

2011 CONTINUOUS SPARRING DIVISIONS
Friday April 15th 2011

All Matches Will Begin at 7:00 PM – Please Be On Time

Continuous Sparring competitors by age and weight class and is open to all Belt Ranks.
 Awards given for 1st – 4th place.

(NBL Divisions Only)

IFMA Divisions

N-95/96	11-	Light 66 (30-) (IFMA BS1)	(IFMA Division)	Male/Female
N-97/98	11-	Heavy 66+ (30+) (IFMA BS1/2)	(IFMA Division)	Male
N-99	12-14	Light 99- (45-) (IFMA BS2/3)	(IFMA Division)	Male
N-100/101	12-14	Heavy 99+ (45+) (IFMA BS3)	(IFMA Division)	Male
N-102	15-17	Light 143- (65-) (IFMA BS1)	(IFMA Division)	Male
N-103/104	15-17	Heavy 143+ (65+) (IFMA BS4)	(IFMA Division)	Male
N-105/106/107	12-17	Feather 121- (55-) (IFMA BS4)	(IFMA Division)	Female
N-105/106/107	12-17	Light 121+ (55+)	(IFMA Division)	Female
N-108/109	18+	Light 151.8- (69-) (IFMA BS5)	(IFMA Division)	Male
N-110/111	18+	Middle 173.8- (79-) (IFMA BS5)	(IFMA Division)	Male
N-112/113	18+	Heavy 200.02- (91-) (IFMA BS5/6)	(IFMA Division)	Male
N-114	18+	Super Heavy 200.2+ (91+) (BS6)	(IFMA Division)	Male
N115/116	18+	All Weights (IFMA BS7)	(IFMA Division)	Female

Continuous Sparring Rules

Competitors are required to wear thumb less gloves.
 Belts are not required.
 All matches: (90 seconds) - Three 30 second Rounds, with a 15 second break.
 In the event of a draw, competitors will fight by Point Sparring match.
 Light to moderate contact.
 Scoring to be done on a Ten Point must system. Winner receives, 10 pts, Loser 9 pts or less.
 Superiority in scoring must be given to those competitors who score with kicking techniques which are more difficult and have a higher point value than hand techniques.
 Scoring same as Black Belt: 1, 2, 3, point techniques.
 Warnings are used in Continuous. Penalties result in a .5 deduction, 3 such penalties within that 30 seconds equals disqualification in that match.
 All other rules will be covered the day of event.

2011 POINT STICK FIGHTING DIVISIONS

Saturday, April 16th 2011

All Matches Will Begin at 9:00 AM – Please Be On Time

SP1	6 & Under All Belts Male/Female	SP7	13-17 All Belts Female
SP2	7- 8 All Belts Male/Female	SP8	18-34 All Belts Male
SP3	9-10 All Belts Male/Female	SP9	18-34 All Belts Female
SP4	11-12 All Belts Male/Female	SP10	35+ All Belts Male
SP5	13-14 All Belts Male	SP11	35+ All Belts Female
SP6	15-17 All Belts Male		

Any Questions, Please Call:

Kyoshi Richard Everage - (585) 298-1063 Everage World Championship Karate, Inc.

Email: Rever72806@aol.com

BLACKBELTS ONLY : RINGMASTER SPARRING SHOES HAVE NOW BEEN APPROVED BY IFMA for 2011