

CACMA Light Contact, Continuous Sparring Rules

General Rules Section

Equipment

Padded headgear (with full-face guard for advanced levels) is mandatory, foot pads (optional), mouthpiece, cup for men, Hand pads (tournament chop, cobra chops, traditional foam hand gear or Kenpo style gloves. Chest protectors are recommended for women. Footwear can be wrestling or kung fu slippers. Laces are permitted only if opponent agrees to allow them, otherwise, must be covered or padded. Bare feet or socks are permitted. Contestants must wear a uniform.

Time

Novice, beginner and intermediate rounds are of 1-minute length. The ring judges will determine a winner for each round. The first contestant to win 2 rounds will be declared the winner of that match. Advanced level rounds will last 1½ minutes.

Winning the Match

Winners are evaluated and determined based on the execution of clean martial technique based on the style they are learning. Power in a strike is not considered, though the possibility of applying it is. Defense can win as easily as offense.

Eligible Competitors

Only contenders that have been registered at check-in and that are on the scorecard and given to the ring scorekeeper before the match may participate in the sparring competition. No ring walk-ons!

Competitor Hygiene, Health and Injury Requirements and Procedures

Competitors must practice and exhibit themselves with good and clean Hygiene. Nails must be trimmed to less than 1/8" for open fingered gloves or bare feet to avoid any injury to opponents or themselves during competition. Competitors must be free of any communicable disease, open and/or bleeding sores. Competitor must be physically capable of competing. Open sores, cuts, bleeding, etc. of any kind, will not be allowed. If a competitor causes a wound to another competitor during sparring competition thru excessive contact, illegal technique, or improper grooming, the responsible competitor will be disqualified, and the injured competitor will seek qualified medical attention as provided. If the injured competitor cannot return because of medical advice, the competitor will automatically receive a "win" for the last match, but will not be allowed to return to competition. If the injury was sustained by no fault of the other competitor, the competitor injured will seek qualified medical attention and may return if cleared. Any competitor that has been knocked out, has lost consciousness, or has received a

head injury that appears to have markedly affected his awareness, balance or orientation, will not be allowed to continue. **No exceptions!**

Coaching

During the match, the contestants shall not receive coaching by anyone in the audience including that student's Sifu and family members. Infractions that continue past the 1st warning will cause disqualification of that competitor.

Sportsmanship

Repeated or severe breaches of civility or politeness or lack of respect and sportsmanship, for either the other competitor or any of the judges, at the Center Judge's discretion, may cause the offender to be penalized or withdrawn from the match and possibly any further matches.

Competition Stoppage

A round may be stopped by any of the ring judges, the Tournament Director, an Executive Officer or Official, or a board member, if so desired, based on a breach of these rules herein.

Malicious Intent

A COMPETITOR MUST NOT ATTEMPT TO CAUSE HIS OPPONENT, JUDGE, OFFICIAL, VOLUNTEER, OR SPECTATOR ANY MALICIOUS HARM NOR MAY A SPECTATOR ATTEMPT TO CAUSE ANY COMPETITOR, OTHER SPECTATOR, TOURNAMENT OFFICIAL OR TOURNAMENT VOLUNTEER ANY MALICIOUS HARM. ANY INDICATION OF INTENT TO CAUSE MALICIOUS HARM TO ANOTHER COMPETITOR, JUDGE, TOURNAMENT OFFICIAL, VOLUNTEER, OR AUDIENCE MEMBER WILL BE GROUNDS FOR IMMEDIATE REMOVAL FROM THE TOURNAMENT AND A BAN, PREVENTING ANY FURTHER CACMA ENTRY OR SPECTATION, WILL BE PLACED UPON THAT INDIVIDUAL.

Procedural Rules for CACMA Continuous Sparring

What Takes Place in the Match

1. The center judge will ascertain the readiness of judges, timekeeper & fighters.
2. The 2 competitors will bow to the center judge
3. The 2 competitors will then bow to each other.
4. The center judge will tell the competitors to begin.
5. The competitors will continue sparring in the approved fashion until:
 - a. time is called by the timekeeper
 - b. a ring judge calls break due to:
 - i. a competitor having being outside of the ring
 - ii. an incomplete grapple/sweep

- iii. a foul being observed
- iv. a potential hazard is observed

If any of these conditions occur, the competitors will

- 1. Separate immediately & return to their starting positions if instructed, then
- 2. The center judge continues the match. (*Competitors are cautioned and should be aware that this restart does not require verification of readiness.*)

Contact Power definitions

Light Contact

The fist or foot only makes contact due to the added width of the glove.

Medium Contact

The attack will displace the opponent no more than 3 inches, not considering stumbling, slipping or withdrawing by the opponent.

****HEAVY CONTACT IS STRICKLY FORBIDDEN AND IS RESERVED FOR THE LEI TAI RING. INFRACTIONS WILL RUSULT IN 1 WARNING ONLY. A SECOND WARNING RESULTS IN IMMEDIATE DISQUALIFICATION FOR THE MATCH AND ANY FURTHER SPARRING EVENTS IN THIS YEAR'S TOURNAMENT!!!!!!****

NO CONTACT AREAS

NOTE: THERE WILL BE ABSOLUTELY NO CONTACT TO THESE AREAS!!

The judges will consider techniques aimed at, but not making contact with them due to control. The technique must have potential effectiveness as determined by the judges. These apply to all divisions except where noted.

- 1. Face - Beginner/Intermediate only
- 2. Back of Head
- 3. Neck and Throat
- 4. Groin
- 5. Eyes
- 6. All Joints
- 7. Single Supporting Leg

Foul Techniques

1. Any technique making contact to a non-contact area, excessive contact to legitimate targets as listed above, or aimed at eyes.
2. Any technique, including all joint locks, that causes the opponent to be twisted in such a way as to cause potential damage.
3. Elbow or knee strikes in beginner & novice levels. In intermediate & advanced levels, these can be demonstrated but not make contact to any area or come within 6 inches of head, joints, neck, groin or spine.
4. Executing throws that lift the opponent above the attacking competitor's waist.
5. Any technique considered excessive or dangerous to the participants.

Foul Interpretation

1. Inadvertent Foul techniques will not be used to evaluate the merits of competitors' performance.
2. During each round a competitor may be given one warning for an apparent accidental foul technique. A second occurrence will lead to the loss of that round.
3. A competitor that performs a premeditated foul will be disqualified immediately without allowance of the 1st warning.

Legal Targets

Beginner and Intermediate Striking Targets

1. Torso, arms, and legs, not including the above areas, are legitimate targets, though, controlled contact and power as per division, must be used.
2. Controlled leg sweeps must be applied below the knee. Accompanying upper body unbalancing techniques must not force an opponent to become twisted on the supporting limb and must allow a clean fall.
3. Sweeps & close grappling take-downs must be performed within 5 seconds after initiating the technique at which time the engagement will be stopped and fighters reset to the starting positions.
4. REMEMBER NO HEAD CONTACT IN BEGINNER SPARRING AT ALL!

Advanced level striking targets

1. As above except
 - a. **Light** contact is allowed to the head. CAGED HEADGEAR IS MANDATORY!
 - b. Moderate instead of Light contact will be allowed to legitimate target areas other than the Head.

Disputes and Arbitration

Any coach or competitor disputing the results of a match and wishing to have arbitration of a match for any reason must notify the chief referee or tournament director within 15 minutes of the end of the match. They must provide a written request & \$300 arbitration fee to the tournament Arbitrator within 30 minutes of the end of the match to have resolution that same day. If the arbitration is settled in favor of the arbitrating team, a full refund of the arbitration fee will be given; otherwise no refund will be given.

Summary

These CACMA rules have been designed to limit possible harm to all participants. Competitors must not attempt to circumvent the spirit of the tournament rules. Any clarification should be sought prior to the match from the rings Center Judge Tournament or, if unavailable, the Head Judge or the Tournament Director.