitors will be disqualified for a second violation of contact to the head, face or face shield.
- h) Any excessive contact will result in disqualification.
- i) Moderate contact to the head, face or face shield will result in disqualification for all belts.
- j) Disqualification results in no place being awarded.

Ties and Overtime Match

Ties will be broken with one 15 second overtime round. At end of the round, Center Judge will call "SCORE," and all judges, including the Center, will simultaneously point to the competitor they believe won. The competitor who receives the majority of votes, wins. Any rules violation during the overtime round results in forfeiture of the match by the offending competitor.

All of the rules are for the safety of the competitors. This is Continuous Sparring, not Full Contact, Muay Thai or Kickboxing.