

GroundFighting Rules



NOT ALLOWED

No Throwing Opponent in a Suplexes or on their Head or Neck etc.

No Full Nelson, Heel Hooks throwing a Competitor on their head or neck area, or any Technique that is thought to be extremely dangerous to an opponent that is not mentioned on this list.

No Leg, Knee, Heel or Ankle locks. (Knees are vulverable in all leg applications)

No Slamming (To Escape a Submission or from the Guard).

No eye gouging and No fish hooking.

No Standing Guard Passes Allowed.

No grabbing the ears and No hair pulling.

No finger holds and No toe holds.

No thumbing and No scratching.

No pinching and No biting.

No kicking and No punching.

No spine, neck or back cranks

No head butting and No striking of any kind.

No touching the groin area

No covering of the mouth or nose or eyes with the hands.

No hands, knees, forearm or elbows on face and rubbing of and/or twisting (you can only push up the lower jaw or forehead with the forearm or hand/palm).

Arm bars/Straight arm locks:

This technique can be a fast technique when applied. The Referee to be aware of any potential injury from non-tapping competitors.

Restart Positions:

If the Competitors go out the Mat Area, then they will be restarted further on the Mat Area, at the referee's choice, reduce the delay in fighting

DO NOT Avoid Combat, Stalling Moving and Backing Away: You will be given a Penalty Warning if you are deemed to be Avoiding Combat, Stalling, Moving/Backing Away or just sitting in guard to avoid engaging in Combat

Unsportsmanlike and Bad Conduct:

Coaches, Competitors and any Supporters,: No Verbal or Physical Threats of Abuse or Harm, No Goading, Intimidation, Threatening Behavior, Threatening or Foul Language, Talking Back or Shouting at the Referees, Officials, Coaches, Spectators, other Competitors or your Opponent/s.

Competitors Age up to and including 15 years of age (Juniors).

Referee Stoppage/Referee Decision/Forfeit/Default/Disqualification and All Point Scoring Techniques.

No choking/joint locks are permitted, but holding pins to a 3-second referee count and control through position changes, are all point scoring techniques.

Controlling is **NOT** sitting on your opponent and waiting the match to finish. The referee will tell you to **'WORK'**, you will have **10 seconds** to change position. If ignored the referee will stop the match and restart with the remaining time. **SEE BELOW POINT STRUCTURE**

If the fight is a stalemate (both competitors have not changed position, when told to do so), the referee will stop the fight and restart with the remaining time.



Competitors Age 16 years old and over (Seniors).

Submission/Tap Out /Referee Stoppage/Referee Decision/Forfeit/Default /Disqualification and All Point Scoring Techniques.

Arm and Shoulder Locks (Which must NOT be Applied in a Snapping or Jerking Motion).

Chokes (All Chokes Must be Applied in a Squeezing Motion Only).

Warnings:

The Referee will stop the fight and announce warnings to judges, if Referee warns same competitor officially more than twice, the Referee can/will declare a disqualification.

ADVANTAGES (for JUDGES to look for):

JUNIORS (under 16 years) - Juniors must keep moving when fighting

Transition / changing position (completed technique)

A counter / sweep

Controlling position after a Counter / Sweep

Win for JUNIORS = The competitor who has most points through movement and control wins

SENIORS (over 16 years)

Rear Mounts

Passing Guard / Sweeps

Arm bar / Straight arm lock / Any DEFENSIVE Technique / Any ATTACKING Technique.

Win for SENIORS = Submission / Tap Out / Referee Stoppage / Referee Decision / Forfeit / Default / Disqualification or Judges points decision.

Competitor with the most Points scored will be declared the Winner of the Match if there is no Submission made by the end of the Match.

If a Competitor is unable or incapable of defending themselves or position, or put themselves in any Potential or Serious Danger of Injury. Shouts or screams out in pain from a submission attempt or goes unresponsive to the referee, limp or closes their eyes etc, the Referee can and will stop the Match. The Competitor will be declared as not capable of defending themselves and loses the Match.

If a Competitor wins a Match but can no longer continue to the next round or match, then the Competitor that they were to meet in the next Match will be declared Winner by default and automatically go through to the next round.

If the Match is still a Draw after 1 round more than the Match should of been, then the competitor showing the most aggression, attacking, submission or point scoring attempts and techniques etc, will be declared the Winner by THE REFEREE.
THERE IS NO MORE OVERTIME.

The Referee's Decision is Final.

Match Times

Junior Ground Fights
1 x 1 minutes per Match.

Senior Ground Fights
1 x 2 minutes per Match.

FINAL ROUNDS TO BE DECIDED ON THE COMPETITION DAY

Grappling Earguards, Gumshield and Groin Guard are Optional and Are Allowed to be worn.
No Grappling Footwear or Boots etc, Bare Feet only.

POINTS STRUCTURE

Less than 16 years—No Strangulation or Locks

From 16 to 18 years—Introduction to Locks and Strangulation



KIDS - Unbalance with Gi, not head

2pts - unbalance and takedown / sweep'j

1pt - Hold down with a 3 count

2pts - for hold where arms cant escape

1pt - knee on stomach if arms are held or positioned so opponent cannot escape

UNDER 16 years - When referee says 'work', this means change position. 10 seconds to change control

If NO CHANGE then referee will restart fight with a disadvantage to the competitor that did not change position within 10 seconds.

1st time, position in guard, 2nd time, position in full mount, 3rd time, position in rear mount

2pts - every change position and hold

4pts - full mount and control

4pts - if taken back whilst seated (juniors cannot strangle, only seat belt hold under arms.

4pts - full mount from behind / back

*If opponent escapes this full mount and ends up being seated and taken from behind, this is classed as not changing position - **0pts***

*If opponent just turns underneath a full mount, this is classed as not a position change - **0pts***

3pts - Escape from guard

1pt - extra to hold from guard escape (3pts for escape and 1pt for hold)

2 pts - if escaped from guard into side control (with arm free and not under body)

(3pts for escape and 2pts for side control)

Juniors cannot squeeze legs in guard with locked feet,
THIS IS CLASSED AS A SUBMISSION ATTEMPT

Do not pull guard - **PENALTY 1pt**

If guard is pulled during a fight by sweep etc - this is allowed

If you work your way outside the mat area

1st time—**Penalty 1pt**

2nd time—**Penalty 2 pts**

3rd time—**competition finished by forfeit**