

# Educational Guide to Grappling

# 2007

The purpose for this guide is to educate individuals on the rules of Grappling adopted by the FILA World Grappling Committee. For more information about FILA and Grappling visit: [www.fila-wrestling.com](http://www.fila-wrestling.com).



**USA** wrestling

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## 1. Introduction

### I. Definition of Grappling:

- Grappling is a hybrid wrestling style that is also called submission grappling or wrestling and refers to the use of submission maneuvers or holds to end the match. Grappling is done by controlling an opponent without the use of striking, typically through the application of various grappling holds/positions and counters to various hold attempts. Grappling takes place in both the standing/neutral position and on the ground. This sport is an essential part of Mixed Martial Arts (MMA) and can be used as a form of practical self defense.

### II. Philosophy of Grappling and the Submission:

- Grappling is a hybrid sport formed from wrestling and jujitsu whose art consists in forcing the opponent to admit he/she cannot escape the maneuver without harm. The World Grappling Committee (WGC) feels that it is honorable for an athlete to accept his/her own defeat and tap out. However, the grapplers must be properly informed of the correct actions and reactions to adopt in the various submission situations. In accordance with the general philosophy of sport, the grapplers are required to honor the values of sportsmanship and fair play and they shall never intentionally injury a fellow sportsman in competition.

### III. History of Grappling:

- Since the dawn of civilization mankind has found it necessary to compete against one another in various forms of hand-to-hand combat. Grappling and many other styles of martial arts can be linked to development of mankind and the creation of civilized societies. Traditional wrestling styles have served social functions necessary for societies to grow and prosper throughout history.
- Grappling is a hybrid sport that combines many styles of wrestling and martial arts such as, Folk style, Freestyle, Greco Roman, Jujitsu, Sombu, and Judo. These wrestling styles have provided the base for modern Grappling.
- Catch wrestling and jujitsu could be considered the grandfathers of modern Grappling. Catch wrestling was very popular before 1900 and was a style of wrestling that existed prior to the creation of the FILA. Competitions would take place in a ring and would last until a wrestler submitted or pinned their opponent.
- Brazilian Jujitsu brought the submission arts back to the spotlight in the 1990's and focused mainly on the ground aspect of competition.
- Mixed Martial Arts (MMA) in the 1990's and 2000's has sparked a rise in the popularity of the submission styles of wrestling.
- In 2002, the International Submission Wrestling Association (ISWA) organized as the international governing body for submission wrestling began working to develop Grappling as a legitimate international amateur sport. The ISWA was founded by Jason Townsend, Chris Carlino, Art Barker, Will Townsend, and Nate Ross. The founders spent three years developing and testing the rules prior to their adoption by the FILA, in 2006. The ISWA merged with the FILA to create the World Grappling Committee (WGC) in order to promote and govern the sport of Grappling. Executive Director Jean-Francois Court and Technical Director Jason Townsend head the World Grappling Committee. The WGC is committed to developing and promoting the sport of Grappling for eventual inclusion in the Olympic program.

## 2. Rules, Refereeing, and Guidelines

### I. Goals of Grappling Rules

#### *i. To Reward the Complete Grappler*

1. Submission Attack/Defense
2. Takedowns/Throws
3. Control
4. Good Position
5. Conditioning
6. Strength
7. Flexibility

#### *ii. Total Universal Grappling*

1. Constantly Working to either:
  - a. Advance position
  - b. Score
  - c. Finish your opponent

#### *iii. Make the Sport of Grappling*

1. Action Packed
2. Spectator and Television/Sponsor Friendly
3. An Olympic Sport

#### *iv. To provide a safe environment for athletes of all ages and skill levels.*

#### *v. To provide a standardized and internationally recognized set of competition rules and guidelines.*

#### *vi. To provide a gi-less submission style of wrestling that incorporates and encourages athletes from all wrestling styles to compete.*

### II. Refereeing Body (section 4)

#### *i. Composition (article 17)*

- All matches shall be refereed by a single referee, a mat judge, and table judge, who are certified by FILA. The referee's decisions prevail, but in case of doubt he may consult the mat judge and table judge. The nomination of the refereeing body or each match is determined by random draw and the replacement of a referee during a match is strictly prohibited except in the case of a serious illness that is medically confirmed.

#### *ii. General Duties (article 19)*

- The refereeing body shall perform all the duties set forth in the regulations governing wrestling competitions and in any special provisions which might be established for the organization of a particular competition. The referee, mat judge and the table judge are required to use the basic FILA vocabulary and signals appropriate to their respective roles when conducting the matches. The referee's main duties consist of starting and interrupting the match, awarding the points, and impose the penalties in order to determine the legitimate winner and loser. The referee and the mat judge are forbidden to speak to anyone during the match, except amongst themselves when they must consult so as to perform their tasks properly.

All the points shall be announced to the public by the referee, either verbally or by hand signal. The mat judge may relay the information from the referee to the table judge to ensure proper scoring. The table judge's score sheets are used to tally all the holds executed by the two opponents, including the points, cautions, and warnings for passivity which shall be recorded with the greatest accuracy in the order corresponding to the various phases of the match. At the end of the match, the referee and the mat judge shall sign the score sheet. If the match does not end in a catch or submission, the table judge shall determine the score according to the competitor's actions and give

the final result to referee so that he can declare the winner.

#### General conduct:

- The ref must be verbal throughout the match.
- Prior to a stalling penalty a ref should verbally encourage the athlete to advance their position.
- The ref should verbally state the awarded points.
- If the athlete is pulling the garment then the ref may brush the hand off or verbal warn the athlete.
- While the competitors are in neutral position the ref should stand about 8 to 12 feet from the action to ensure that he/she does not get caught or entangled in the action.
- While the competitors are on the mat the ref should stand about 3 to 5 feet from the competitor.
- If there is a submission stoppage the ref must immediately put a hand on each competitor. The reason is to notify each athlete to stop grappling. In the event of a submission there may be a matter of seconds that could end in the result of an injury.
- The ref must signal the points by using her/his fingers.
- The ref may break action if the two competitors have reached a stalemate position.

#### Ethics:

- The ref must never show any type of bias. She/he must never favor one particular competitor.
- A ref must never officiate a competitor that they have a personal relationship with (family member, teammate, friend, and etc.). If a ref is assigned such competitor the ref must remove themselves from that match.
- A ref shall never engage in any kind of quarrel or physical altercation with a coach, athlete, or spectator. If the ref is receiving any type of harassment beyond the limits of competition then the ref should alert the proper authority to remove the individual.
- A ref should never engage in gambling that would infringe on his duties.

#### *iii. The Referee (article 21)*

- The referee is responsible for the orderly conduct of the match which he shall direct according to the official FILA rules. He shall command the respect of the contestants and exercises full authority over them so that they immediately obey his orders and instructions. Similarly, he shall conduct the match without tolerating any irregular and untimely outside interventions. His whistle shall begin, interrupt and end the match. After the execution of a hold (if it is valid and if it has been executed within the limits of the mat surface), he shall indicate with his fingers the points corresponding to the value of the hold by raising the wrist corresponding to the color of the grappler who scored.

#### Referee's Duties:

- Reprimand a passive grappler.
- Be ready to blow the whistle if the grapplers approach the edge of the mat
- Uphold penalties for violations of the rules or for brutality.
- Interrupt the match at exactly the right time when necessary.
- Indicate whether a hold executed at the edge of the mat is valid.
- Rapidly and clearly order the position in which grappling must be resumed.

- Not get too close to the grapplers when they are in a standing position, but stay close if they are grappling on the mat in a ground position.
- Be able to change his position from one moment to the next, on the mat or around it, and in particular fall flat onto his knees or stomach to obtain a better view of an impending catch.
- Not stand so close to the grapplers that he obstructs the view of the mat judge, particularly if a catch appears imminent.
- Ensure that the grapplers do not rest during the match on the pretense of wiping their bodies, blowing their nose, feigning injury, etc. In such case, he shall stop the match and ask for a caution to be issued to the grappler at fault and 1 point to his/her opponent.
- Announce a “catch” after observing that a grappler has signaled submission either physically (by a tap) or verbally.
- Announce a catch if upon observing a submission attempt he feels that the grappler caught in the submission hold will not be able to escape that hold without harm. When signaling a catch, the referee shall say the word “catch” aloud, raise his hand to secure the agreement of the mat judge, signal the catch and then blow the whistle to announce the end of the match.
- Upon intervention by the mat judge, the referee shall interrupt the match and proclaim victory by technical superiority when the grapplers’ scores are 20 points apart. In this situation, he shall wait for the action, either an attack or counter attack, to be complete.
- Ensure that the grapplers remain on the mat until the result of the match is announced.
- Proclaim the winner (by raising the victor’s hand) after agreement with the mat judge.

*iv. Expectations for the referee’s conduct*

- The number one priority of an official is to ensure that there is a safe environment for athletes to compete and that the official does everything in their power to prevent injury.

Ensuring a safe environment:

- Do not allow people to hang around the mats. There must only be two coaches and a trainer in each competitor’s corner. If there are other people loitering around the mat suspend action and kindly ask the individuals to return to their seats. If they refuse call the event security to handle the situation. However, never re-start the action until all the people are beyond 8 feet from the mat.
- The referee must also ensure that there are no bottles, equipment, or liquids lying around the mat. If there are such items then the ref must call the proper people to clear the items.
- Also make sure that the mats are taped and set up properly. If the mat, table, chairs, and/or anything involved with the production of the event are faulty the ref must notify the proper authority (tournament director, hosting school’s coach, and etc.) to fix the problem.
- If there is a competitor with a disability then the ref must ensure the proper precautions are taken place so that individual athlete is accommodated.
- Wrestlers are prohibited from wearing bandages on the wrists, arms or ankles except in the case of injury or on doctor’s orders. These bandages must be covered with elastic straps. Wrestlers are prohibited from wearing any object that might cause injury to an opponent such as jewelry. This includes necklaces, bracelets, anklets, toe rings, finger rings piercing of any kind and prosthesis, etc. Wrestler’s fingers and toenails (if they opt to not wear shoes) must be neatly trimmed with no sharp edges. If an athlete’s hair is longer than shoulder length and/or bangs extend beyond the ears the

athlete must wear a hair cover headgear. Wrestlers must be well groomed and their hair and skin must be free of any greasy, oily or sticky substance. Male wrestler's face must be either clean-shaven, or if bearded, the beard must be trimmed and well groomed. Wrestlers may not arrive at the mat perspiring for the beginning of the match as well as for the beginning of the second and third period. The mat official may require an athlete to towel off at any time in the match. In the interest of health and hygiene and a sanitary environment for athletes these rules will be strictly enforced.

#### Understanding the Catch:

- The Catch grants the referee full autonomy to declare a submission and is considered to be a technical submission. A technical submission occurs when the referee, upon observing a submission attempt feels that the grappler is caught in the submission hold and is unable to escape the hold without immediate physical danger.
- The Catch should be used less as the age of the competitor increases.

#### *v. The Mat Judge and Table Judge (article 21)*

The mat judge shall follow the course of the match very closely without allowing himself to be distracted in any way. Following each action and on the basis of the referee's indications, he shall report the points awarded by the referee to the table judge to be written on the bout score sheet and to be entered on the scoreboard beside him. The scoreboard shall be visible to both the spectators and the grapplers. The table judge shall make sure that the letter "P" is entered on the score sheet each time a grappler has received a caution for passivity and mark appropriately the cautions for fleeing the mat, illegal holds, and incorrect resumption of the restart position in the column of the wrestler at fault. The score sheet must also accurately indicate the time at which a match ends in the case of a victory by catch, technical superiority, default, etc. At the end of the match, he shall sign the score sheet and clearly record the result of the match by distinctly crossing out the name of the loser and circling the name of the winner.

#### Mat Judge's duties:

- Always maintain a different angle of view during submission situations.
- Maintain proper communication between referee and scoring table.
- Assist in maintaining the proper score and time.
- Assist in the tallying of Submission Advantage Marks.
- Make the referee aware of any possible scores, infractions, or submissions.
- Assist in the cleanup of any bodily fluids from the athlete or competition surface.

#### Table Judge's duties:

- Keep the official record of the match scoring on score sheet.
- Assist in maintaining the proper score and time on the scoreboard.
- Manage the scoring table and table workers, volunteers (timekeeper, scoreboard operator).
- Keep track of the match injury time.
- Assist in calls when necessary.

*vi. Injury/Blood Time (article 6)*

- The referee must stop the match and call for injury time if a grappler is temporarily injured due to an incidental blow (i.e. eye poke, head butt, groin shot, etc). If the athlete is injured due to the strain and damage of legal competition they cannot use injury/blood time to stop the match. Injury time/Blood time per match cannot exceed 3 minutes per athlete. If the referee feels that a wrestler is feigning injury to avoid a submission and/or action, he may call a “catch”. All effort will be aimed at maintaining the action without interruptions.
- In the event of a grappler bleeding, the referee shall stop the match and make the medical staff intervene. It is the head medical officer’s duty to determine whether the bleeding and spread of blood have been effectively stopped and whether or not the athlete may continue competition. Besides, all blood must be cleaned from mats, uniforms and bodies with the proper medical solution. Competition cannot resume until all materials used in blood cleanup are properly disposed of in a container designated for contaminated materials and until the medical solution has dried.
- In the case of a bloodied or torn garment that must be replaced all athletes must have a back up uniform available mat side.
- It is the responsibility of the athlete’s coach to clean up any blood or bodily fluids from the athlete or mat.

III. Hand Signals and Verbal Commands

*i. Verbal Commands*

**1. Blue/Red**

- The purposes of these commands are to declare which athlete is receiving a command.

**2. Action/Open**

- The purposes of these commands are to promote action without penalizing the athletes.

**3. Attention**

- The purpose of this command is to correct a restart position without penalizing the athletes.

**4. Progression Reset**

- The purpose of this command is to declare the ground position progression has been reset.

**5. Points, Position, and Penalty Declaration**

- ❖ Takedown
- ❖ Throw
- ❖ Side Mount
- ❖ Full Mount
- ❖ Back Mount
- ❖ Reversal
- ❖ Escape
- ❖ Stalemate
- ❖ Passivity
- ❖ False Start Caution
- ❖ Illegal Hold

- ❖ Neutral
- ❖ Open Guard Restart
- ❖ Side Control Restart
- ❖ Back Control Restart

ii. *Hand Signals*

❖ Points Signals



1 Point

2 Points

3 Points

4 Points

5 Points

❖ Restart Position Signals



Neutral

Open Guard

Side Control

Back Control

❖ Other Signals



Reversal

Out of Bounds

Passivity

Stalemate

Sub. Advantage Mark



Illegal Hold

No Control

Control

Silence

Catch/Submission

IV. Technical Rules of the Match (see section 5 and 6)

i. *Length of match (article 23)*

- The novice and schoolboys/girls matches last 4 minutes. The cadet and junior matches last 5 minutes and the senior matches last 6 minutes.

ii. *Call and Start of the match (article 24)*

- Both grapplers' names shall be called in a loud clear voice to the mat. Grapplers shall be called 3 times with at least a 30-second time interval between each call. If after the third call a wrestler has not checked in at the mat, he shall be disqualified and default the match. When their name has been called, the grapplers shall report to the mat scoring table and stand in the corner corresponding to their assigned

color. The referee stands in the inner circle and calls the two wrestlers to his side and asks them to raise both arms in the air holding their handkerchief in the right hand. The referee shall inspect each grappler to insure that his/her skin is not covered with any greasy or sticky substance, or with perspiration. After the referee has completed his inspection, the two wrestlers greet, shake hands and begin the match when the whistle blows.

*iii. Out of Bounds*

- Out of bounds consist when both athletes are completely out of bounds. As long as one athlete as a part of his/her body inside of the line action continues.

*iv. Start Positions (article 25)*

**1. Neutral Starting Position**

- Neutral position occurs at the beginning of the match and second overtime period. Both grapplers stand opposite one another in the centre of the mat with both feet inside the inner circle. When in neutral position, neither wrestler has control. Wrestling starts at the signal of the referee's whistle.
- Neutral position is ordered 1) when neither grappler has earned advantage in the standing position, but both were taken out of bounds and 2) when one grappler forces his opponent out of bounds but does not establish any takedown or top control.

**2. Open Guard Restart Position**

- Open Guard Restart occurs at the centre of the mat with the down wrestler on his back, the hands resting on his thighs and his feet flat on the mat in the inner circle. The top wrestler kneels in front of his opponent's feet and places his hands on the kneecaps of the down wrestler. Once the position is approved by the referee, the match restarts at his whistle.
- The Open Guard Restart is ordered when both wrestlers go out of bounds after one grappler has established top control. When the action is restarted in the Open Guard position, all the dominant control positions can be scored again.



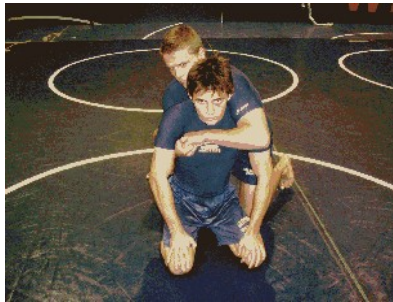
**3. Side Control Restart Position**

- Side Control Restart occurs at the centre of the mat with the down wrestler on his back and the top wrestler in the side control position (elbows and knees on the mat and torso flat on his/her opponent).
- The Side Control Restart position is ordered when a wrestler has been awarded points for one of the following dominant control positions (side mount, full mount) and then action goes out of bounds while maintaining control over his/her opponent. When the action is restarted in the Side Control position, then only full mount and back mount points can be scored since the action is starting in side control position.



#### 4. Back Control Restart Position

- Back Control Restart occurs at the centre of the mat with down grappler on his/hers knees and the top wrestler in the back control restart position. The top grappler will have the Over/Under Lock around his opponents arm and head with the front knee on the mat and the back leg up. The Back Control Restart position is ordered when a wrestler has been awarded points for the Back Mount and then action goes out bounds while maintaining control over his/her opponent. When the action is restarted in the Back Control Restart Position, then top wrestler may no longer score points in the dominant control position progression since the action is starting in back control position.



#### v. *Scoring of Action (article 26)*

##### 1. Takedown (2 points)

- From a neutral position, a takedown occurs when a grappler forces his/her opponent's supporting points down on the mat and maintains top control for at least 3 seconds. For takedowns occurring at the edge of the mat, the wrestler must establish control and maintain one supporting point in bounds. If a grappler is defending a submission, he/she cannot gain top "control" until he/she escapes the submission attempt and maintains top control for the 3 second count.

##### 2. Throws (3 and 5 points)

- 3 point throws: Any hold in the neutral position which throws the opponent over short amplitude and lands him/her into the established danger position and then maintains top control for at least 3 seconds.
- 5 point throws: A Grand Amplitude Throw is any hold from the neutral position which causes the opponent to lose all contact with the ground, make a broadly sweeping curve in the air over a high amplitude, land on the ground in direct and immediate danger. The wrestler must also maintain top control for at least 3 seconds to be awarded the points for the throw.

##### 3. Dominant control positions (3, 4 and 5 points)

- The dominant control position progression will reset if the top wrestler loses dominant control and the bottom wrestler re-establishes their leg defences for at least 3 seconds (Locked Guard, Half Guard, Butterfly Guard).
  - Side Mount (3 points): When a grappler gains control by passing his/her opponent's leg defenses while keeping his/her opponent's back to the mat for the control count of 3

seconds. (Ex. Standard Side Mount, North/South, Knee-in-Stomach)

- Full Mount (4 points): When a grappler has his legs hooked beneath his/her opponent's legs. His/her feet and heels must be under the back of his/her opponent's legs for the control count of 3 seconds.
- Back Mount (5 points): When a grappler grapevines or hooks his legs inside of his/her opponent's for the control count of 3 seconds.

4. Reversal (2 points)

- When the bottom wrestler escapes from an inferior bottom position and gains top control over his/her opponent.

5. Escape (1 point)

- When the bottom wrestler escapes the top wrestler's control and gets to his/her feet to face the opponent.

6. Submission Advantage Mark

When a grappler makes a valid attempt at a submission maneuver and puts his/her opponent in danger for at least 3 seconds, the referee will signal a submission advantage mark. These marks will be tallied during the match to determine the referee's criteria for *First Choice* in the case of an overtime match.

***Submission advantage points***

At the end of the regulation time period, for every two, submission advantage mark difference there is, the athlete with the advantage will receive one match point added to their score.

*Ex. If the Blue grappler has 3 Submission advantage marks and the Red grappler has 1 Submission advantage mark, then the Blue grappler will get one match point added to their score. If the Blue grappler has 6 Submission advantage marks and the Red grappler has 2 Submission advantage marks, then the Blue grappler will receive two match points added to their score.*

vi. Overtime (article 27)

- Overtime begins at the end of regulation time when the score of the match is tied. All cautions and infractions accumulated during regulation time are carried over to the overtime periods.

1. First Overtime Period

- The first overtime period is two minutes for Seniors and one minute for all other Age Divisions. The first grappler to score will be declared the winner. If the score is still tied at the end of the first overtime period, the match will continue into the second overtime period. In the beginning of the first overtime period the referee criteria will determine who has first choice. The grappler who wins the criteria will have choice of restarting the match in either open guard or neutral position otherwise the referee will flip a coin to determine first choice.

Referee criteria for First Choice:

- Most Submission advantage marks
- Least Passivity Infractions
- Most 5-point Back Mount control points
- Most 5-point Throw points
- Most 4-point Full Mount control points
- Most 3-point Throw points
- Most 3-point Side Mount control points

- Most 2-point Takedowns
- Most 2-point Reversals/Sweeps
- Most 1 point Escapes

## 2. Second Overtime Period

- There is no time limit for the second overtime period. The period starts in neutral position and the first grappler to score wins the match.

### Ways to score in Second overtime period:

- Any takedown or throw
- Force your opponent to step out of bounds
- Submission

### *vii. Passivity/Stalling (article 28)*

#### **1. Passivity**

- It is the grapplers' duty to maintain action by continuously working to improve their position or submit their opponent and make an honest attempt to keep the actions in bounds. When the referee feels that a grappler is exhibiting passivity or stalling, he shall attempt to stimulate him/her by verbal commands ("Open Red/Blue") without interrupting the match. If the grappler continues to remain passive after the verbal commands have been issued, the referee shall indicate the passive wrestler by raising the arm bearing the right colour band, stop the match, and give him/her a caution. Every caution must be reported on the score sheet.
  - I. The first caution for passivity is verbal and bears no consequences.
  - II. The second caution result in 1 point being awarded to the opponent.
  - III. The third caution results in 2 points being awarded to the opponent.
  - IV. The fourth caution results in the disqualification of the passive wrestler.

### Passivity includes:

- Holding on in an attempt to neutralize or prohibit action or advancement
- Delaying action by communicating with coach/corner
- Not trying to improve position or create action (i.e. laying flat on the stomach)
- Deliberately falling to the ground to avoid action or engagement
- Pushing the opponent out of bounds (except in the second overtime period, see Article 26)
- Taking too much time to go back to the centre of the mat for restarts
- Misusing timeouts

#### **2. Fleeing the Mat**

When a grappler intentionally uses the out of bounds line to avoid being scored on, he/she is considered passive and will receive the appropriate passivity infraction. If an athlete flees the mat in an attempt to avoid a submission, the referee shall call a "catch".

#### **3. False Start**

The first and second offenses shall result in a caution. The third shall result in 1 penalty point being awarded to the violator's opponent. The fourth shall result in 2 penalty points being awarded to the violator's opponent and the fifth offence shall result in the disqualification of the violating athlete.

#### 4. Incorrect Starting Position

A grappler who assumes an incorrect starting position to gain advantage or to demonstrate flagrant disregard for the referee's instructions falls under the false start rule.

#### 5. Leaving the mat without permission

A grappler shall receive permission from the referee before leaving the mat during a match. Failing to do so, he/she shall be issued a caution for passivity.

#### 6. Fleeing the Position

Neutral: If a grappler deliberately butt-scoots to avoid neutral action, the referee will stop the match and the athlete at fault shall receive the appropriate passivity infraction and the action restarts in neutral position.

Ground: If a grappler deliberately avoids the ground game by standing up and completely disengaging, the athlete at fault shall receive the appropriate infraction for passivity and the action restarts in the Open Guard restart position.

#### 7. Stalemate

When two grapplers can no longer advance their position the referee may call a stalemate and restart the action in the appropriate restart position.

#### *viii. Illegal holds and actions (article 29)*

- All offenses fall under the referee's authority. If a grappler violates the FILA Code of Ethics in a blatant and unsportsmanlike manner, the referee shall disqualify him/her from the match or from the competition. The referee shall report every violator for membership review. The first offense results in 1 point awarded to opponent, the second offense results in 2 points awarded to the opponent, and the third offense leads to disqualification. If a grappler is injured by an illegal hold and cannot continue the match, the athlete who caused the injury shall lose the match.

#### Illegal holds include:

- Intentional breaking of bones or joints
- Punching, kicking, knees, forearms, elbows, head butts, malicious cross faces, chin ripping
- Eye gouging, pulling of hair, fishing hooking, biting, or attacking the groin
- Slams and spikes. At no time may a grappler intentionally slam or spike his/her opponent into the mat.
- No Slams in defense of submission attempts will be tolerated.
- Back splashes from standing back control
- Combination Joint locks/Throws
- Chin Ripping
- Full Nelson
- Crucifix
- Can Opener
- Closed hand with use of the fingers to throat/trachea choking techniques
- Cutbacks from attached single leg/whizzer position
- No inside or outside Heel Hooks (Does not include the Leg lace leglocks)
- No 2 on 1 Wristlocks
- Pulling fingers and small joint manipulation. A grappler shall attack no less than 4 fingers or toes when attempting to break a hold (i.e. no thumb locks allowed).
- Intentional grabbing of competition uniform

- Arguments/Insults towards the opponent or the referee

*ix. Age Group Submission Restrictions:*

- Novice and schoolboys/girls are not allowed to use guillotines or foot locks/toe holds.
- Cadet and junior are not allowed to use foot locks/toe holds.

### **3. Theory and Perspective**

#### I. Combat vs. Sport

- Code of Combat and Code of Sportsman
- Restrictions based on Safety
- Technique vs. Brute Force
- Converting Combat Arts into Sports
- The Role of the Coach
- Honor Thyself- Teaching Athletes When to Tap/Concede Victory
- CATCH

#### II. Drills and Conditioning for Grappling

- Cross Training
- Flexibility/Power/Endurance/Agility
- Relax/Stay calm in difficult situations
  - Breathing techniques, situational submission defense drills, Stay conscious defend your neck
- Situations preparing for the Submission Attack or Defense
  - Situational drills in each submission position (rnc, triangle, armbar, double wrist lock, guillotine)
- Passing the Leg Defenses
  - Torriando pass, Sperry hop over drill, over under pass, double under pass, ankle over pass, leg drag pass
- Protect/Strengthen the Neck

#### III. Total Universal Grappling

- Takedown/Throw
- Control
- Submit
- Continuous Attack/Progression
- Stalling/Passivity
- Ground Position Progression
- Fleeing the Action or Hold
- Wrestling in all positions

\* This is an educational guide to grappling. It is an official FILA World Grappling Committee document. The purpose for this guide is to educate individuals on the rules of Grappling adopted by FILA. For more information about FILA and Grappling visit [www.fila-wrestling.com](http://www.fila-wrestling.com).