

2010 CONTINUOUS SPARRING DIVISIONS
All Matches Will Begin At 9:00 AM – Please Be On Time

Continuous Sparring competitors by age and weight class and are open to all Belt Ranks. Awards given for 1st – 4th place.

(NBL Divisions Only)

IFMA Divisions

N-90/91/92	17-	Fly 77- (35)	(IFMA Division	Male/Female
N-93/94	17-	Light 99 - (45-)	(IFMA Division	Male/Female
N-95	17-	Middle 121- (55-)	(IFMA Division	Male
N-96/97/98	17-	Heavy 121+ (55+)	(IFMA Division	Male
N-99/100	17-	Feather 99+ (45+)	(IFMA Division	Female
N-101/102	18+	Light 151.8- (69-)	(IFMA Division	Male
N-103/104	18+	Middle (173.8- (79-)	(IFMA Division	Male
N-105/106	18+	Heavy 200.2- (91-)	(IFMA Division	Male
N-107	18+	Super Heavy 200.2+ (91+)	(IFMA Division	Male
N-108/109	18+	All Weights	(IFMA Division)	Female

Continuous Sparring Rules

Competitors must weigh in and card must be stamped.

Competitors are required to wear thumb less gloves.

Belts are not required.

All matches: (90 seconds) - Three 30 second Rounds, with a 15 second break.

In the event of a draw, competitors will fight by Point Sparring match.

Light to moderate contact.

Scoring to be done on a Ten Point must system. Winner receives, 10 pts, Loser 9 pts or less.

Superiority in scoring must be given to those competitors who score with kicking techniques which are more difficult and have a higher point value than hand techniques.

Scoring same as Black Belt: 1, 2, 3, point techniques.

Warnings are used in Continuous. Penalties result in a .5 deduction, 3 such penalties within that 30 seconds equals disqualification in that match.

All other rules will be covered the day of event.

2010 POINT STICK FIGHTING DIVISIONS
 Saturday, March 20th, 2010

All Matches Will Begin at directly following Continuous Sparring – Please Be On Time.
 Awards given for 1st – 4th place.

SP1	6 & Under Male/Female	SP11	15-17 Nov & Inter Male
SP2	7- 8 Male/Female	SP12	15-17 Adv & BB Male
SP3	9-10 Nov & Inter Male/Female	SP13	18-29 Nov & Inter Male
SP4	9-10 Adv :& BB Male/Female	SP14	18-29 Adv & BB Male
SP5	11-12 Nov & Inter Male/Female	SP15	18-34 Nov & Inter Female
SP6	11-12 Adv & BB Male/Female	SP16	18-34 Adv & BB Female
SP7	13-14 Nov & Inter Male	SP17	35+ Male
SP8	13-14 Adv & BB Male	SP18	35+ Female
SP9	13-17 Nov & Inter Female		
SP10	13-17 Adv & BB Female		

Any Questions, Please Call:

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BLACKBELTS ONLY: RINGSTARS SPARRING SHOES HAVE NOW BEEN APPROVED BY IFMA for 2009

Point Stick Fighting rules will be covered the day of the event.