

## **M.M.A.S.C. Grappling Competition Rules**

Effective 1 January 2010

### **Requirements for Use**

- A. The M.M.A.S.C. Competition Grappling Rules must be used at all sanctioned events.
- B. No liability for use of these Rules is assumed by The Midwest Martial Arts Southern Conference, promoters, instructors, judges, or affiliated persons.

### **Divisions/Event Definition**

Grappling is defined as an event involving (2) individuals engaged in a ground match. Opponents will start on their feet in a designated matted area or ring. Their goal is to demonstrate their ability to take an opponent to the ground and submit their opponent. Competitors are separated by age, weight, and ability. Competitors are required to wear specified gear for their division and must adhere to the general rules.

### **Fighting Areas**

The competition takes place on mats. Each adult area (ring) must be composed of a minimum of 22'x22' fighting area. Each youth area (ring) must be composed of a minimum of 18'x18' fighting area.

### **Specified Gear**

1. All contests are Gi optional.
2. All contestants are required to wear a mouthpiece during competition. Competitors with a medical mouth apparatus (e.g. Braces, retainers, etc.) are required to remove the apparatus if removable, or wear a mouth guard that fully covers the apparatus.
3. If the mouthpiece is involuntarily dislodged during competition, the referee shall call time, clean the mouthpiece and reinsert the mouthpiece at the first opportune moment, without interfering with the immediate action.
4. Males-cup and supporter
5. Shorts with drawstring with a T-shirt / rash guard or uniform (Gi)
6. Shoes = wrestling, martial arts, or bare feet.
7. No excessive taping of hands or feet.

### **Cleanliness**

All competitors must wear a clean Gi, shorts, shirt, etc. If the referee feels the cleanliness criteria has not been met the competitor will not be allowed to compete.

### **Match Duration**

All Matches will go until there is a winner.

## **How to win**

The winner will be decided according to:

1. If a contestant gives up or submits (Tap out or verbal tap out). Tap on the mat or opponent. You may tap with hands or feet.
2. Technical Stoppage:
  - Referee stops bout;
  - When an injury as a result of a legal maneuver is severe enough to terminate a bout;
3. If a competitor is unable to defend himself or the referee feels a contestant's well-being is in danger, the Referee will declare the winner.
4. Referee may end the match giving victory to the one that has applied a lock if he sees that the technique is being properly applied, and is certain that the opponent is exposed to serious physical damage.
5. Referee can end a match if someone is badly out classed.
6. Drawing blood on your opponent will result in a loss.
7. In case of accidental injury or blood spillage where it is not the fault of the opponent, the contestant has one minute to completely stop the bleeding or recover else the referee will require that he/she loses.
8. Corner throws in the towel
9. Disqualification
10. Forfeit
11. No contest

All referee decisions are final.

## **Injuries**

During an injury, the center referee will stop time and the competitor's coach and referee will attempt to diagnose the athlete.

1. If the athlete cannot continue because of the injury, he/she is the winner if the opponent is responsible.
2. If the athlete cannot continue because of the injury, he/she is the loser if the opponent is not responsible.
3. If neither competitor is deemed responsible and the athlete cannot continue, it is considered a forfeit.
4. If you cannot continue during your event, due to injury, you must not compete anymore that day.

## General Rules

### Coaching

Coaches must stay in the designated coaching area & are not permitted to enter the mat area unless asked to do so by the referee. Only the designated coach should be directing the competitor. Excessive shouting from multiple spectators only serves to confuse the competitors and is not allowed. A Coach can stop the match by indicating to the referee that he does not want his competitor to continue. This will be considered a disqualification. No Negative Coaching.

### No take down

If no take down occurs when the match is started, fighters will be restarted in the middle of the mat, in the guard position. The referee will flip a coin to determine who takes the top and bottom position. This is done at the referee's discretion.

## Warnings and Penalties

### Boundary Warning

If the competitors go off the mat, the match can be stopped for safety and restarted in the middle of the mat with the referee to determine the original positions. A boundary warning is defined as excessive stepping out of bounds to either escape from an opponent, or to avoid grappling without any physical contact made to force the competitor out of the ring. Penalties are up to and including disqualification.

### Stalling Warning

If there is stalling on the ground or no change in position as determined by the referee in a 10 second period the referee may restart competitors on their feet with the first warning. Excessive stalling will result in disqualification.

### Contact Warning

A contact warning is defined as excessive contact as determined by the referee. This may include illegal takedowns, throws or slamming, punching or kicking.

**Note:** *The referee has the ability to escalate penalties. If deemed severe by the referee, can lead to Immediate Penalty Points or Disqualification.*

### Neck Cranks

Necks Cranks are **Not** allowed in any division. In addition, placing the opponent in a headlock and twisting the neck to force a takedown or submission may cause spinal damage and is not allowed. Also, excessive squeezing or pressure on the back of the neck or base of the head is **Not** allowed. Applying a Neck Crank or a Squeezing technique is "grounds" for Immediate Disqualification.

## **Other Restrictions**

Attacks to the windpipe

Kicking

Head butting

Pinching or skin twisting

Interference by corner with official or fighter is prohibited

No spitting or swearing

No throwing an opponent off the mat

There shall be no attacks to the eyes of the competitor.

Intentional contact to the groin is not allowed.

No biting or fish hooking (fingers in mouth) is allowed.

Placing your fingers in any orifice is not allowed.

No small joint manipulations.

No slamming.

No strikes of any kind

An uncontrolled throw

No head or neck cranks

Biting- gouging or pulling hair

The above techniques can be deemed un-sportsmanlike conduct.

## Additional Restrictions for Under 12

No Heel Hooks

No Toe Holds

No Neck Cranks

No straight ankle locks where leg is across the body

## **Un-sportsmanlike Conduct**

Defined as any act considered to be a physical display of disrespect to an official, other competitor or spectator. This includes but is not limited to arguing with an official, profanity, vulgarity, throwing of equipment, speaking in a loud or disrespectful manner. These results in one or all of the following: warning to the competitor, disqualification of the competitor from the match and or disqualification from the tournament.

## **Referee Stoppage**

It is the referee's responsibility to ensure the safety of each competitor.

The referee has the ability to stop a match. If a referee determines that a competitor's safety is at risk he/she can end the match. This is a non-disputable call.

## **Duties of the Referee**

1. The referee is charged with supervision of the contest.
2. Determine the need to move out of bounds competitors back to the middle of the mat. If the position can be determined, the competitors will be started in the same position they were in before leaving the legal mat area.
3. He/she administers and controls the tempo of the contest, enforces the rules, and ensures fair play.
4. To this end, he/she starts and stops the fight, calls and enforces all penalties.
5. The referee shall announce the winner of each match. The referee shall announce in a loud clear voice all official decisions.
6. The referee is the only person who can call for and administer a penalty.
7. The referee is encouraged to give verbal commands throughout the competition where a penalty has not been called, such as "watch the contact, or, stay in bounds, etc."
8. Only the referee may call time out. He/she must do so for the following reasons:
  - A. To allow equipment adjustments.
  - B. To assess penalties, administer warnings.
  - C. To attend to an injured competitor.
  - D. To hear a legal protest.
  - E. Move out of bounds competitors back into the middle of the ring

## **Legal Protest / Arbitration**

Refer to the policies of the M.M.A.S.C. standard rules.

## **DIVISIONS**

See detailed division listings