



Rules Overview

- 2 Competitors per team, 1 male and 1 female.
- Time is 2 minutes, total points; the team with the most points is declared the winner.
- Both teams must tag their partners at least 3 times during both matches, and only the same genders can engage during the entire match.
- The match will begin with a coin toss to determine which male or female will compete first.
- No tag can be made until a break with at least one point being awarded has transpired. Premature tag results in a penalty point.
- Referee will NOT restart fighters from their marks after a tag.
- Standard NASKA Point Sparring rules will be applied, with adjustments to the point scoring criteria below.
- **Scoring Points:** Hand techniques are 1 point - Kicks to the body are 1 point. Head kicks are 2 points. Jump spinning hook kicks to the head are 3 points, 2 points if the target hits the body. Competitors can only score with both feet in the ring. The last tagged-in teammate can be scored upon with one foot in the ring.
- **Injury:** If at any point a competitor encounters injury and cannot continue, the injured team is forced to withdraw. The team that is not injured is also subject to possible DQ unless the contact was not illegal, and judges have a majority agreement.
- **Penalties:** Standard NASKA Point Sparring Penalty points are in place – refer to the [2025 NASKA Rule Book](#) for further details. In addition, if (3) official tags per team are not met after the time expires, the team is disqualified.