

Flag Sparring Rules

Flag Sparring is a fun division. It was started for kids who have not started sparring yet. The kids like it so much that we are extending it to the all 11 & under kids under Black Belt.

Here are the rules:

We use 1 referee. A scorekeeper will keep the time and the score.

Each match is 90 seconds.

**The competitors will each have 2 flags (old strips of Karate belts)
The goal is to pull the other competitors flags off their belt. Once a competitor has pull 2 flags off their opponent, the referee will stop the match and time. Put the flags back on and then the match will continue.**

**At the end of the match (90 seconds) the competitor with the most flags wins.
If the score is tied, the match will go to sudden death. The 1st competitor to pull off their opponents flag will win,**

What a competitor can not do:

- 1. Grab or hold on to their opponent.**
- 2. Hit or knock down their opponent.**