

Submission Grappling Divisions & Rules

Skill Levels:

Adult Novice: Less than 9 months

Adult Beginner: Nine months to 2 years

Adult Intermediate: 2 years to 4 years

Adult Advanced: More than 4 years

Kids 5-7, 8-10, 11-13, 14-15, 16-17: Beginner = Less than 18 months • Advanced = 18 months or greater

Kids Division note: Kids are matched as close as possible in age and weight. We maintain no more than 12lb and 2 year age gap.

Women: Beginner - Less than 18 months • Advanced - 18 months or greater

Executive: 30-39 years – Beginner = Less than 18 months • Advanced = 18 months or greater

Masters: 40 years and above – Beginner = Less than 18 months • Advanced = 18 months or greater

Length of No-Gi Matches:

Novice: 4 minutes

Beginner: 4 minutes

Intermediate: 5 minutes

Advanced: 6 minutes

Kids: 3 Minutes

Juniors & Teens: 4 minutes

Women: Beginner = 4 minutes • Advanced = 6 minutes

Executive/Masters: Beginner = 4 minutes • Advanced = 5 minutes

Men's No-Gi Weight Classes:

Flyweight: 139.9 lbs. and below

Featherweight: 140-149.9 lbs.

Lightweight: 150-159.9 lbs.

Welterweight: 160-169.9 lbs.

Middleweight: 170-179.9 lbs.

Cruiserweight: 180-189.9 lbs.

Light-Heavyweight: 190-199.9 lbs.

Heavyweight: 200-209.9 lbs.

Superweight: 210 lbs. and over

Kids, Juniors & Teens No-Gi Weight Classes:

Lightweight: 69.9 lbs. and below

Welterweight: 70-79.9 lbs.

Middleweight: 80-94.9 lbs.

Cruiserweight: 95-109.9 lbs.

Heavyweight: 110-124.99 lbs.

Juniors & Teens No-Gi Weight Classes:

Lightweight: 114.9 lbs. and below

Welterweight: 115-129.9 lbs.

Middleweight: 130-149.9 lbs.

Cruiserweight: 150-169.9 lbs.

Heavyweight: 170 lbs. and over

Women's No-Gi 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

Executive & Masters No-Gi Weight Classes:

Lightweight: 159.9 lbs and below

Middleweight: 160-179.9 lbs.

Cruiserweight: 180-199.9 lbs.

Heavyweight: 200 lbs. and over

No-Gi 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**

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**

No-Gi Illegal Techniques:

Beginner, Novice, Executive & Masters Divisions: No Leg Locks EXCEPT Straight Ankle Lock in Beginner. No Neck or Cervical Cranks, Wrist Locks, Slamming, or Slicers.

Intermediate: No Twisting Leg locks EXCEPT Inside Toe Hold. No Neck or Cervical Cranks, Wrist Locks, Slamming, or Slicers.

Advanced: No Slamming. No heel hooks in Executive and Masters divisions.

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 or overtime. 3) Referee Stoppage

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

2. Tie Breakers: There will be a 1-minute overtime in the event of a draw. At the end of the 1-minute overtime, if there were no points scored, it will immediately turn to sudden death in which the first point scored gets the victory. The stalling rule will be enforced with ZERO tolerance in overtime. The referee will give 2 warnings and you will be deducted 1 point and be given the loss if you do not go after the victory.

3. 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.

4. Leg Locks: Leg Locks are ILLEGAL in all kids, masters, executive, and novice divisions. Straight ankle locks are legal for the Beginner. Straight ankle locks, inside figure-four toe holds, straight kneebars and calf slicers are legal for Intermediate. All leg locks are legal in the Advanced Men's division. **Note:** Reaping (crossing your leg across your opponent's body while attacking a foot) is illegal in all divisions, except Intermediate and Advanced adult.

5. 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.

6. 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.

7. Neck Cranks and Twister: Neck Cranks and Twister (wrestling guillotine) are only legal in the Advanced division. Intermediate division may use the Twister set up to execute the banana split or calf slicer.

8. 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 3 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.

9. 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 my guard and I IMMEDIATELY put you on your back I receive reversal points. **Note:** Rolling someone over when you are mounted or in side control is an escape not a reversal.

10. 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.

11. Kids Divisions: Kids matches will be stopped at the Referees discretion at any time during the match. If the Referee believes it is in the best interest of the child's safety a match will be stopped. It is imperative that coaches and parents both understand that we are here to look out for the children's safety first and foremost. We are not concerned with who wins and loses and we will have no tolerance for coaches and parents that cause a commotion due to a referee decision and are careless with the child's safety. Please help us maintain a safe and positive event and understand that we are here to help the children grow in character and in the martial arts.

***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.**