

FRIDAY NIGHT OPEN MAT SPARRING!

Starting August 2nd

When: Friday nights from 6pm - 7pm (ish)

Where: New Heights Fitness and Martial arts in Zeeland, 338 W Washington ave.

Cost: \$3 drop in for current members, \$5 for non members

Rules:

1. All participants must fill out a safety release form before participating. All equipment must be approved by the instructor or New Heights Fitness staff prior to participating.
2. *Contact and intent:* All contact must be kept light with no intent of causing harm to other participants. All participants are allowed to request that their partner use lighter contact at any point.
3. Grappling is allowed *only* if *both* parties agree and the "tap rule" must be followed.
4. All participants must wear the following safety gear and it must be approved by staff or instructor: Gloves, foot coverings (must cover toes), mouth guard, head gear, groin cup (males), chest guards (all participants under 18).
5. Face Contact (contact to eyes, nose, mouth, referred to as the face mask) is prohibited without the use of a faceguard attached to headgear.
6. All participants must show respect to each other at all times. Inappropriate language, threats or insults, or acting with intent to cause harm will NOT be tolerated!

Failure to comply with all of the above rules and regulations will result in the immediate removal from participating.

All levels of experience welcome as we want this to be a learning opportunity and a chance to improve for everyone!

Rounds will vary in time from 1 to 5 minutes. We want this to be a fun experience for everyone! This is not some MMA title fight so lets keep it fun and light hearted :)