

BELT SPARRING / DRILL LEVEL RULES				
Type of Sparring	Age group	Protective Equipment	What's Allowed	
GROUND WORK / WRESTILING Both Gi and No-gi	BRIGHT STARS	MOUTH GUARD	FREE WRESTLING, POSITIONAL STARTING AND UPGRADE DRILLS.	
			NO SUBMISSIONS, RELEASE AFTER A 5 COUNT IF PARTNER DOESN'T TAP OUT	
			NOTHING ON THE NECK (CHOKES, CRANKS ETC)	
			NOTHING ON THE LEGS (LEG, FOOT OF ANKLE LOCKS)	
	SUPER AND ALL STARS	MOUTH GUARD	FREE WRESTLING, POSITIONAL STARTING AND UPGRADE DRILLS.	
			SUBMISSIONS ALLOWED BUT MUST BE RELEASE AFTER A 5 COUNT IF PARTNER DOESN'T TAP OUT BEFOR ANY DAMAGE OR INJURY OCCURS	
			CHOKES ARE ALLOWED BUT NO NECK CRANKS	
			STRAIGHT ANKLE LOCKS ALLOWED BUT NO HIP, KNEE OR ROTATIONAL LOCKS	
	ADULTS	MOUTH GUARD	ARM AND SHOULDER LOCKS ALLOWED	
		FREE WRESTLING, POSITIONAL STARTING AND UPGRADE DRILLS.		
		SUBMISSIONS ALLOWED BUT MUST BE RELEASE AFTER A 5 COUNT IF PARTNER DOESN'T TAP OUT BEFOR ANY DAMAGE OR INJURY OCCURS		
RANDORI (THROWING) Gi & No-gi	BRIGHT STARS	MOUTH GUARD	SUMO AND ONE SPECIFIC NOMINATED THROW SPARRING	
	SUPER AND ALL STARS	MOUTH GUARD	SUMO, PUSHING, PULLING, PUMBLING, FREE THROWING, ONE SPECIFIC NOMINATED THROW SPARRING	
	ADULTS	MOUTH GUARD	SUMO, PUSHING, PULLING, PUMBLING, FREE THROWING (Randori), ONE SPECIFIC NOMINATED THROW SPARRING	
STRIKING & SPORTS JU JITSU	BRIGHT STARS - ALL BELTS	MOUTH GUARD	TAPPING & BOUNCING	
		MOUTH GUARD AND HEAD GEAR	NOODLE WARS	
	SUPER STARS & ALL STARS	MOUTH GUARD	TAPPING & BOUNCING, NON CONTACT SPARRING	
		MOUTH GUARD AND HEAD GEAR	NOODLE WARS	
		MOUTH GUARD	NON CONTACT SPARRING	
		APPROVED GLOVES, HEAD GEAR, SHIN AND INSTEP, MOUTH GUARD, GROIN GUARD (OPTIONAL FOR FEMALES), (BREAST PLATE OPTIONAL FOR FEMALES)	2 STEP, 3 STEP AND FREE TOUCH CONTACT SPARRING TO SUIT LEVEL OF PARICIPANTS - NO PUNCHING TO HEAD, KNEES, ELBOWS OR STRAIGHT KICKS TO FACE. LIGHT TOUCH CONTACT KICKS ALLOWED TO TOUCH HEAD GEAR AREA ONLY ' STRIKLY NO EXCESSIVE FORCE ' - See below. Throwing and ground work allowed as above and appropriate to participants level under instructors direction and supervision.	
	ADULTS	APPROVED GLOVES, HEAD GEAR (OPTIONAL) , SHIN AND INSTEP, MOUTH GUARD, GROIN GUARD (OPTIONAL FOR FEMALES), (BREAST PLATE OPTIONAL FOR FEMALES)	2 STEP, 3 STEP AND FREE TOUCH CONTACT SPARRING TO SUIT LEVEL OF PARICIPANTS - NO ELBOWS TO HEAD OR STRAIGHT KICKS TO FACE. LIGHT TOUCH CONTACT PUNCHES, KICKS ALLOWED TO TOUCH HEAD. PUNCHES, KICKS AND KNEE'S ARE ALLOWED TO BODY AND LEGS AREA (NO KNEES TO THE HEAD). ' STRIKLY NO EXCESSIVE FORCE '. - See below. Throwing and ground work allowed as above and appropriate to participants level under instructors direction and supervision.	