



This division is designed for the fighter.

Competitors may choose up to 4 of the following divisions for one special price of \$99.

Continuous Sparring

- Light contact fighting in a continuous manner. Under no circumstances should light contact fighting simulate full contact kickboxing.
- Adults - One 2-minute round | Youth - One 90 second round.
- Competitors must have a minimum of 10 kicks.
- Gloves must cover the finger tips. No MMA or open fingered gloves permitted.

Youth UB Open Rank & Youth BB Double Elimination

- Will follow NASKA team sparring rules.
- 2 point body kicks.
- 90 second matches

Youth UB Team Sparring

- Will follow NASKA team sparring rules.
- 2 point body kicks.
- 90 second matches

Padded Sword

Head gear is required. Youth competitors must wear a face shield.

Points in Padded Sword sparring competition are scored by striking or stabbing with the weapon to a legal target area using one of the combat weapons sparring techniques or by causing one's opponent to drop his/her weapon.

The following guidelines apply:

- The strike or stab must be effective and under control to be considered a scoring technique by the judges.
- The competitor cannot score using the handle of the combat weapon.
- The entire body is a legal target area in combat weapons sparring with the following exceptions: Groin & stab to the eyes.

1 minute round - total points or first to score 5 points wins. - Calls are made just as in point fighting.

It is the responsibility of the competitor to know and adhere to the rules of competition.

Please reference the NASKA rulebook for more detailed information.