



Rules for Tatami Disciplines

Tag Team Kick Light (Continuous Point Sparring with Leg Kicks)

- All Teams are 3 persons per team
- Matched are 4 minutes in length
- Separate Female and Male Team Divisions for

Under 13 years of Age, 13-18 Years of Age; 19 and Up

- Equipment – Headgear, Foot pads, Shin Pads, Mouth Guard, Athletic Supporter
- 10 oz Gloves Supplied
- Hand Scoring points - Back-fist, Reverse Punch, Hook (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.
- Decisions – The decision is rendered at the end of the 4-minute bout.

TAG TEAM RULES

- In Play – The two competing athletes must stay within the Competition zone
- Time Period – A player can only be In-Play for a max of 30 seconds. Longer time will result in a penalty
- Not in Play – The other members of each team stay in the Safety Zone on two opposite sides of the mat
- Tag - An athlete can change with a teammate by tagging their teammate in the Safety Zone only
- Infractions – Excessive contact; illegal technique/target; exiting the Competition Zone; Sportsmanship
- Penalty Points – A Penalty results in 2 points to the opposing team (both players immediately tag out)



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