

Full Circle Martial Arts Sparring Rules

- 1. Participants are required to wear approved sparring gear for hands and feet. This includes but is not limited to dipped foam, RingStar Sparring shoes, vinyl covered foam, etc. Gear should be purchased through your instructor to ensure it meets guidelines.**
- 2. Footgear will cover the entire top, side and back of foot.**
- 3. Gloves will have a minimum of 1 inch padding. Bag gloves are not allowed.**
- 4. All participants are required to wear mouthpieces.**
- 5. All participants under the age of 18 are required to wear approved headgear. It is strongly recommended for adults.**
- 6. Makes must wear groin protection.**
- 7. Soft shin and forearm guards are allowed. No hard guards such as soccer shin guards.**
- 8. All techniques must be controlled and be thrown considering the safety of the opponent. However, with that in mind, good, clean points are of medium contact. There should be more than just a light tap to the target area with a fully extended arm or leg. A controlled technique that is not fully extended, but hits the target and is pulled back is a demonstration of good skill and the ability to use the technique in a real life situation.**
- 9. Legal target areas include**
 - Chest**
 - Stomach**
 - Sides**
 - Side of head**
 - Controlled face contact in adult brown belt and above**
- 10. Illegal target areas include**
 - Joints such as knees, spine, neck etc.**
 - Top of the head**
 - Back**
 - Face contact in all participants under 18 and in all adults under brown belt**
 - Groin**
 - Strikes with elbows**