# Rules & Instructions

**Modified Olympic Sparring:**

- **Required safety gear:** Foam dipped helmet, taekwondo chest protector, shin/instep protection, forearm protection, mouth piece and groin protection if male.
- All fights will be **two "one minute rounds"** except **Black Belts which are two "one and a half minute rounds"** with a 30 second break
- Center referee will inspect each competitor for required safety gear.
- **Helmet contact** is allowed for all ages but must be light and controlled.
- **1 Point** for trunk and **1 Points** for helmet shots.
- **No hand techniques to the helmet or face.** (Center ref will use their discretion for penalties or disqualification).
- There is **no point gap** or **point ceiling** (if the fight is a mismatch the ref will stop fight and declare a winner)
- For **tie scores** we will have an extra one minute sudden death round. If still tied after the one minute extension the Center referee will consult with the corner judges and designate a winner based on superiority.
- **Injury time outs** will be one minute after which the center referee will call red and blue back to center ring. If the injured competitor is unable to continue, the match is forfeit. (Only if injury is a result of a valid attack)
- **Penalties** will be minimized; i.e. if someone is continuously running out of bounds then ref will give them half-point deductions but if they are fighting out of bounds then ref will let them continue
- **Coaching;** Only one coach per competitor; anyone can be a coach. Please ask all other spectators to stay clear of the ring side.
- Keeping the rings moving is priority. The next pair of fighters will be on standby during the current match.
- All ages and divisions are allowed light contact to the helmet.

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| Division/order of completion: | Novice (White, Yellow, Orange) |
| | Intermediate (Green, Blue, Purple) |
| | Advanced (Brown and Red) Black |