



Competitive Sport Grappling

Rules and Regulations of Competitive Sport Grappling

Competitive Sport Grappling is the most ancient combative sport.

Competitive Sport Grappling brings out a competitive side where the athlete demonstrates his physical & psychological conditions, techniques, and abilities with the objective of controlling or rendering his opponent into submission.

The valid moves are those which seek to neutralize, immobilize, strangle and apply any kind of pressure on the twisting joints, as well as knocking down one's opponent by take-down.

There are non-valid moves which are considered illegal: biting, hair pulling, sticking fingers in the eyes or nose of one's opponent, striking the opponents genitalia, finger twisting, and any other move that gains unfair advantage with use of one's fists, feet, elbows or head.

Victory will not be granted at any cost; fair-play must be the main guideline. Ethical behavior is what gives the sport credibility and security, which are indispensable factors to any sport.

These regulations contain information for those involved: athletes, coaches, teachers, directors, and even the assisting public.

COMPETITION AREA:

FIGHTING AREAS: Each area must be composed of a minimum of 6m x 6m and a security area composed of 1m on all edges.

REFEREEING:

The mat referee is the highest authority on the mat and has the authority to disqualify competitors during the match.

No one can overturn his decision.

The referee is assisted by the time keeper in the matches.

In cases where a referee shows himself incapable to continue refereeing because of obvious mistakes, the inspector of the event has the authority to replace him.

During the match the central referee is to always be directing the competitor to the center of the ring.

In the event that the competitors move out of bounds during the match, the referee will call "**Holt**".

The referee will not allow interference from outsiders during the match. Medical team or nurse will be allowed on the mat at the referee's discretion.

During the match, the referee or persons at the scoring table are not allowed to converse with the competitors, this will be strictly enforced.

Expiration of time will be determined by the timekeeper during the match. The timekeeper will notify the central referee immediately with an auditory and visual signal.

There will be no draws in any case. The referee will decide who is the winner and his decision is absolute.

HOW TO SCORE

The point scoring is as follows: -

4	3	2	2	1	-1
		Take downs	Hold downs		
Back mounted	Passing the guard	Sweeps	Mounted	Advantages	Penalties

4	3	2	2	1	-1
		Reversals	Knee on the belly		

Adults only Automatic Victory - Submission / Unconsciousness

4 points – back mounted

3 points – passing the guard

2 points – take downs, sweeps, reversals

2 points – Perpendicular or longitudinal hold down

1, 2, 3... – advantages

-1, -2... - penalties

FIGHTING CONCLUSIONS:

There is never a draw. Bouts will be decided by:

1-SUBMISSION

2-DISQUALIFICATION

3-UNCONSCIOUSNESS

4-POINTS

5-ADVANTAGES

1)- SUBMISSION: Submission occurs when a technique forces an opponent into admitting defeat by:

1-) tapping with the palm against his opponent or the floor in a visible manner

2-) tapping with his feet on the ground (if he is unable to use his hands)

3-) requesting verbally to the referee that the fight be stopped (if he can neither tap with his hands or his feet)

4-) requesting that the fight be ended if the athlete gets injured or feel physically incapable or unprepared Also:

5-) the referee may end the fight giving victory to the one that applied the lock if he sees a lock being properly applied and is certain that the Athlete is exposed to serious physical damage.

6-) a coach of one of the athletes may request that the fight be ended either by directing himself to the referee or by throwing the towel into the ring for any reason

7-) When an athlete is under a submission position and he screams or say "**Tap**", will be the same as if he taps.

The referee may end the fight when one of the athletes is injured or the doctor's examination proves he is incapable to continue. If this occurs, the victory will be given to the opponent as long as the injury was not caused intentionally by conduct worthy of disqualification.

DISQUALIFICATION

SERIOUS FOULS:

SERIOUS FOULS ARE THOSE THAT LEAD TO IMMEDIATE DISQUALIFICATION BY THE REFEREE.

A-) the use of foul language, cursing, or other immoral acts of disrespect towards the referee or any of the assisting public.

B-) biting, hair pulling, putting fingers into the eyes or nose of one's opponent, intentionally seeking to injure genitalia or the use of fists, feet, knees, elbows, or heads with the intention to hurt or gain unfair advantage.

E-) When an athlete has a lock applied and to avoid tapping out he runs out of the ring, he will be immediately disqualified. In such cases when it is considered a technical foul, not a disciplinary foul, the offender may return to the competition to fight the absolute division or in case of a bracket of three.

FOULS NOT AS SERIOUS:**PENALTIES:**

- On the first offense the offender will be given a verbal warning.
 - On the second offense the offender's opponent will be given an advantage.
 - On the third offense the offender's opponent will be given two points.
 - After the third offense the referee may disqualify the athlete for any further fouls.
- A-) The athlete will only be allowed to kneel after having taken hold of his opponent.
- B-) When either of the athletes run to one of the edges of the area to avoid combat, or while ground fighting flee by crawling or rolling out of the area or by standing up avoiding engaging or purposely stepping out of the ring to gain time.
- C-) When the athlete avoids engaging by taking off his Gi or by allowing it to be taken off with the intention of stopping the fight to allow himself rest or to avoid the attacks of his opponent.
- D-) When the athlete stalls the fight, holding his adversary and, not seeking to engage or gain submissions when in the guard, on top, or on the bottom.

UNCONSCIOUSNESS

One of the 2 opponents is defeated after losing consciousness by any of the valid moves: strangling, pressuring, or take downs, or accidents in which the adversary has not committed any foul worthy of disqualification.

POINTS:**POSITIVE POINTS**

The competition through its nature makes the athletes use their technical abilities attempting to finish or neutralize their opponents. The point is the superior technique displayed during the match by putting the positions and negative points on the adversary.

IMPORTANT

The athlete cannot have score new points when he is in a position where he received points previously, changes position intentionally and returns to the same position.

Example: Just switching back and forth between two adjacent positions, there will be no new points awarded.

The fight should be an ascending condition for technique, looking to dominate the adversary, working to finish the opponent.

No points will be marked for the athlete who is attaining a position while in a submission. Points will only be awarded after the submission is completely defended.

The order of the referee

The positions sought technically and which are presented with importance in terms of strategy of the fighter and the finishing technique. If there is no finish the positions established will be translated into points to determine the winner.

Positioning: (Ordered by the referee) Positions are achieved through proper technique,. If there is no submission at the end of a match, the athlete gains victory by scoring more position points than his opponent.

A-) TAKE DOWNS: Any kind of knocking down the opponent or being taken down on his back or side, **2 points**. If the athlete is thrown to the ground and does not land on his back, the thrower must pin him to the ground in the same position for at least 3 seconds to gain the points of the take down.

B-) PASSING THE GUARD: Is when the athlete that is above his adversary or in between his legs, moves to his opponent's side, establishing a perpendicular or longitudinal position over his adversary's trunk, dominating him and leaving him no space to move or to escape the position—if even is on his side or back. **3 points** NOTE: if the athlete that is underneath avoids the move by getting to his knees or standing up, the initiative will not be awarded 3 points but will be awarded an advantage.

C-) HOLD DOWN: is when the athlete in the dominant position controls his opponent's torso; the opponent can be lying on his stomach, side or back. The one holding down or pinning his opponent can be in any perpendicular or longitudinal recognized position on his opponent. **2 POINTS.**

D-) KNEE ON THE BELLY: When the athlete on top puts his knee on his adversary's stomach, holding his collar, sleeve or arm with his other leg towards his adversary's head. **2 POINTS.**

E-) THE MOUNT: is when the athlete sits on his opponent's torso; the opponent can be lying on his stomach, side or back. The one mounted can be on top of one of his opponent's arms, but never on both. It will also be considered a mount if he has one knee and one foot on the ground. **2 POINTS.**

F-) BACK MOUNTED: Is when the athlete grabs his adversary's back, taking hold of his neck and wrapping his legs around his opponent's waist, with his heels leaning on the inner side of his opponent's thighs, not allowing him to leave the position. **4 POINTS.**

G-) THE SWEEP: is when the athlete that is underneath has his opponent in his guard (in between his legs) or the half guard (having one of his adversary's legs between his) and is able to get on top of his adversary by inverting his position. **2 POINTS.**

G-) REVERSAL: is when the athlete that is underneath being held in a recognized hold down or pin and is able to get on top of his adversary by inverting his position. **2 POINTS.**

Disallowed Techniques All children younger than 17

SLAM FROM THE GUARD
ALL SUBMISSIONS
SCISSORS TAKEDOWN

Disallowed Techniques Adults less than 100 hrs grappling

SLAM FROM THE GUARD
LEG LOCKS
CERVICAL LOCKS
BICEPS LOCKS
CALF LOCKS
WRIST LOCKS
SCISSORS TAKEDOWN
HEEL HOOK

Disallowed Techniques Adults MORE than 100 hrs grappling but less than 200 hrs

SLAM FROM THE GUARD
LEG LOCKS
CERVICAL LOCKS (only without chokes)
BICEPS LOCK
CALF LOCK
SCISSORS TAKEDOWN
HEEL HOOK

Disallowed Techniques Adults MORE than 200 hrs grappling but less than 300 hrs

SLAM FROM THE GUARD
CERVICAL LOCKS (only without chokes)

Competitive Sport Grappling

SCISSORS TAKEDOWN

COMPETITION GROUPS

To maintain the element of competition between multi-disciple styles of Martial Art the ranking levels are based on hours of grappling experience.

Example - Judo specializing in throw allow 15 mins of grappling per 1 hr lesson, Judo specializing in Newaza allow 40 mins of grappling per 1 hr lesson, BJJ allow 1 hr of grappling per 1 hr lesson.

Each Instructor would need to decide at what level to place their students experience.

A Win at any level would automatically promote the student up to the subsequent level of experience prior to entering their next competition

Example - A win in the up to 100 hrs group will mean entry into subsequent competitions will be entered in the up to 200 hrs (even if the competitor has less than 100 hrs experience).

CHILDREN up to 17 with up to 100 hrs or with one competition Win at this level (LEVEL - C1)

CHILDREN up to 17 with up to 200 hrs or with one competition Win at this level (LEVEL - C2)

CHILDREN up to 17 with up to 300 hrs or with one competition Win at this level (LEVEL - C3)

ETC

ADULT 17 and over with up to 100 hrs or with one competition Win at this level (LEVEL - A1)

ADULT 17 and over with up to 200 hrs or with one competition Win at this level (LEVEL - A2)

ADULT 17 and over with up to 300 hrs or with one competition Win at this level (LEVEL - A3)

ETC

WEIGHT GROUPS

CHILDREN and ADULTS

LIGHT - MEDIUM - HEAVY

The addition of an Open category in which competitors of any weight can enter is at the organizers discretion.

(Split to allow reasonable competition - until large number of competitors at organizers discretion)

COMPETITION ATTIRE

GI bottoms or shorts must be worn and can be grabbed by both parties.

GI Jacket may be worn but can be grabbed by both parties.

If a GI Jacket is not worn a T-Shirt must be worn and can not be gripped by either parties.