



COMPETITION RULES AND REGULATIONS

Gi, Kimono & Wrestling Shoes are optional for juniors. Wrestling boots are also optional for adults. If the fighters go out of the marked area the referee will restart the fight in the centre of the mat, in the same position they were when they left the mat. If the fighters were standing, they will start again facing each other.

Legal Techniques

Any kind of choke (except for using the hand to close the wind pipe) without the use of the uniform.

Any armbar, shoulder lock, or wristlock

Straight leg locks: Ankle lock or Knee bar

Illegal Techniques

No neck crank submissions (can be used to open the guard)

No twisting leg locks: toe holds, heel hooks etc.

No striking / kicking of any kind

No eye gouging or fish hooking

No grabbing the ears

No hair pulling, biting

No finger or toe holds

No thumbing

No scratching and pinching

No touching groin area

No hands, knees or elbows on face (you can only push the lower jaw, forehead or side of face)

No slippery substances allowed on body or clothing

No "full nelsons" or "crucifix's" which do not allow the opponent to tap.

No guillotines using the opponent's chin, which puts pressure on the upper spine of the opponent, but will not allow them to escape.

NO SLAMMING to escape submissions or guard (hard/elevated throws are allowed)

Points

2 -Mount position

2 -Knee on stomach

2 -Sweeps (ends Guard or Half Guard)

2 -Takedown (ends Guard or Half Guard)

3 -Back mount with hooks

3 -Passing the guard

4 -Clean Sweep (ends passed the guard)

4 -Clean Takedown (ends passed the guard)

Advantage points

1- Submission attempts (only those which force the opponent to defend/escape).

1- Attempted guard passes (pass but don't hold for 3 seconds, pass forcing the opponent to turtle)

- Each position must be established for 3 seconds or more in order for points to be awarded.

- When changing multiple positions points will be awarded only for the position that has been established for 3 seconds or more.

Reversals from mount position are not considered sweeps.

In the event that the points score is equal at the end of the bout. The winner will be decided by the advantage points. In the event that the advantage points are also equal after this time the referee will decide the winner.

Winning by

- Submission
- Points
- Referee Decision

Men's Weight Classes

- - 68kg
- - 73kg
- - 80kg
- - 87kg
- - 99kg
- + 99kg

Women's Weight Classes

- -60kg
- +60kg

Time Limits

- 5minute bout
- 2 minute overtime in the event of a draw

Junior (under 15) and beginners competition we use these weight classes

Under 40kg

45.0kg and under(junior)
50.0kg and under(junior)
55. 0kg and under(junior)
Over 55kg(junior)

Note no leg lock submissions are allowed in the junior division, referee can stop the bout at anytime.

We also will be enforcing fully, the zero tolerance rule of disrespecting, threatening with physical violence, or verbally abusing referees (or promoters) for the entirety of the event. If any coach, parent, or competitor threatens or abuses the referee in any shape or form, they will be escorted out of the building and their team will be banned from any future event by ground control events.