

Basic Rules Sheet

Points/Scoring Abbreviations:

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|-----------------------------------------------|--------|-------------------------------------------------------------------------------------------------------------|
| 1. Takedown (T2) | 2 pts. | * anytime a grappler goes from neutral position to top control |
| 2. Low amplitude throw (T3) | 3 pts. | * must be an upper body hold from neutral position |
| 3. High amplitude throw (T5) | 5 pts. | * must be an upper body hold and meet the Grand amplitude criteria |
| 4. Side Mount (SM3) | 3 pts. | |
| 5. Full Mount (FM4) | 4 pts. | |
| 6. Back Mount (BM5) | 5 pts. | |
| 7. Escape (E1) | 1 pt. | * anytime a grappler goes from being on bottom to neutral position |
| 8. Reversal (R2) | 2 pts. | * anytime a grappler goes from being on bottom to top control |
| 9. Submission Appreciation Point (SAP) | 1 pt. | * SAP's are awarded for having more Sub Advantage Marks at the end of regulation time. |
| 10. Submission Advantage Mark (AS) | | * Sub Advantage Marks serve as the first criteria for <i>First Choice</i> in the 1 st OT period. |

Control must be established for a count of **3 seconds** to score any of the above points or marks.

Time:

Senior Division: **One 6 minute period**

Overtime:

1st OT is 3 Minutes- Sudden Death with **First Choice** of neutral start/ top or bottom open guard restart

First Choice Criteria:

1. **most submission advantage marks(AS)**
2. **least passivity infractions(P)**
3. **most back mount points(BM5)**
4. **most 5 point throws(T5)**
5. **most full mount points(FM4)**
6. **most 3 point throws(T3)**
7. **most side mount points(SM3)**
8. **most 2 takedown points(T2)**
9. **most reversals(R2)**
10. **most escape points(E1)**
11. **if no criteria is met a coin flip take place**

2nd OT has Unlimited Time- Sudden Death starting in neutral position and the **Push Out** rule is in effect

Starting Positions:

1. **Neutral Start**
2. **Open Guard Restart** (go out of bounds or stoppage with leg defenses in play)
3. **Side Control Restart** (go out of bounds or stoppage in side mount or full mount)
4. **Back Control Restart** (go out of bounds or stoppage in back mount)

Passivity:

It is the grapplers' duty to continuously maintain action by working to improve their position, score points or submit their opponent. They must always work to keep the actions in bounds. When the referee feels that the action has stalled, he shall stimulate the athletes with verbal commands ("Action" or "Open" Red/Blue). If the grappler continues to remain passive the referee shall indicate the passive wrestler by raising the arm bearing the corresponding scoring color to the passive athlete and give them the appropriate infraction according to stalling progression below. Even cautions must be recorded on the score sheet.

1st -Caution, 2nd -1 point, 3rd -2 points, 4th -DQ

Illegal Techniques:

- 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.
- Pulling fingers and small joint manipulation. A grappler shall attack no less than 4 fingers
- 2 on 1 Wristlocks
- Inside or Outside Heel hooks
- Intentional breaking of bones or joints
- Back splashes from standing back control
- Cutbacks/leg scissors from single leg/whizzer position
- Combination Joint locks/Throws
- Junior age division **only:** no figure four toe holds.

Catch:

The referee has complete autonomy to call a submission based on the safety of the athlete. If they believe a wrestler is not defending them self intelligently or are in immediate danger they may call the submission to protect the athlete from injury. Catches will be used more frequently for younger athletes. Any illegal slam or deliberate use of the out of bounds while in a submission will result in a catch.