

# POINT SPARRING

## DIVISION RULES

- One 2 minute round
- First to 5 points win or most points after time expires.
- 1 point for hand techniques, 2 points for kicks above the hips
- No point for front hand jabs, strikes to the back or back of the head.
- Light contact to groin and face is allowed.
- Excessive contact may consisted a warning or automatic disqualification at judges discretion.
- No points for strikes while out of bounds.
- Leg kicks are legal but are no points and no excessive contact to the legs.