

2010 CONTINUOUS SPARRING DIVISIONS
Friday April 23rd 2010

All Matches Will Begin at 7:00 PM – Please Be On Time

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

(NBL Divisions Only)

N-90/91/92 17-
N-93/94 17-
N-95 17-
N-96/97/98 17-
N-99/100 17-
N-101/102 18+
N-103/104 18+
N-105/106 18+
N-107 18+
N-108/109 18+

Fly 77- (35)
Light 99 - (45-)
Middle 121- (55-)
Heavy 121+ (55+)
Feather 99+ (45+)
Light 151.8- (69-)
Middle (173.8- (79-)
Heavy 200.2- (91-)
Super Heavy 200.2+ (91+)
All Weights

IFMA Divisions

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Male/Female
Male/Female
Male
Male
Female
Male
Male
Male
Male
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, April 24th 2010

All Matches Will Begin at 9:00 AM – Please Be On Time

SP1 6 & Under Male/Female
SP2 7- 8 Male/Female
SP3 9-10 Nov & Inter Male/Female
SP4 9-10 Adv :& BB Male/Female
SP5 11-12 Nov & Inter Male/Female
SP6 11-12 Adv & BB Male/Female
SP7 13-14 Nov & Inter Male
SP8 13-14 Adv & BB Male
SP9 13-17 Nov & Inter Female
SP10 13-17 Adv & BB Female

SP11 15-17 Nov & Inter Male
SP12 15-17 Adv & BB Male
SP13 18-29 Nov & Inter Male
SP14 18-29 Adv & BB Male
SP15 18-34 Nov & Inter Female
SP16 18-34 Adv & BB Female
SP17 35+ Male
SP18 35+ Female

Any Questions, Please Call:

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BLACKBELTS ONLY : RINGMASTER SPARRING SHOES HAVE NOW BEEN APPROVED BY IFMA for 2010