



Rules for Tatami Disciplines

Point Sparring

- All Bouts are 2 x 1 ½ rounds (1 min rest between rounds)
- Contact Level must be controlled light contact
- Equipment – Headgear, Foot Pads, Shin Pads, Mouth Guard, Athletic Supporter, Point Gloves
- Hand Scoring points - Back-fist, Reverse Punch, Ridge-hand (Scoring Targets – front/sides of the head)
- Kicking techniques - front, side, round, back and spinning kicks (Scoring Targets - front and sides of the head/ front, chest and sides of the body.
- Points – 1 point for all hand techniques and body kicks; 2 points for head kicks; 3 points spinning kicks and jump kicks. Points are called immediately.

Light Contact (Continuous Point Sparring)

- All Bouts are 3 x 1 ½ minute rounds (1 min rest between rounds)
- Cadets (under 10) and Juniors (Under 13) are all 3 x 1 ½ min rounds)
- Contact Level must be controlled light contact
- Equipment – Headgear, Foot Pads, Shin Pads, Mouth Guard, Athletic Supporter
- 10 oz Gloves supplied
- Hand Scoring points - Back-fist, Reverse Punch, Ridge-hand (Scoring Targets – front/sides of the head)
- Kicking techniques - front, side, round, back and spinning kicks (Scoring Targets - front and sides of the head/ front, chest and sides of the body)
- Points – 1 point for all hand techniques and body kicks; 2 points for head kicks; 3 points spinning kicks and jump kicks. Points are tabulated by the judges using cumulated scoring.

Kick Light (Continuous Point Sparring with Leg Kicks)

- All Bouts are 3 x 1 ½ minute rounds (1 min rest between rounds)
- Equipment – Headgear, Foot pads, Shin Pads, Mouth Guard, Athletic Supporter
- 10 oz Gloves Supplied
- Hand Scoring points - Back-fist, Reverse Punch, Ridge-hand (Scoring Targets – front/sides of the head)
- Kicking techniques - front, side, round, back and spinning kicks (Scoring Targets - front and sides of the head/ front, chest and sides of the body; inside and outside of leg 3 cm above knee)
- Points – 1 point for all hand techniques and body kicks; 2 points for head kicks; 3 points spinning kicks and jump kicks. Points are tabulated by the judges using cumulated scoring.



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