

GRAPPLING COMPETITION RULES

Equipment:

The following equipment is required for competition in Grappling Competition. If you are not sure if your equipment is acceptable for competition, please have it inspected by your center judge prior to beginning competition. Any equipment that does not meet the following guidelines will need to be changed prior to competition.

Mandatory Equipment:

1. **Complete Karate/Judo Uniform** (Jacket, pants, belt) **for gi divisions**
 - a. Jacket sleeves must come at least to the middle of the forearm
 - b. Pant legs must come at least to the middle of the calf
2. **T-shirt or rash guard for no-gi divisions**
 - a. T-shirts must be tucked into pants / shorts.
 - b. No major tears or holes which may allow fingers to be caught are allowed.
3. **Shorts or pants for no-gi divisions**
4. **Mouth Guard**
5. **Male groin protection**
6. **No Jewelry is allowed during competition**

Divisions:

For youth (12 & Under) boys & girls will be in the same divisions, for everyone 13 & up, males and females will be separated.

- For Youth Divisions (12 and under) there will be **NO SUBMISSIONS**
- In Teen and Adult Divisions (13 and up) a submission will be an **AUTOMATIC WIN**

Weight Classes will be established day of the tournament based on competitors that register. Our number one goal is to get you as many matches as possible.

Judging:

For all grappling divisions, the center judge will do all scoring.

Match time:

- Youth Divisions – Two (2) minutes with a one (1) minute overtime in the event of a tie
- Adult Divisions – Four (4) minutes with a one (1) minute overtime in the event of a tie

Declaring a Winner:

A winner will be determined by one of the following criteria:

- Competitor with the most points at the end of allotted time
- Competitor submits his or her opponent with a legal technique (Teen and Adult Divisions Only)
- Opponent bows out of the match or is unable to control bleeding

Ties:

If at the end of the regular time limit the score is tied, the match will continue for one (1) minute of overtime. If at the end of the one minute over time, the score is still tied, winner will be determined by the first competitor to score.

Scoring:

Awarding Points:

Points will be awarded whenever a competitor stabilizes a position for three seconds or a takedown is completed with control. An audible three count will be given by the judge before the points are awarded. Points may only be awarded for advancing position. This means that you may not give up a 4 point position such as mount to get points for a 3 point position such as side control. However, competitors will be awarded cumulative points as they progress through scoring, as long as the three second control is established at each position. In the case of the mount, when there is a transition straight from back mount to mount or vice-versa with distinct positions, the competitor will be awarded four points for the first mount and another four points for the subsequent mount, so long as the three-second stabilization period was achieved in each position, but not for transitioning back.

Points

1 Point	2 Points	3 Points	4 Points
Escape Submission Position	Reversal Minor Takedown	Major Takedown Side Control Knee on Belly	Mount Rear Mount Rear Guard

- **2 Points** – Minor Takedown: From the standing position, the competitor trips or tackles opponent to the ground ending in control.
- **3 Points** – Major Takedown: From a standing position, competitor executes a solid martial arts takedown with control, style and obvious skill.
- **3 Points** – side control: competitor hold opponent flat on his or her back using side mount or knee on belly for 3 seconds
- **4 Points** – Mount: The competitor establishes the mount with both knees and feet on the ground for 3 seconds
- **4 Points** – Back Mount/Rear Guard: The competitor establishes the back mount/rear guard with both feet hooked in position.
- **2 Points** – Reversal: Competitor moves from a losing position to a dominant position in one smooth series of moves
- **1 Point** – Escape: Competitor moves from losing position to neutral standing position in one smooth move.
- **1 Point** – Submission Position (Youth Divisions Only): The competitor places his or her opponent in a submission that attacks the wrist, elbow, shoulder, ankle, knee or hip, without applying the technique.
- **Submission** – Automatic win (Teen and Adult Divisions Only)

Illegal Techniques/Positions (All Divisions):

- Neck cranks
- Toe & finger locks
- Biting & gouging
- Slamming an opponent from guard position
- Kicking, Punching or striking of any kind.
- Any other techniques which the judges feel are unsafe or inappropriate

Stoppages:

The clock may be stopped any time the judge finds it necessary. Common reasons may include: out of ring, blood, injury, need to confer with scorekeepers. If this occurs, time will be recorded and the match will continue from that time frame for the full length of the match.

Blood Time:

Any contestant who is bleeding will be charged with bleeding time. The number of time-outs for bleeding is left to the discretion of the referee. If bleeding is not controlled within a cumulative time of five (5) minutes, the match shall be terminated and the opponent shall be awarded the match by default. If bleeding occurs as a result of unsportsmanlike conduct, illegal holds/maneuvers or unnecessary roughness and the bleeding contestant uses 5 minutes of bleeding time, the injured

contestant will be the winner of the contest by default. Any cleanup necessary after bleeding has been curtailed is not counted against the maximum time limit of 5 minutes.

The match shall be stopped for any competitor who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to be treated until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition.

Out of Ring:

When fighting on your feet “Out of Ring” Warnings will be issued to any competitor who steps out of the ring with one foot. Competitors who are out of the ring cannot score, but can be scored upon as long as one foot is still in the ring.

When fighting on the ground, if 2/3 of both competitors bodies are out of the ring, or at the judge’s discretion, the match will stopped, and competition will be moved back to the center of the mat.

- 2/3 of the athletes’ bodies are outside the combat area in a stabilized position on the ground, the referee should stop the match and, noting the position of each athlete, restart the match at the center of the match area with the athletes in positions identical to those they were in at the moment of stoppage.
- When 2/3 of the athletes’ bodies are outside the combat area on foot or in a non-stabilized position on the ground, the referee should stop the match and restart the two athletes on their feet at the center of the match area.
- When an athlete has a submission hold in place in the outlying safety area, the referee should not interrupt the match unless necessary to prevent injury
- When one athlete takes his opponent off the mat while trying to stabilize a scoring position, the referee shall wait, whenever possible, for an athlete to stabilize the position for 3 seconds before stopping the fight. If this happens, the referee will give the points and then restart the fight in the center of the combat area.

Warnings:

Warnings are divided into four categories.

Illegal Technique Warnings:

A warning will be awarded for any intentional strikes to the illegal areas, strikes with excessive contact, striking during the grappling phase, or use of an illegal technique.

- **First warning** – Verbal warning from judges
- **Second warning** – One (1) point awarded to other competitor
- **Third warning** – Competitor will be disqualified

Out of Ring Warnings:

Out of ring warnings will be issued to any competitor who steps off the mat with one foot while on his or her feet, or deliberately attempts to move off the mats while on the ground.

- **First warning** – Verbal warning from judges
- **Second warning** – Verbal warning from judges
- **Third warning or more** - After 2 out of ring warnings the other competitor will be awarded 1 point for each additional infraction

Stalling Warnings:

Stalling warnings will be issued to any competitor who deliberately attempts to prevent the progress of the match without improving his or her position.

- **First warning** – Verbal warning from judges
- **Second warning** – One (1) point awarded to other competitor
- **Third warning or more** – Two (2) points awarded to other competitor

Poor sportsman Conduct Warnings:

Because the purpose of competition is to engage in healthy competition with others to improve and test one's self, it is in the interest of all that both competitors and spectators conduct themselves within the proper spirit of the arts. With that in mind, a competitor may be penalized for poor conduct from themselves, their coaches/instructors, or their fans.

- **First warning** – Verbal warning from judges
- **Second warning** – One (1) point awarded to other competitor
- **Third warning** – Competitor will be disqualified

At the Judges' discretion a competitor may be disqualified from competition at any time.