

Sparring Rules:

1. No sparring or grappling is permitted unless under the supervision of a Cor Fitness MMA instructor.
2. All participants sparring must be in good health and do not have any communicable diseases, including common colds, cold sores, open cuts or wounds, viruses etcetera.
3. Any athlete that has had head trauma/concussion must be cleared in writing by their physician in order to participate in any sparring or one on one practice sessions.
4. Males must wear protective groin cups and females must wear protective bra cups when sparring.
5. Mouth pieces must be individually fitted and worn during sparring and drilling.
6. Boxing gloves shall be at least 12 ounces or more for each member.
7. It is recommended by Cor Fitness that all members who participate in sparring wear hand wraps to protect their hands.
8. Head gear, shin guards with foot padding, boxing gloves, mouthpieces and groin protection are mandatory for sparring.
9. Students shall not wear contact lenses or glasses during sparring.
10. Only light contact is permitted during sparring. Hard contact is not permitted.
11. No one is allowed to enter Cor Fitness MMA under the influence of alcohol or drugs. Any member or guest that is observed under the influence will be asked to exit the facility.
12. Hair shall be worn in such a way as to not interfere with vision.
13. Report all injuries to the instructor immediately.

14. Do not participate in any classes if you have a known injury. You and/or your parent signed a liability waiver, you are only hurting yourself more. Let your injury heal fully before returning to class or instruction.