

GOLD RUSH 2026

Continuous Sparring Format & Rules

This event is fast-paced and designed to reward continuous, high-quality performance. It blends traditional point sparring with continuous action, without stopping to call individual points. While not as demanding as full knockout-style matches, it requires a higher level of conditioning, cardio, control, and skill than standard point sparring.

Competitors are evaluated using the following criteria:

Assertiveness – Demonstrating confident, purposeful engagement, not merely aggression.

Applied Technique – Executing controlled, deliberate techniques; **wild, blind, or uncontrolled techniques may result in penalties.**

Effectiveness – Striking valid target areas with proper technique.

Ring Control – Maintaining effective movement and awareness of ring boundaries.

Distance Control – Managing engagement range to create and capitalize on scoring opportunities.

Light, Moderate and Excessive Contact Defined:

Light Contact (Acceptable / No Penalty): *Controlled contact* with no visible recoil, displacement, or interruption of movement.

Moderate Contact (Borderline / 1-Point Penalty): *Controlled contact* causing brief, visible recoil or momentary interruption, without staggering, disorientation, or safety pause.

Excessive Contact (Unsafe / 2-Point Penalty or Disqualification): Any contact causing head snap resulting in disorientation. Uncontrolled body strikes causing injury, or requiring a safety pause. **Results in a 2-point penalty or disqualification at the Center Judge's discretion.**

Penalties are assessed per the Penalty Point Areas on PAGE 2.

Continuous Sparring

Penalty Point Areas

Continuous sparring is a 2 point match.
3 penalty marks = 1 point to opponent.
Penalties reset after each round.

1-Point Infractions

- Controlled, light face contact is permitted for Advanced divisions only. Excessive or uncontrolled face contact will be penalized.
- Excessive contact to the body, groin, or legs
- Holding or catching an opponent's leg
- Illegal sweep or throw
- Deliberately running out of the ring three (3) times
- Grabbing or holding while striking
- Use of elbow or knee strikes
- Use of blind or uncontrolled techniques

2-Point Infractions

- Uncontrolled strikes to the neck, throat, face, spine, or knee
- Excessive contact to the head
- Drawing blood not caused by direct contact
- (Center Judge's discretion; blood caused by contact results in disqualification)

Equipment Needed:

Under Advanced:

Head gear
Groin protection
Mouth guard
Shin guards
Foot gear
Hand gear

Ages 10-17 Advanced/Black belt:

Head gear
Groin protection
Mouth guard
Foot gear
Hand gear

Ages 18+ Advanced/Black belt:

Mouth guard
Groin protection
Foot gear
Hand gear
Shin Guards are optional