**Dress Code:** A Club or association Uniform, T Shirts allowed if they have a club logo. No Street bought T Shirts with a company logo.  
Trousers and Shorts are allowed as long as they are made for Martial Arts, No Street bought Trousers or Tracksuits with a company logo.  
  
 **LIGHT-CONTACT CONTINUOUS SPARRING**  
All bouts will be WUMA Light-contact to the padded area of the front and side of the Head-guard, Medium to moderate contact to trunk & side of body above waist.   
  
**Time Limit:** 1 x 2-minute round with a judge’s decision to win the bout. Final: 2 x 1 Minute 30 seconds with a judge’s decision to win the bout.

**Minus points** can be awarded at the Referee’s discretion for the following:-   
Sweeping to high, kicking below waist, excessive contact, uncontrolled technique (swinging) illegal techniques, loss of balance, unsportsmanlike conduct, arguing, continually stepping out of the area to avoid fighting & using banned techniques.

**Yellow and Red Foul Cards:** should the incident be deemed serious enough a **yellow card** will be issued, then a second **yellow card** issued for another warning or foul, the third card will be **Red**, A red card will mean instant disqualification. A **Red** card may be given at any time if a dangerous or abusive situation at the discretion of the Chief Referee on that said mat. These cards can also be issued to the coach.

**Disqualification**  
- Level 1 disqualification will mean the participant is only disqualified from that bout so if competing for 1st or 2nd would get the award.   
- Level 2 disqualification will mean the participant is disqualified from the category therefore would not receive an award.

- Level 3 disqualification deemed too dangerous, or caused a scene arguing or threatening with competitors or officials they can be banned from competing again. If any competitor or coach threatens or abuses others especially an official or fellow competitor they may be removed from the event with no refund in any way.  
  
**Scoring:**   
**3 points** for a controlled kick to the padded area of the front and side of the Head-guard ”**5 points** if you jump”**.   
2 points** for a controlled kick with a straight leg to trunk & side of body above the waist, “**3 points** if you jump”**.   
1 point** for all controlled Punches. **1 point** for a sweep behind the ankle with a part of the body touching floor then extra points for follow up if before STOP. 10 Clear points wins the bout but not in the final as that is Unlimited Score. All Finals are on the same mat.  
  
**Scoring Areas with control**: Padded area of the front and side of the Head-guard, Torso front and sides above the waistline.   
**Non-Scoring Areas:** Back of the head guard, Eyes, Throat & Neck, Arms, Armpits, Back, Groin, Legs unless a sweeping technique behind ankle & anywhere to the back.

**Result:** If the result is a draw then the sudden death rule will apply where the competitor to score the first **two** clear consecutive scores with a majority vote will be declared the winner.

**Banned Techniques:** Inside Sweeps, Elbows, Knees, Kicks below the waist, Backfist & Rideghands to the body, grabbing or holding, Spinning Backfist, Wild hooks/haymakers & any throws.

**Light-Contact Sparring Equipment**6-8oz Boxing gloves for Under 16’s, 8-10oz for Ladies (16yrs+), 10-12oz for Adults (16yrs+), Headguard with padding at the top, Soft Shin Guard, Soft padded Boots. **Groin guard** (worn under trousers compulsory for males) **Optional Chest & Groin guards** for females. **Gum Shields** compulsory.

**COMPLAINTS PROCEEDURES**Complaints or disputes must be directed to the Chief Referee or the event Promoter.  
Only official Coaches or named Association representatives may complain or dispute a decision.

At no time must Referees or table officials be subjected to disputes or complaints. Any dispute or complaint must be made immediately after the incident.  
  
Only genuine disputes will be investigated, a simple “my student should have won”, or “they never scored my students points” or “my student did a better Kata and didn’t get the score they deserved” type of complaint will not be entertained.  
Every effort will be made to keep to the correct divisions however should a division have less than 3 competitors then the competitors could be amalgamated into another category at the discretion of the organisers.  **THE CHIEF REFEREES DECISION WILL BE FINAL.**