

Grappling Rules

Time Limits

- Beginner and Intermediate will have 4 minute bouts
- Advanced (Black and Brown Belt) will have 5 minute bouts

Proper Competitor Attire

- All competitors wearing a gi must have sleeves that cover at least $\frac{1}{2}$ of the forearm, pants that cover $\frac{1}{2}$ the shin. Sleeves and pants must loose enough that four fingers can be inserted into the cuffs.
- All competitors must have a mouth piece and male competitors must have groin protection.
- No Gi competitors must a minimum of grappling shorts and t-shirt/rash guard to compete.
- Athletic shorts, Grappling Shorts, Board shorts, that cover a majority of the thigh will be allowed, NO SPEEDOS.
- The tournament director will decide if wrestling shoes will be allowed or not.

Proper Referee Attire

- Set of Red and White wristbands.
- Properly worn Gi or Shorts and T-shirt for No Gi Division
- One set of rules on hand

Points

- 4 Points - Mount and Reverse Mount
- 3 Points - Guard Pass or Guard Sweep that ends in the attacking competitor in a dominant position
- 2 Points - Major Throw (2 feet off the ground), Scarf Hold, Cross Body (Side Mount), Grounded Headlock (Opponent's back on the mat), Smother Hold (North South)
- 1 Point – Takedown (1 foot off the ground), Knee on Belly, Submission Attempt that is fully locked in but opponent does not tap.
- All pins must be held and secured for 3 seconds. For points to be awarded for mount and reverse mount, the attacking competitor must have hooks secured.

Rules for Pin Transitioning (Clock Game)

- Referees may give multiple points for a competitor successfully switching from one pin to another (Example: Competitor A pins Competitor B with Cross Body, "A" is awarded two points then switches to the Smother Hold and receives another two points.) After two consecutive successful pins, points will not be awarded for switching.

Penalties

- Face Contact
- Slams (Hoisting the opponent above the waist and then dropping them in an uncontrollable manner)
- Grabbing of the fingers/toes individually.
- Striking the opponent.

Disqualifications

- Not reporting to the mat after your name has been called over the PA (90 sec.)
- Unsportsmanlike Conduct
- Intentionally harming an opponent
- Intentionally disobeying referee's commands.

Allowable Submissions

- Per skill level, competitors will be allowed to use certain submissions with their respective rank. Allowed submissions are as follows.
- Beginner: chokes, straight armlocks, bent armlocks
- Intermediate: chokes, straight armlocks, bent armlocks, straight ankle locks.
- Advanced: all aforementioned and straight knee bars