

2008 CONTINUOUS SPARRING DIVISIONS
May 17th, 2008

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

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

(IFMA & NBL Divisions Only)

N-90/91/92	17- Fly 77- (35)	Male/Female
N-93/94	17- Light 99 - (45-)	Male/Female
N-95	17- Middle 121- (55-)	Male
N-96/97/98	17- Heavy 121+ (55+)	Male
N-99/100	17- Feather 99+ (45+)	Female
N-101/102	18+ Light 151.8- (69-)	Male
N-103/104	18+ Middle (173.8- (79-)	Male
N-105/106	18+ Heavy 200.2- (91-)	Male
N-107	18+ Super Heavy 200.2+ (91+)	Male
N-108/109	18+ All Weights	Female

Continuous Sparring Rules

- Ⓒ Competitors must weigh in and card must be stamped.
- Ⓒ Competitors are required to wear thumbless 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.

Any Questions, Please Contact : Zeke Marsh (716) 553-5968 or Email: SIFU1CCC@aol.com

BLACKBELTS ONLY - Ringmaster Sparring Shoes – HAVE NOW BEEN APPROVED BY IFMA 2008