

ATA SPARRING ETIQUITE

In order to provide a safe and fun environment for our students, all students and bystanders will adhere to the following:

- All students will wear ATA approved head gear, face shield, chest guard, foot and hand gear, mouth guard, and male supporter as necessary.

Students will NOT:

- Run out of bounds to avoid the match or fall down to avoid contact
- Perform low fakes / fakes to illegal targets
- Purposely delay a match
- Grab/Hold an opponent
- Receive coaching from parents, other students, or bystanders

Students and their parents will practice good sportsmanship by showing discipline, courtesy and respect. They will refrain from signs of frustration, disgust, or dissatisfaction with the outcome of matches, and they will not show over-exuberance should the student win a match.

ATA LEGAL TARGETS

Only the following Targets / Strikes will be used to spar:

Controlled Hand Techniques

- May only strike the front of the torso.
- This area is restricted to the front of the body starting at the hip line and going up to the base of the throat, and from one side seam of the uniform to the other side seam.
- Legal techniques are punches, backfists, hammerfists, ridgehands, and knifehands.

Controlled Foot Techniques

- May strike the front of the torso (see above), the head, and the neck, excluding the throat.
- The sides and the back of the neck are legal as are all areas of the head including the face mask, the sides, back, and top.

Miscellaneous

- While striking the arms and/or shoulders will NOT score points, they are not illegal targets.
- Techniques cannot score if the "attacker" is falling during the execution of the technique.

ATA ILLEGAL TARGETS

The following is a list of illegal targets and techniques that *will not* be allowed in sparring.

Illegal Targets include:

- Any part of the body not described in the definitions to the left.
- All areas below the belt. This includes side, front or back areas and applies to kicks and strikes.
- The back of the torso (excluding the sides or back of the neck and head for kicks) and to the back.
- The throat.

Illegal Strikes include:

- Blind hand techniques (ex. Spinning backfist)
- Blind kick techniques (ex. Spinning heel kick)
- Uncontrolled/excessive contact
- Fingertip techniques

*A hand or kicking technique is considered "blind" if the attacker is not looking at the target at the time the technique is thrown.

**For the safety of everyone, excessive contact and illegal contact will NOT be tolerated. Students will perform all techniques with self-control.

ATA POINT SPARRING

When students spar in a "points" match:

- Scoring points will be done by performing legal hand or foot techniques to or NEAR the legal targets, with varying criteria depending on the rank and division of competitors



Punch to Body - 1 Point



Kick to Body - 1 Point



Kick to Head - 2 Points



Jump Kick to Body - 2 Points



Jump Kick to Head - 3 Points

