

Padded sword or (Foam weapons)

gear needed: head gear , mouth guard, cup, foam dipped gloves
foam dip feet

light contact (light tag with the weapon to the other person)

two 30 sec rounds no strikes to the face

points awarded by :
hitting the side and top of the head
any where on the body (no groin contact)
strike at the legs

person with the most point and end of the two rounds wins

mercy rule 15 or 20 points to 0 end of first round