



# WDU / USG NATIONALS SPARRING RULES



1. Competitors can not choose who they spar and must be drawn randomly.
2. Allowances may be made so that competitors from the same school do not spar in the first round of competition.
3. **LENGTH OF MATCH** – The length of a match will be two minutes running-time unless a competitor is seven points ahead in the black belt divisions (Seven Point Spread Rule) before time has expired. If the competitors are gups then the match is 2 minutes unless a competitor is 5 points ahead ( 5 Point spread rule).
  - a. If a match is tied at the end of two minutes, a sudden victory (first person to score a point) overtime period will determine the winner.
  - b. At the 1 minute 45 second mark of a sparring match, the timekeeper will shout out “FIFTEEN SECONDS”
4. **WHAT IS A SPARRING POINT?** A point is a Tang Soo Do technique that is scored by a competitor in-bounds and up-right (not considered down) without time being called that strikes a competitor with the allowable amount of focused touch contact and focused control to a legal target area.
  - a. Green belts and below may come within 4 inches of the head/face to score a point.
  - b. Red Belts may be within 2 inches of the head/face area
  - c. Black belts may make contact to score
    - i.) **Focused Touch Contact:** the legal amount of contact allowed to certain scoring areas.
    - ii.) **Focused Control:** an amount of controlled force that would have incapacitated the opponent, at least momentarily, if the technique had not been controlled.
  - d. Any contact that incapacitated the opponent; i.e. Knockout's, causes a concussion, or the opponent cannot continue, will be deemed as Hard Contact and will be a penalty / illegal technique, unless it is a No-Fault contact.
  - e. All Techniques are 1 point
5. **NO FAULT CONTACT:** Unintentional contact can occur that injures a competitor, which can be classified as no-fault contact. Judges may vote on a penalty being called No-Fault Contact. The injury can be declared No-Fault, by the majority vote of judges. This means no penalty point or disqualification can occur.

Legal Target Areas:

  - i. Legal Target Areas: Front and Sides of Head and face, ribs, chest, abdomen, collarbone, and kidneys. The back of the head is not a legal target area, however if a controlled technique was thrown to a legal target area, but the competitor flinched or turned their head to avoid the contact then it is a legal target area.
  - ii. Illegal Target Areas: Spine, back of neck, throat, sides of the neck, groin, legs, knees, and back.
  - iii. Non-Target Areas: Hips, shoulders, buttocks, arms, and feet.
6. Out of Bounds, falling down or excessive running (as determined by the head official) around the ring will be considered an attempt to avoid competition and the other competitor will be awarded a point.
7. A competitor is considered out of bounds when they have both feet off the sparring area (mat). If the competitor is out of bounds without being kicked out or physically pushed out of bounds, their opponent will receive 1 point.
8. If a competitor goes out of bounds while the other competitor is kicking or punching, near the competitor WITHOUT actually touching the competitor, the competitor will be considered leaving the sparring area to avoid competition and the other competitor will receive a point. A fighter must stay engaged in the match if he goes out of bounds not to be penalized.
9. If the out-of-bound competitor is scored on, with a legal technique, before the center official calls STOP, then the in-bounds competitor can receive a score for the technique and the penalty point from the other competitor going out of bounds to avoid fighting.
10. If a fighter touches the ground/mat with, with any part of their body, except their feet or 1 hand, they are considered down.
11. A point cannot be scored on a down competitor and a downed competitor cannot score a point. If an upright competitor strikes a down competitor or they can be penalized.
12. A competitor who leaves their feet while in-bounds, must land with at least one foot in-bounds to score a point.
13. All Legal Techniques are 1 point in value.
14. On a call, a majority of judges are required to score a point. This means that if three judges are present, 2 judges must be calling for a point in order for it to be scored. If 5 judges are present, 3 judges must call for a point in order for it to

be scored. Casting a “No see”, “clash”, or “no call” all effectively mean no point. Ex: 3 judges are present, 1 judge calls 1 point red, 2 judges call “NO SEE” so no point is awarded because a majority is not present for the point.

15. **Leg Checks and Sweeps.:** Leg checks that are not meant to take down an opponent, but only to check the **front leg at mid-calf or below** and obstruct the balance so as to follow up with a Tang Soo Do technique are allowed.

- i. Controlled Takedowns and sweeps that are meant to take down an opponent are not allowed.
- ii. A point is awarded only when the legal leg check is followed up effectively legally and **immediately** with an appropriate Tang Soo Do technique.

16. The following can result in a warning and penalty point to the other side.

- 1. Going out of bounds to avoid competition
- 2. Falling down to avoid competition
- 3. Running around the ring to avoid competition (not actively engaged)
- 4. Excessive contact as deemed by a majority of judges
- 5. Pushing a competitor out of bounds (not to be confused with fighting out)
- 6. Attacking illegal and non-target areas
- 7. Attacking with Blind or illegal techniques
- 8. Uncontrolled or Wild techniques
- 9. Unsportsmanlike behavior to either another fighter or judge
- 10. Late Hits
- 11. Retaliatory hits
- 12. Coaching from the sideline (Coaching is not allowed)

17. **Disqualification:** After 3 contact Warnings, a competitor will be disqualified. Any other infractions constitute penalty points as stated above.

18. **Blood:** The drawing of blood is not an instant disqualification. If it is deemed that the drawing of blood is from incidental contact or; a technique with good focused control was thrown and the carelessness of the other competitor caused the excessive force or drawing of blood then there is no disqualification. A penalty point may be awarded for the excessive contact as deemed appropriate.

- a. If the contact was malicious in nature or due to reckless/uncontrolled technique then a competitor may be disqualified if all three judges come to a consensus.

19. **The bye System:**

WDU USG NATIONALS BYE SHEET					
# of Competitors	# of Fights	# of Byes	# of Competitors	# of Fights	# of Byes
3	1	1	15	7	1
4	2	0	16	8	0
5	1	3	17	1	15
6	2	2	18	2	14
7	3	1	19	3	13
8	4	0	20	4	12
9	1	7	21	5	11
10	2	6	22	6	10
11	3	5	23	7	9
12	4	4	24	8	8
13	5	3	25	9	7
14	6	2			