

# **FLAG SPARRING RULES**

**Head gear and mouthpiece are required.**

**(We will do our best to provide a head gear to anyone that does not have one)**

**1 Minute Time Limit.**

**Loss of flag every time you step on the boundary line or go out of bounds.**

**No sliding or falling on the floor.**

**No grabbing of arms, body, belt, etc.**

**Only thing you are allowed to grab is the flag.**