

FLAG SPARRING

Ages 12 & Under ALL RANKS

Name _____ Age _____ Rank _____

Fee -

ONLY flag sparring - \$10

A registered tournament competitor is included in those fees, just fill out this form.

RULES -

A one (1) minute time limit per match

A loss of flag every time you step on the boundary line or go out of bounds.

No sliding or falling to the ground

No grabbing or holding of arms, body or uniform/rank belt. Only thing you are allowed to grab is the flag!

I, the undersigned, hereby release Huzon and Stacey Alexander, Vermont Classic, I.P.O.N.E., Twin State Martial Arts Association, Green Mountain High School and all persons associated with this event in any capacity, from being sued or any liability due to injuries, etc. that may incur as a result of my attendance and/or participation at the above specified event. Furthermore, I hereby waive any compensation what so ever for the use of pictures, movies, media coverage, etc. utilized by those associated with this event at any time.

Parent signature- _____