

CONTINUOUS SPARRING

*Note: All penalties and rules not contained herein will be the same as POINT SPARRING.

I. PLAYING AREA AND EQUIPMENT: (same as point sparring)

II. OFFICIALS: (same as point sparring except G)

G. JUDGES

- () 1. **QUALIFICATIONS** - (same as forms)
- () 2. **AMOUNT** - Each ring shall have four (4) Judges and a Center Referee.
- () 3. **AGE** - The age of all Judges must be eighteen (18) years or older.
- () 4. **DUTIES**
 - Scores players at the direction of the Center Referee.
 - To judge an entire division without leaving the ring.
- () 5. **IDENTIFICATION** - (same as forms)
- () 6. **LOCATION OF** - The four (4) Judges shall sit just outside each corner of the ring.

NBL/SG ONLY

- () 3. **TIME LIMIT** - Same as regular play except in all NBL tournaments with continuous sparring in the (evening) finals and in the Grand Finale of the Super Grands the total time limit of the match will be either 60 seconds, 90 seconds or 120 seconds total playing time. This will be an option set by the NBL executive offices based on the amount of time available for the (evening) finals and/or the Super Grands Grand Finale.
- () 4. **BOWING OUT** - (same as sparring)
- () 5. **POOR SPORTSMANSHIP** - (same as sparring)
- () 6. **LEVY OF FINES** - (same as forms)
- () 7. **AMOUNT OF PERFORMANCES** - (same as point sparring)
- () 8. **COACHING** - (same as point sparring)
- () 9. **ILLEGAL RING ENTRY** - (same as forms)
- () 10. **REQUEST TO KNOW SCORES / TIME** - (same as point sparring)
- () 11. **COMMANDS** - (same as point sparring)
- () 12. **TIME OUT** - (same as point sparring)
- () 13. **HITTING AFTER THE CALL** - A player must refrain from play at the Center Referee's call to stop (break) or with his/her short blow of the whistle.
 - () **PENALTY** - Any player(s) hitting after the call to stop (break) by the Center Referee will have two (2) penalty points awarded to the opponent for each offense or be disqualified by the Center Referee.
- () 14. **TIME BETWEEN MATCHES** - (same as point sparring)
- () 15. **EQUIPMENT ADJUSTMENT** - (same as point sparring)

III. PLAYER UNIFORM AND EQUIPMENT:

(same as point sparring)

IV. RATINGS: (same as sparring with the following NBL additions)

- NBL ONLY** () **UNDER BLACKBELTS IN NBL RATINGS** - NBL continuous sparring divisions allow under blackbelts and blackbelts to compete in the same division, thus both are included in the NBL ratings.
- NBL ONLY** () **CONTINUOUS SPARRING RATINGS** - All junior players may combine all their rating points that they have earned into one weight class for their final NBL ratings, but they must do this prior to the final ratings publication (approximately October 1st each year) by point chart or be subject to a penalty fine for late changes (See IV. RATINGS). In order to move points down into a lighter weight division, the player must have some points in that lighter weight division. They may move points into a heavier division without having any points in that division. Adults cannot transfer points from one weight class to another.

V. PLAYER DIVISIONAL CRITERIA: (same as

point sparring, with the addition of C-1 RANK, G-4 and G-5 WEIGHT CLASSES)

C. RANK

- () 1. **PROPER COLOR BELT** - Same as forms, except that a tournament may require under-blackbelt players not to wear any belt if they are in a division that allows blackbelt player entry.
- NBL ONLY** () **PROPER COLOR BELT** - An under blackbelt player is not allowed to wear any belt in the division if the division allows blackbelt players. The tournament promoter can request that any or all players not wear blackbelts also, but if any blackbelt player resists then he/she must be allowed to wear his/her blackbelt.
- SG ONLY** () **PROPER COLOR BELT** - An under blackbelt player is not allowed to wear any belt in the division if the division allows blackbelt players.

G. WEIGHT CLASSES (same as point sparring for adult divisions)

- () 4. **WEIGHTS BY AMOUNT OF DIVISIONS - JUNIOR BOYS ALL WEIGHTS - JUNIOR GIRLS UNDER 99 POUNDS**

Division	4	5	6	7	8	(kg)
Fly	77-	66-	66-	66-	66-	(30-)
Feather	-	-	-	77-	77-	(35-)
Light	99-	88-	88-	88-	88-	(40-)
Light Middle	-	99-	99-	99-	99-	(45-)
Middle	121-	121-	121-	121-	121-	(55-)
Light Heavy	-	-	143-	143-	143-	(65-)
Heavy	121+	121+	143+	143+	165-	(75-)
Super Heavy	-	-	-	-	165+	(75+)

- () 5. **WEIGHT BY AMOUNT OF DIVISIONS - JUNIOR GIRLS 99+**

Division	If 1	If 2	Kg
Feather	99+	99-121	(45-55)
Light	-	121+	(55+)

VI. SEQUENCE OF PLAY: (same as point sparring)

VII. RULES OF PLAY:

A. PERFORMANCE

- () 1. **READINESS** - (same as forms)
- () 2. **PRESENTATION** - (same as point sparring)
- () 3. **TIME LIMIT** - The total time limit of the match will be one (1) minute

B. BOUNDARIES (same as point sparring)

C. SCORING AREAS

- () 1. **LEGAL SCORING AREAS** - A player may score to the head, face, ribs, chest, abdomen or kidneys.
- () 2. **NON SCORING AREAS** - A player cannot score to the back (spine), shoulders, throat, arms, elbows, hips, buttocks, groin, legs, knees, feet, or any other area not specifically accepted as a legal scoring area. However, the player is allowed to strike to a non-scoring area if that area was intentionally used as a blocking area by the opponent.
 - () **PENALTY** - A player striking to a non-scoring area that was not intentionally used as a blocking area by the opponent will have a penalty point awarded to the opponent by the Center Referee for each offense.
 - () **PENALTY** - A player maliciously striking to a non-scoring area will be disqualified by the the Center Referee for that match and further play.

D. TECHNIQUES

- () 1. **LEGAL TECHNIQUES** - Same as point sparring except takedowns are not allowed.
- () 2. **ILLEGAL TECHNIQUES** - (same as point sparring)
- () **PENALTY** - Same as point sparring except penalties are determined by the Center Referee.
- () 3. **GLOVE EXTENTION** - (same as point sparring)
- () 4. **AMOUNT OF CONTINUOUS HAND TECHNIQUES ALLOWED** - A player is allowed to execute a maximum of three (3) continuous hand techniques in a row. After the third hand technique is thrown, the player must do one of the following options before continuing to execute more hand techniques:
 - a. Throw a kick (or)
 - b. Take a step backward or pause for a time generally considered sufficient enough to break the rhythmic progression of alternating or repetitive hand strikes.
 After one of the two options above has been employed, then the player may use hand techniques again. A player may use his hands to block at any time.
 - () **PENALTY** - A player executing more than the allowed three (3) hand techniques in a row will have two (2) points awarded to the opponent by the Center Referee for each offense.

E. CONTACT

- () 1. **CONTACT DEFINITIONS** - (same as point sparring)
- () 2. **AMOUNT OF CONTACT TO SCORE**
 - All junior and adult ranks must use no contact to score to face scoring areas, light or no contact (the individual player's option) to score to headgear scoring areas, and light or moderate contact to body scoring

areas.

() **PENALTY** - A player using light contact to the face will have two (2) penalty points awarded to the opponent by the Center Referee for each offense. A player using moderate contact to the head or face will have three (3) penalty points awarded to the opponent by the Center Referee for each offense.

() **PENALTY** - Penalty for excessive contact is the same disqualification as in point sparring except the decision is determined solely by the Center Referee. *NOTE: A Center Referee does not have to see the actual contact to penalize or disqualify a player for contact (including the drawing of blood) if he feels sufficient evidence warrants the call. Furthermore, a Center Referee may award a penalty point and/or disqualification call at any time after a questionable contact has been made if he feels that the evidence warrants it.

() **3. FACE PROTECTION GEAR** - (same as point sparring)

() **4. EYEGLASSES** - (same as point sparring)

() **5. FAULT OF CONTACT** - (same as point sparring)

F. SCORING BY POINTS AND PENALTIES

() **1. POINT DEFINITION** - A point is a legal technique placed to a legal scoring area with a legal amount of contact during the play and before the play is stopped by the Center Referee.

() **2. SCORING OF POINTS** - One (1) point will be scored for hand and foot techniques; two (2) points for head kicks and spinning kicks from a standing position and three (3) points for spinning kicks to the head, any aerial spinning kicks from a standing position, cartwheel kicks, capoeira kicks or gyroscope kicks. All points are awarded by the Corner Referees.

() **3. SCORING BY PENALTIES** - A one (1), two (2) or three (3) point penalty can be awarded to a player by the Center Referee depending upon the infraction caused by the opponent. (see APPENDIX C for quick reference)

() **4. SCORING BY BOTH A POINT AND A PENALTY** - A penalty point(s) may be awarded by the Center Referee despite what the Corner Referees have tallied during the same play.

() **5. AMOUNT OF POINTS TO WIN** - The player with the highest score after the completion of the match is the winner of the match.

() **6. DISQUALIFICATION** - (same as point sparring)

() **7. SCORING ERROR** - (same as point sparring)

() **8. DETERMINING THE WINNER** - (same as point sparring)

() **DETERMINING THE WINNER** - In all NBL tournaments with (evening) finals and the NBL Super Grands Grand Finale, the last two remaining players of each adult division (Super Grands include junior divisions) will advance to the finals (Grand Finale at Super Grands) for the run-off to determine the divisional winner. In the eliminations they have to be run down as far as possible so that another match could entirely eliminate one of the players. It will be the NBL promoters option to include any junior divisions in the finals.

() **9. DOUBLE ELIMINATIONS** - (same as point sparring)

G. AWARDED POINTS AND PENALTIES

() **1. PROCEDURE** - The two (2) Judges in opposing corners will be chosen by the Center Referee to count points for one player while the remaining two (2) Judges will count points for the other player. The Judge in front and to the right, and the Judge to the rear and left of the Center Referee will be directed to count points for the player to the right of the Center Referee for the first half of the match. The remaining two Judges will count points scored by the player on the left of the Center Referee for the first half of the match. For the second half of the match each judge must set their scoring counter at zero (0) and they will be informed to tally points made by the opposite player for the remainder of the playing time.

() **2. VOTING** - At the end of the first half of the time limit the Center Referee will call for each of the Judges' scores. The Center Referee will first call for the two (2) Judges scores of his right side player and then the two (2) Judges scores for his left side player. The tally of each Judge must be announced. At the end of the second half time limit the Center Referee will again call for the two (2) Judges scores for his right side player and then the two (2) Judges scores for his left side player.

() **3. AWARDED POINTS** - Each of the four (4) Corner Judge's responsibilities is to watch their assigned player's performance and to tally only that player's points scored against his opponent. Judges must not watch the opponent or keep tally of the opponents' points, only his blocking of techniques preventing points to be made by the player that the Judge is scoring. It is not a Judge's responsibility to vote for penalties for illegal procedure by the player he is watching, but if in the Judge's opinion an illegal procedure is used by the player he is judging in an attempt to score a point (i.e., more than three (3) hand techniques, too much contact, use of illegal technique, strike to an illegal scoring area, etc.) then the Judge shall be required not to tally that attempted point, despite whether the Center Referee called a foul or not. Scoring is done by hand held scoring counters or paper and pencil. Each Judge must make sure their scoring counter (if used) is set at zero (0) before the match begins and again for the second round of scoring. Each of

the two (2) Judges will record each and every point made that they see by the player that they are chosen to score, for each half of the match.

() **4. AWARDED PENALTY POINTS** - The Center Referee seeing a penalty will yell "stop" or "break" or give a short blow on his whistle. At that time, both players will stand with toes on their respective starting lines. The Center Referee will award the penalty point(s) to the opponent of the player who caused the infraction.

() **5. AWARDED OF BOTH A POINT AND A PENALTY** - The Corner Referees can only award points (not penalties). The Center Referee can only award penalty points (not scoring points).

() **6. MOTIONS FOR DISQUALIFICATION** - Disqualification is determined only by the Center Referee and shall take place whenever he stops play and awards such.

() **7. AWARDED NO POINT OR PENALTY** - If the Center Referee does not stop the match for any penalty, then the match will continue.

() **8. AMOUNT OF VOTES NEEDED FOR A POINT, PENALTY POINT OR DISQUALIFICATION** - All points are determined by the individual Corner Judges without any majority call. All penalties and disqualifications are determined by the Center Referee without any majority call.

() **9. DETERMINING THE FINAL SCORE** - A player's final score will be determined by the scorekeepers adding the two Judges' scores from half-time and the two Judges' scores at the end of the match together onto that player's score card, along with any penalty points awarded to that player by the Center Referee during the match.

() **10. SCORING ERROR** - (same as point sparring)

() **11. ADMITTED JUDGING ERROR** - A Judge that has admittedly given an incorrect score has until the start of the next division to change his/her score. If the Judge admits to scoring the wrong player then his total score shall become null and void and the other Judge who was judging the same player shall have his score doubled to make up for the Judge that erred.

() **12. PLAYER COURTESY** - (same as point sparring)

() **PENALTY** - (same as point sparring).

H. DOWNED OPPONENTS

() **1. DEFINITION** - A player is considered downed when either upper limb or buttocks touch the floor except in the performance of kicks that require one hand on the floor during their execution (i.e., cartwheel kick, capoeira kick, etc.)

() **2. REASSEMBLY** - When either player is downed, the Center Referee must stop the match and time, reassemble the players back to the starting lines, then restart the match. Ground fighting is not allowed in continuous sparring.

() **3. FALLING TO AVOID FIGHTING** - A player cannot fall to the floor to avoid fighting.

() **PENALTY** - A player falling to the floor to avoid play will have one (1) penalty point awarded to the opponent by the Center Referee for each offense.

I. TIES

() **1. TIES** - Ties will be broken with a "sudden death" overtime point sparring match-up using all five (5) Judges with point sparring (option -a) rules.

J. INJURY (same as sparring)

VIII. FINALS: (Also Grand Finale of Super Grands)

A. PLAYING AREA - (same as regular play)

B. OFFICIALS - (same as regular play)

C. PLAYER UNIFORM AND EQUIPMENT (same as regular play)

D. PLAYER DIVISIONAL CRITERIA (same as regular play)

NBL/SG ONLY () **QUALIFICATION** - The top two finalists of each adult division at all NBL tournaments with (evening) finals will advance to the finals to determine the divisional winner and the top two finalists of all divisions at the Super Grands advance to the Grand Finale to determine the NBL World Champion of the division. It will be the option of the tournament promoter to also advance any of the last two players of any of the junior divisions to the finals to determine the divisional winner.

E. SEQUENCE OF PLAY - (same as regular play)

F. RULES OF PLAY - (same as regular play)

IX. PROTESTS: - (same as forms)