



Free Sparring Match Times

Black Belt Junior and Senior free sparring matches:

- All matches – two rounds of 2 minutes with a 1 minute break between.
- *First tie* - there is NO 1-minute break, immediately start 1 minute round.
- *Second tie* – no break, begin sparring “sudden death” or first point scored. No timing required.

Black Belt Pre-Junior and Super Senior free sparring matches:

- All Matches - 2 rounds of 1.5 minutes with a one 1 break between.
- *First tie* - there is NO 1-minute break, immediately start 1 minute round.
- *Second tie* – no break, begin sparring “sudden death” or first point scored. No timing required.

Colour Belt matches:

- All matches including finals - single round of 2 minutes.
- *First tie* - there is NO 1-minute break, immediately start 1 minute round.
- *Second tie* – no break, begin sparring “sudden death” or first point scored. No timing required.