

Submission Grappling Rules

All rules are set in place to secure the safety and well-being of all competitors. Before competing, make sure to read and fully understand each of the following rules. If there is any violation of the following rules, there will be consequences. These consequences may be as minor as a verbal warning, or as major as a disqualification, or dismissal from the tournament.

General Rules

Equipment – All clothing, gi's, and other equipment must be washed and in good condition. A competitor wearing equipment with an offensive odor must withdraw from the competition.

Cleanliness – Each and every competitor should be well bathed and have trimmed finger and toe nails. Those failing to do this will not be allowed to compete.

Infections – Any competitor with an infectious disease will not, any under circumstances, be allowed to compete. These infections include any form of staph, viral infections, bacterial infections, herpes, and fungal infections. Please, police yourself to avoid any embarrassing situations.

Sportsmanship – Disrespect will NOT be tolerated. The use of foul language, physically threatening others, and verbally threatening others will all be classified as disrespect. If a judge or referee sees any sign of this, that person will be disqualified or escorted out of the venue without refund. Competitors must be respectful towards their opponent, other coaches, and the referee.

Any individual who verbally or physically threatens or abuses a referee will also be escorted out of the venue without a refund. The referee's decision is 100% final.

Gi/Kimono Rules

Gi's should be appropriate length, down to the thighs, and sleeves should be of adequate length to the wrists.

They should be constructed of cotton, or similar material, and in good condition. The gi can not be torn, and the material can not be excessively thick to a point where it obstructs the opponent.

T-Shirts may not be worn under the gi. It is encouraged to wear a tight fit rash guard underneath, but not necessary. Competitors are also prohibited from

wearing shoes, unless a specific medical condition requires them.

No-Gi Clothing Rules

Tight fitting rash guards are required by all competitors, there will be no bear-chested grappling.

Grappling trunks, board shorts, Lycra shorts, gi pants, or grappling pants must be worn. They should have a drawstring, or some other way of keeping them secured for the duration of your match.

Wrestling shoes may not be worn, unless a specific medical condition states otherwise.

Competition Rules

Winning

Submission - Any time an opponent taps out either physically with their hands or feet, or verbally. If the competitor is yelling in pain, the referee has the right to stop it. If the submission is fully applied, but the competitor is unwilling to tap, the referee also has the right to stop it to prevent any serious injury.

Points - If both competitors last the duration of the match, without being submitted, the winner will be decided by points. Points will be awarded for various reasons such as obtaining dominant position, takedowns, and advantages.

Stoppage - If a referee or doctor feels that continuing the match will put you in danger, they have the right to stop it, in order to secure your safety and well-being. If your coach feels you've had enough, he also has the right to throw in the towel. Both scenarios would give your opponent an automatic win.

No Contest - If your opponent does not show up for the match, you win.

Disqualification/Forfeit - If your opponent is disqualified, or forfeits, you win.

Gi Point Scoring System

4 Points - Full Mount

4 Points - Rear Mount

3 Points - Passing Guard

3 Points - Guard or Half Guard Sweep

2 Points - Knee On Belly

2 Points - Takedown

1 Point – Advantage

No-Gi Point Scoring System

- 4 Points - Full Mount
- 4 Points - Rear Mount
- 4 Points - Takedown

- 3 Points - Passing Guard
- 3 Points - Guard Sweep
- 3 Points - Half Guard Sweep

- 2 Points - Knee On Belly

- 1 Point - Advantage

In order to score points, one must execute the technique and hold the position for at least 3 seconds. If a competitor can not do this, points will not be awarded.

Competitors cannot score new points when they are in a position, where points were previously rewarded, change position intentionally, and return to the same position. (For example, getting 4 points for mount, switching back to side control, and then going back to mount)

Advantages will be awarded to those in either takedowns or on the ground. To be awarded an advantage through takedowns, there must be a visible loss of balance, and the takedown should have been almost completed. On the ground, one must attempt a technique, clearly putting the opponent in danger and on the defensive. These will only be used in the case of a tie.

Penalties

The following actions will be taken in the case of a minor foul.

- On the first offence the offender will be given a verbal warning.
- On the second offence the offender's opponent will be given an advantage.
- On the third offence the offender's opponent will be given two points.
- After the third offence the referee may disqualify the athlete for any further fouls.

Each of the following can be considered a penalty. It is up to the referee to determine whether the action is a penalty or not. The referee's decision is final.

1. When either of the athletes run to one of the extremities of the ring to avoid combat, or while ground fighting flee by crawling or rolling out of the ring or by

standing up avoiding engaging or purposely stepping out of the ring to gain time. If the competitor does this purposely to avoid a takedown or sweep that would have been completed otherwise, 1 point will be deducted. If this happens a second time, the competitor will be disqualified.

2. When the athlete avoids engaging by taking off his kimono 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.
3. When the athlete inserts his fingers inside the sleeves or pants, or with both his hands on his opponent's belt.
4. 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, holding the opponent, standing up, or any position designed to stall. Noticing this the referee will request that 20 seconds be marked. At the end of the 20 seconds if the athlete hasn't changed his position or shown visible signs of engagement, a point will be taken. If he continues stalling the referee will stop the fight and give the opponent 2 points, and both athletes will return to their feet at neutral positions. The referee has the ability to disqualify the competitor on a 4th offense.

In the case of a major foul, the competitor will automatically be disqualified. The following are all considered major fouls.

1. Performing any of the illegal techniques listed below.
2. Fleeing the ring to escape a submission that would of been completed otherwise.
3. If the competitor's clothing rips, he or she will be given 5 minutes to find a new one. If they are unable to, the competitor will be disqualified.

Illegal Techniques For All Divisions and Age Groups

No striking of any kind
No attacks to the windpipe, eyes, nose or groin
No biting
No fish hooking
No pulling hair
No spitting
No blowing of a nose
No slamming of the opponent on the head or neck whether on the ground, or from the feet
No pinching/twisting the opponent's skin
No sticking a finger into any orifice or cut of an opponent
No small joint manipulation

No slamming/throwing of the opponent off the mat or onto the judge's table
No foul language
No unsportsmanlike conduct
No interference by a corner or those on the sidelines
No slamming from guard
No covering of the mouth of the opponent with your hand
No neck cranks
No heel hooks
No pulling of the opponent's trousers
No poking

Tie

In the case of a tie, advantages will be added in to the competitor's score. If there is still a tie, the referee will decide the winner. There will be no overtime.

Kids Gi & No-Gi Rules

No leg locks or any submission below the waist
No compression locks
No wrist locks
No scissor takedowns

Teens Gi & No-Gi Rules

All Divisions

No compression locks (bicep crush, calf crush, etc)
No scissor takedowns

Beginners

No leg locks except for straight ankle locks.
No wrist locks.

Intermediate & Advanced

The only leg locks allowed are straight ankle locks, turning ankle locks, toe holds, and kneebars.

Adult Gi & No-Gi Rules

Beginners

No compression locks
No leg locks except for straight ankle locks and kneebars

Intermediate

No compression locks

The only leg locks allowed are straight ankle locks, turning ankle locks, toe holds, and kneebars.

Advanced

All leg locks allowed except for heel hooks.

Compression locks allowed

Match Durations

All Kids

3 Minutes

All Teens

4 Minutes

Adults (Gi)

White Belts - 5 Minutes

Blue Belts - 6 Minutes

Purple Belts - 7 Minutes

Brown Belts - 8 Minutes

Black Belts - 10 Minutes

Adults (No-Gi)

Beginner - 4 Minutes

Intermediate - 6 Minutes

Advanced - 8 Minutes

Weigh-Ins

Weight-Ins will begin on the morning of the tournament. Gi competitors have the option of weighing in with or without their gi on. Below are the official weigh-in times. Adults may show up before their scheduled weigh in times, but it is not necessary.

Kids & Teens - 10:00 - 11:00 AM

Adults - 12:00 - 1:00 PM

Weight Classes

There will be no preset weight classes for children and teens. They will be sorted by weight after weigh-ins are finished.

Adult weight classes will be as follows:

Men

Bantamweight: Up to 129.9 lbs
Flyweight: 130 to 139.9 lbs
Featherweight: 140 to 149.9 lbs
Lightweight: 150 to 159.9 lbs
Welterweight: 160 to 169.9 lbs
Middleweight: 170 to 179.9 lbs
Cruiserweight: 180 to 189.9 lbs
Light Heavyweight: 190 to 204.9 lbs
Heavyweight: 205 to 219.9 lbs
Super Heavyweight: 220 lbs & over
Absolute

Men 30+

Lightweight: Up to 159.9 lbs
Middleweight: 160 to 179.9 lbs
Cruiserweight: 180 to 199.9 lbs
Heavyweight: 200 lbs & over
Absolute

Women

Featherweight: Up to 114.9 lbs
Lightweight: 115 to 129.9 lbs
Middleweight: 130 to 144.9 lbs
Heavyweight: 145 lbs to 159.9 lbs
Super Heavyweight: 160 lbs. and over
Absolute

For any questions or concerns about the rules, please contact me via e-mail at karate@fmackkarate.com