

2008 CONTINUOUS SPARRING DIVISIONS
Friday, April 25th, 2008

All Matches Will Begin At 7:00 PM – 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.

(NBL Divisions Only)

IFMA Divisions

N-9091/92	17-	Fly 77- (35)	(IFMA Division CS1/2)	Male/Female
N-93/94	17-	Light 99 - (45-)	(IFMA Division CS3/4)	Male/Female
N-95	17-	Middle 121- (55-)	(IFMA Division CS5)	Male
N-96/97/98	17-	Heavy 121+ (55+)	(IFMA Division CS6/7/8)	Male
N-99/100	17-	Feather 99+ (45+)	(IFMA Division CS9/10)	Female
N-101/102	18+	Light 151.8- (69-)	(IFMA Division CS11/12)	Male
N-103/104	18+	Middle (173.8- (79-)	(IFMA Division CS12/13/14)	Male
N-105/106	18+	Heavy 200.2- (91-)	(IFMA Division CS14/15/16)	Male
N-107	18+	Super Heavy 200.2+ (91+)	(IFMA Division CS17)	Male
N-108/109	18+	All Weights	(IFMA Division CS18/19)	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 Call:

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