

SPARRING ROUNDS & RULES

<u>Divisions</u>	<u>Rounds</u>	<u>Rules</u>
6 & Younger All Belts	2 - 1 minute	no headshot 2 pt spinning body kick
7-8 All Belts Male/Female	2 - 1 minute	no headshot 2 pt spinning body kick
9-11 All Belts Male/Female	2 - 1 minute	no headshot 2 pt spinning body kick
9-11 Black Belts Male/Female	2- 1 minute	2/3 pt headshot 2 pt spinning body kick Jr. Safety Rules
12-14 Color Belts Male/Female	2 - 1 minute	2/3 pt headshot 2 pt spinning body kick Jr. Safety Rules
15-17 Color Belt Male/Female	2 – 1 minute	2/3 pt headshot 2 pt spinning body kick Jr. Safety Rules
18-32 Color Belt Male/Female	2 – 1 minute	2/3 pt headshot 2 pt spinning body kick Jr. Safety Rules
33+ All Belts Male/Female	2 - 1 minute	2/3 pt headshot 2 pt spinning body kick Jr. Safety Rules
<u>Daedo Divisions</u>		
12-14 Black Belt Male/Female	2 – 90 second	3 pt headshot 4 pt spinning headshot 3 pt spinning body kick
15-17 Black Belt Male/Female	2 - 90 second	3 pt headshot 4 pt spinning headshot 3 pt spinning body kick
18-32 Black Belt Male/Female	2 – 90 second	3 pt headshot 4 pt spinning headshot 3 pt spinning body kick

Daedo divisions are required to have their own Daedo foot sensor socks.