

Sparring

1. Gear requirements

If you wish to spar, all items are mandatory unless specified. You won't be allowed to spar if you don't have required gear for your protection as well as safety of others.

- a. Head gear
- b. Mouthpiece (no exceptions)
- c. Boxing gloves
- d. Shin guards (if kickboxing)
- e. Groin protector (if kickboxing)
- f. Chest protector (optional)

2. Philosophy of sparring

The point of sparring is to apply what you learned in a class in a **safe, controlled** environment with a resisting partner/opponent. **Sparring doesn't mean giving it all that you got and going full force.** There is a high chance of injury (concussions, black eyes, bruised limbs, ligament damage, etc.) if you neglect the rules prescribed in the upcoming sections.

Sparring is a process of self-learning and discovering what one is capable of. It's not about who can be more dominating in a round but trying to work on your offensive and defensive techniques.

Remember, sparring is not fighting. Respect your opponents and try to learn from them and even teach them rather than beat them up black and blue.

3. Newbies

We understand that sparring can be intimidating, but if all the rules of sparring (listed in following sections) are followed, sparring can be a great way to hone your skills. So, if you are inclining to spar, take a leap of faith, we got your back. We recommend attending practices regularly for at least 2 months before you decide trying out sparring for your own safety. You are always welcome to talk to one of our officers or instructors for further guidance.

However, if you think you are ready to try out sparring, you will first be required to spar with one of the instructors/officers. **Do not spar with random people at the club for your own safety.** Once your on-boarding is complete, ask your instructor if you are ready to fight others.

4. Rules of sparring

- a. Etiquette
 - i. Before the round begins, you and your sparring partner should agree on how hard (hitting power) you two want to spar with. There should be no confusion here. **If your partner hits harder than what was agreed upon**, stop the round, let your partner know and ask them to go lighter. Take a 30 second break, and then resume or end the round.
 - ii. Make sure your partner has proper gear before you begin.
 - iii. Touch gloves (with 'jab' hand) at the beginning and end of the round.
 - iv. Remain calm and relaxed at all times.
 - v. If your equipment gets loose, be sure to let your sparring partner know, adjust your equipment, touch gloves with partner again and resume the round.
 - vi. **Never go 100% of hitting power during sparring!** Do not try to knockout your sparring partner.

- b. Things you **can't** do:
 - i. Head butts
 - ii. Head kicks
 - iii. Elbows to the head
 - iv. Spinning back fists
 - v. Knee strikes to head or body
 - vi. No strikes to back of the head
 - vii. Sweeping/throwing your partner after you catch their kicks
 - viii. Hooks (only light hooks allowed)
 - ix. Uppercuts (only light uppercuts allowed)
 - x. Knock down/incapacitate your partner

- c. Things that are allowed:
 - i. Punches to the head and body
 - ii. Kicks to legs and body
 - iii. Teeps to the body
 - iv. Clinching
 - v. Catch kicks

- d. Please consider the weight class of your partner before you decide on the hitting power for a sparring round. It is highly recommended you spar someone with similar weight as yours.

5. Warnings and banishments

In the interest of every participant's safety and comfort, we have a strict policy for those who violate the prescribed rules repeatedly. If your partner ever offends these rules, please talk to one of our officers.

What can get someone in trouble?

- a. If you do not follow the rules mentioned in sections above.
- b. If you go 100% full force/unhinged at your partner or spar with an intention to dominate/hurt your opponent, and they suffer an injury (concussion, knockout, black eye, broken nose, etc.)

The offenders will be asked to read these rules again in the presence of an officer and the officer will point out what rule(s) they had violated. Each offender gets **3 strikes** before they are banned indefinitely from sparring. They will still be allowed to attend everything else (practices, socials, service events, etc.- We are a family after all!). The decision to revoke a ban from sparring will be deferred to the President/Vice-president and the instructors.



Version history

- a. 2016.1 by Andrew Reath
- b. 2019.1 by Piyush Agade
- c. 2023.2 updated by Piyush Agade
 - i. Made language unambiguous.
 - ii. Elaborated "etiquettes" section.

- iii. Added hooks and uppercuts to “can’t do” list.
- iv. Updated number of strikes from 5 to 3.