

Team Sparring Rules

3 man Team Sparring and 2-Women Team Sparring

A. Teams:

Competitors must be 18 years old or older (NASKA Age Rule). No junior competitor can participate in Adult sparring competition.

A team consist of 3 men or 2 women and 1 alternate competitor; plus 1 optional coach.

A team must have a team card with all names, including the alternate competitor and alternate coach listed on the card and submitted to the center referee prior to start of the division.

When teams are called to the sparring surface (mat) only the 3 men or 2 women can appear on the mat. The alternate for that match must remain off the sparring area.

B. Alternates:

An alternate competitor can be use used in a match, but must be declared when the competitors are called to the match (mat) at the **start** of the team round. After the start of the team round and the three fighter are declared, the alternate fighter cannot be used in that team round unless there is an injury (see injury rule below).

A team may only have 1 alternate at a tournament and cannot be changed during the tournament.

An alternate can replace an injured competitor that cannot continue during a match. If this happens the injured competitor cannot be used again in the team event at that tournament. (If it is considered by the officials, with great certainty, that a fighter is faking an injury for any reason the fighter can be disqualified). See disqualification of team fighters and points awarded.

C. Match Rules:

1. A flip of a coin will determine who sends out the first competitor. The winner of the coin flip can decide to send the first competitor or have the other team send out first. After the first competitors, the teams then alternate who must sends out a fighter first to be matched by the other team.
2. All matched are 90 seconds long.
3. The competitors who earns a 10 point spread or is ahead at the end of 90 seconds is declared the winner of the first 2 matches (first match only in 2 – women teams). If either or both of the first 2 matches end in a tie, they remained tied. No run-off of ties in the first 2 matches (or match 1 of 2-women)
4. The final match is total points match using the full 90 seconds.
5. The team with the most accumulated points wins.

6. If at the end of the final match the accumulated score is a tie, the final match continues using the sudden victory rule (first competitor to score wins).

D. General Rules:

1. All regular NASKA **Light** touch point calling rules will apply.
2. Out of Bound, falling down or **excessive** running (as determined by the head official) around the ring will be considered an attempt to avoid competition and the other competitor will be awarded a point.
3. A competitor is considered out of bound when they have both feet off the sparring area (mat). If the competitor is out of bounds without being kicked out or physically pushed out of bounds, their opponent will receive 1 point.
4. If a competitor goes out of bounds while the other competitor is kicking or punching, **near the competitor WITHOUT actually touching the competitor**, the competitor will be considered leaving the sparring area to avoid competition and the other competitor will receive a point. A fighter must stay **engaged** in the match if he goes out of bounds **not to be penalized**.
5. If a fighter touches the ground / mat with, with any part of their body, except their feet or 1 hand they are considered down.
6. A point cannot be scored by a down competitor and a downed competitor cannot be scored on. If an upright competitor strikes a down competitor they can be penalized.
7. A competitor who leaves their feet while in-bounds, must land with 1 or feet in-bound to score a point
8. All scoring techniques to regular legal targets will be:
 - i. 1 point for any hand technique
 - ii. 2 points for any kicking technique
 - iii. 3 point for a jump-spinning kick to the head.

E. Injured Competitor

1. If a competitor is injured not due to a penalty they are allowed **4** minutes to determine if they can continue. After the time has expired, they must continue or will be declared unable to continue. If they are declared unable to continue the **alternate competitor** completes the sparring match in progress.
2. If it is determined the injured competitor cannot continue due to a penalty as determined by center referee and judges the uninjured competitor is **disqualified**.
3. If the competitor cannot continue **due to a penalty**, the injured competitor will receive 10 points as a result of the disqualification. The competitor who committed the violation will get 0 points for that round.
4. If a competitor cannot continue because of an injury where there is no penalty call and they do not have an alternate to continue the match, the uninjured competitor will receive a ten point spread unless it is the **last match**. If it happens in the last match, the other team will be declared the winner even if they have less points at that time.
5. If a competitor is disqualified in the last match the other team automatically will be declared the winner of that team match.

6. Once a competitor is injured and replaced by the alternate, the injured competitor cannot compete for the remainder of the team sparring competition.
7. If something happens in the team sparring competition that cannot be answered by the rules stated, the "NASKA Fairness Rule" will come into play.

F. Penalties and Warning

1. A penalty point will be issued if a competitor:
 - i. Goes out of bounds to avoid competition
 - ii. Falls down to avoid competition
 - iii. Runs around the ring to avoid competition
 - iv. Excessive contact, as deemed by the center referee
 - v. Pushing a competitor out of bound, as deemed by the center referee
 - vi. A coach stands up or leaves the coaches chair, during the match
 - vii. Team members refuse to leave the immediate sparring area
2. Once a competitor receives 3 penalty points they are disqualified
3. Once a competitor is issued a penalty point they CANNOT receive a warning.

G. Disqualified competitor

1. Loses all points they have earned in the match
2. If during the final match, his / her team cannot win, the opposing team will be declared the winner.
3. Any competitor who injures a competitor with an illegal technique.
4. Any competitor, team member, or coach who enters the sparring area, in the event an altercation happens, and accelerates the altercation / does not attempt to control their competitor, will be disqualified. For example, a fight between 2 competitors, if any of the above enters the sparring area and throws a punch or kick, they will immediately be disqualified.
5. If 2 or more members, of any team are disqualified, the team automatically loses the match.