



Injury Stoppages | Test Pilot Program for 2025 IMAS Fall Nationals

At the 2025 IMAS Fall Nationals we will be test piloting a new sparring stoppage system, aimed at improving both safety and emotional support for competitors, without sacrificing the flow of the event.

Injury Stoppages:

- Up to 2 stoppages per round, each lasting up to 2 minutes
- Medical staff and judges will evaluate and determine continuation
- Disqualification possible for excessive contact or unsportsmanlike conduct

Emotional Pauses:

- Up to 2 pauses per round (maximum of 30 seconds each)
- For moments when a competitor is emotionally overwhelmed but not physically injured

This approach helps us protect our athletes' bodies and minds while maintaining fairness and efficiency.