

Divisions & Rules

Length of Matches:

White: 4 minutes

Blue: 5 minutes

Purple: 6 minutes

Brown: 7 minutes

Black: 8 minutes

Juniors: 4 minutes

Kids: 3 minutes

Masters 30 and Above: White/Blue belts 4 minutes • Purple and above 6min •

Women's Weight Classes:

Class A: 119.9 lbs and below

Class B: 120-134.9 lbs.

Class C: 135-149.9 lbs.

Class D: 150 lbs. and over

Women's Absolute: Open Weight, Open Skill

Masters Weight Classes:

Lightweight: 159.9 lbs and below

Middleweight: 160-179.9 lbs.

Cruiserweight: 180-199.9 lbs.

Heavyweight: 200 lbs. and over

Unlimited: 214 lbs. and up

Point System:

(All positions must be held for 3 full seconds. It is good strategy to count to five before making a transition to a new position.)

Takedown: Opponent must land on back or butt and you must maintain top control for 3 seconds: **2 points**

Knee on Belly: Must have opponent controlled on their back with knee at least halfway across body: **2 points**

Sweep or Reversal: Must initiate reversal from Guard and maintain TOP position for 3 seconds: **2 points**

Passing Opponent's Guard: Must have all arms and legs cleared from opponents guard/legs for 3 seconds: **3 points**

Mount: Both knees and feet must be on ground with opponents leg cleared from your body for 3 seconds: **4 points**

Back Control w/ Both Hooks Inside: Figure four does not count as points. Hooks in for 3 seconds: **4 points**

Illegal Techniques:

White Belt, Blue belt and Masters: No Leg Locks EXCEPT Straight Ankle Lock. No reaping of leg across body. No Neck or Cervical Cranks, Wrist Locks, Slamming or Slicers.

Purple: No Twisting Leg locks EXCEPT Inside Toe Hold, No Neck or Cervical Cranks or Slamming.

Detailed Rules: The object of the competition is to control and submit your opponent.

Ways to win: 1) Causing your opponent to physically or verbally “tap out” or quit by using a technique within the guidelines of the rules in each set division. (All competitors must be aware of dangerous techniques and know how to “tap out”.) 2) Highest score at end of regulation time period. 3) Referee Stoppage

1. Hygiene: At weigh-ins, all competitors will be checked for communicable diseases, not limited to but including ringworm, staph and impetigo.

2. No Stalling: The referee will issue a warning for the 1st offense of stalling (i.e. backing out of the guard without engaging, butt scooting, fleeing the ring to avoid takedown/submission attempts). The 2nd offense will result in a 2-point deduction. A 3rd offense will result in a 3-point deduction. A 4th offense will result in a DQ.

3. Leg Locks: Leg Locks are ILLEGAL in all masters, white belt and blue belt divisions except for Straight ankle locks. Straight ankle locks, inside figure-four toe holds and straight kneebars are legal for purple belts. **Note:** Reaping (crossing your leg across your opponent’s body while attacking a foot) is illegal in all divisions.

4. Illegal Techniques in all divisions: No strikes, biting, eye gouging (includes chin to eye), head butting, small joint manipulation (finger and toe locks), hair pulling, and ear pulling.

5. Slamming: ZERO tolerance on slamming. This is to avoid slamming to escape the guard and various submissions from the guard. A competitor will be immediately disqualified NOTE - Takedowns are not considered slamming, unless intent to injure is determined by the referee.

6. Neck Cranks and Twister: Neck Cranks and Twister (wrestling guillotine) are Illegal.

7. Takedowns and control: Any position must be held for a MINIMUM of 3 full seconds before points will be awarded. If you take your opponent

down and Mount him you would receive 2 points for the take down AFTER 3 seconds AND then 3 more seconds for the 4-point mount. Therefore you must maintain the position for 3 seconds per set of points. Guard pass points are established when the opponent's shoulders are flat on the ground and your legs are completely clear of their legs. If you go from standing to a guys back with BOTH his knees on the ground for 3 full seconds you receive 2 points for reversal.

8. Sweeps/Reversals: Reversal of position points are given when one opponent reverses from the bottom to the top position and maintained for a full three seconds. The reversal has to be used from your guard or in the immediate transition of someone passing your guard. For example if you're passing your opponent's guard and HE IMMEDIATELY put you on your back he will receive reversal points. **Note:** Rolling someone over when you are mounted or in side control is an escape not a reversal.

9. No-Gi Attire: Board shorts, fight shorts, singlets, or Gi pants are required. Rash guards, t-shirts, tank tops, Wrestling shoes, knee-pads (non-medal braces), headgear, cups and mouthpieces are optional.

***Code of Conduct* : We will be enforcing a zero tolerance rule on disrespecting, threatening with physical violence, or verbally abusing referees or staff at any time before, during, or after the event. If any spectator, coach, or competitor threatens or abuses the referee in any shape or form, they will be escorted out of the building.**