



## MARKEL INSURANCE COMPANY

---

4600 Cox Road Glen Allen, Virginia 23060-9817 P.O. Box 3870, Glen Allen, Virginia 23058-3870  
(804) 527-2700 (800)-900-1155

### **REQUIRMENTS FOR MARTIAL ARTS SPARRING RULES**

- 1) MUST BE TYPED**
- 2) MUST BE ON SCHOOL LETTERHEAD**
- 3) MUST BE ADDRESSED TO STUDENTS**
- 4) MUST LIST PROTECTIVE GEAR FOR ALL WHO SPAR (INCLUDING HEADGEAR, MOUTHPIECE, BOOTS AND GROIN PROTECTOR)**
- 5) MUST BE SIGNED AND DATED BY THE SCHOOL'S OWNER**
- 6) THIS WORDING IN ADDITION MUST BE STATED:**

***“THERE WILL BE NO CONTACT ABOVE THE SHOULDERS OR TO THE GROIN. ONLY LIGHT CONTACT TO THE HEADGEAR IS PERMITTED”***