

RULES

PLEASE READ CAREFULLY

Be Allergy Aware: This is a nut-free environment. Some people have serious and deadly allergies to foods like peanuts. Please be considerate when bringing in food - thank you!

COACHING

No coaching.

CHANBARA (PADDED SWORD) & SHIELD AND SWORD

- No hits to the head, face, throat or groin. Hits to arms, legs, torso and back are allowed.
- No baseball swings. No running to avoid the fight. Action stops if a player falls.
- Two hands on the handle for it to be a point - for shield and sword one hand on sword, other hand holds shield
- Fights are 90 seconds or the first to five points.

Safety Equipment: In these divisions please wear a mouthguard, and headgear (face shield optional).

BELT SPARRING (FLAG CATCH)

- Each player gets three flags tucked into their belt. Players must pull out the other person's flags.
- Belt pieces are one in the middle, one to each side and slightly towards the front.
- Matches are 30 seconds or the first one to get all the flags.
- You may move and block but no strikes, no holding onto your flags, and don't avoid the fight.