

Low Kick Continuous Sparring



- **Legal Techniques:** All Boxing Punches, Kicks above the knee, Knees to the body, Clinch Knees for up to 3 seconds
- **Illegal Techniques:**
 - NO KNOCKOUTS!
 - No Spinning Backfists
 - No Knees or Elbows to the Head
 - 7yrs- Divisions: No Knees
 - No Sweeps or Catching The Leg
 - No Straight Kicks to the front of the knee
 - No Side Kicks or Front Kicks to the Legs (Roundhouses Only)
 - No Groin Shots
- **Regulation Rounds:**
 - 15yrs & Under Divisions: Two (2) Rounds of 90 seconds
 - 16yrs+: Two (2) Rounds of 60 seconds
- **Ties:**
 - All Ties will go to a Third Round
- **Mandatory Equipment:**
 - Head Gear
 - Mouthpiece
 - Shin/Insteps or Karate Feet & Karate Shin
 - Boxing Gloves
 - 7&Under: Minimum 8oz.
 - 9-12yrs: Minimum 10oz.
 - 13-15yrs: Minimum 12oz.
 - 16yrs+: Minimum 16oz.
 - No Pointfighter Gloves