

# **KICK International Competitor Rules 2008**

See Rulebook for Code of Conduct and Competition Rules

## **Grappling Rules**

### **Divisions/Event Definition**

Grappling is defined as an event involving (2) individuals engaged in a grappling match. Opponents will start on their feet in a designated ring similar to point fighting. The object of the match is to score the most accumulated points against your opponent in a specified time limit. Competitors should attempt to get the takedown and secure a dominant control position. Competitors are required to wear specified gear for their division and must adhere to the general rules.

### **Specified Gear:**

All competitors must wear a mouth guard.

Males- cup and supporter

Females- Sport bra

Gi events- A Judo or jujitsu approved uniform with sleeves

Wrestling/Martial Arts shoes are allowed in the no gi divisions

Wrestling/Martial Arts shoes not allowed in the gi divisions

### **Match Duration**

Youth- 3 minutes- Straight running time

Adult- 5 minutes

Advanced Adult- Purple Belt or higher- 6 minutes

### **Scoring:**

**Takedown** **2 Points**

**Sweep from the Guard & Reversals** **2 Points**

**Pass the Guard to Side or Mount** **3 Points**

**Rear Mount** **4 Points**

**Mount Position** **4 Points**

**Simulated Submission** **2 Points**

**Knee On Stomach (Adults Only)** **2 Points**

**Each position must be held for 3 seconds in order to be awarded points**

### **Scoring Definitions:**

#### **Takedown**

2 points are awarded for all takedowns. In determining a takedown a referee will look for the competitor who initiates control of an opponent from a takedown attempt.

A takedown will not be awarded for aggressively pulling guard.

### **Sweep from the guard AND Reversals from any bottom to top position**

2 points are awarded for a sweep or reversal where a competitor, from a bottom position advances their position into any top position.

### **Pass the Guard to Side or Top Position**

3 points are awarded for a guard pass where a competitor reverses a dominant position and places himself/herself into a dominant position.

### **Rear Mount**

4 points are awarded for controlling a competitor's back from a rear mount position. A competitor can be awarded points for controlling in this position without the use of hooking the legs.

### **Mount Position**

4 points are awarded to a competitor for positioning into a dominant top mount position.

### **Simulated Submission (Youth Divisions)**

2 points are awarded for the competitor who attempts a clean submission. The referee will stop the match, award 2 points and then start both competitors from their feet.

### **Legal Simulated Submissions**

The legal submissions would include all variations of arm, shoulder and wrist-locks, as well as clean chokes

### **Knee on Stomach Position**

2 Points are awarded for a competitor placing their rear knee to the chest or stomach of the opponent with the forward leg extended. This is not a legal position in kid's divisions.

### **Advantage**

Defined: The referee may determine **advantage** as a competitor who controls an opponent but does not receive points. Advantage only affects the outcome of a tie match.

**Example:** Controlling an opponent in side control but not receiving points from defending an attempted takedown.

### **Tie**

In the event of a tie at the end of the specified timed match the winner will be determined by the Advantage.

If neither competitor has been awarded an advantage then the match shall be started with both competitors on their feet. The match will end with the winner determined by whoever scores the first points.

## **15 Point Advantage**

When a competitor scores 15 points more than his/her opponent the match shall be stopped and that competitor declared the winner.

**KICK International reserves the right to add or eliminate divisions.**

## **Youth no Gi,**

**Divisions: age/experience/male/female/weight**

**All ranks- Separate male and female**

### **Age**

8 and under - beginner- intermediate

9 to 11 year olds- beginner- intermediate- advanced

12 to 14 year olds- beginner- intermediate- advanced

15 to 17 year olds- beginner- intermediate- advanced

### **Weight**

#### **8 and under all levels**

49lbs and under

50lbs-64lbs

65lbs-80lbs

81lbs and up

#### **9 to 11 year olds- beginner- intermediate- advanced**

80lbs and under

81lbs-95lbs

96lbs-110lbs

111lbs and up

#### **12 to 14 year olds- beginner- intermediate- advanced**

95lbs and under

96lbs-110lbs

111lbs-125lbs

126lbs-140lbs

141lbs and up

#### **15 to 17 year olds- beginner- intermediate- advanced**

110lbs and under

111lbs-125lbs

126lbs-140lbs

141lbs-155lbs

156lbs and up

**On the day of the event** "In the event there is nobody within the division weight limits to match a Grappler, then that person will be asked to move up (1) age division. In the event there is still no other grappler, then KICK reserves the right to match the grappler with someone deemed to be at a similar weight and skill level, regardless of age."

### **Experience defined:**

#### **Based on grappling continuous training only**

Beginner: 1 year or less continuous grappling training

Intermediate- up to 2 years of continuous grappling training

Advanced- over 2 years of continuous grappling training

### **General Rules:**

Coaching from the competitor's side.

Coach must have credentials

No Negative Coaching as defined (Section 9C)

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.

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

The referee may stop the match for time to check on the condition of a competitor.

To accomplish a legal throw both of the competitors feet must leave the ground.

Taping of hands, wrists or feet are not allowed

Neck Cranks are not allowed. (The only minor exception is the "can opener" as the spine is not in a fixed position)

### **Warnings and Penalties**

#### **Boundary Warning**

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

First time- verbal warning    Second-Third=2 points awarded to opponent

Fourth-Disqualification

### **Contact Warning**

A contact warning is defined as excessive contact as determined by the referee. This may include the use of submission holds, illegal takedowns, throws or slamming.

First time- verbal warning    Second-Third=2 points awarded to opponent

Fourth-Disqualification

### **Illegal Techniques-**

Techniques designed to promote submission

No strikes of any kind

An uncontrolled throw

No head or neck cranks

Biting- gouging or pulling hair

Slamming

The above techniques can be deemed un-sportsmanlike conduct.

### **Un-sportsmanlike Conduct (Section 9C)**

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. This results in one or all of the following: warning to the competitor, points awarded to the opponent, disqualification of the competitor from the match and or disqualification from the tournament.

### **Adult Divisions/Grappling**

#### **Submission**

**Only in the adult divisions can a match end in a submission.**

A submission is defined as when a competitor admits loss to an opponent by physically tapping hand or foot. "Tapping out" can include verbally admitting loss.

### **Referee Stoppage**

It is the referee' 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.

### **Legal Submissions**

The legal submissions would include all variations of arm, shoulder and wrist-locks, as well as clean chokes.

Leg locks are restricted by division and further discussed in next section.

(Neck cranks are illegal) See next section.

### **Illegal Submissions**

#### **Attacks Below the Waist**

White Belt and Beginner- No attacks below the waist (i.e. toe holds, knee bars, ankle locks)

Blue Belt and Intermediate- Only straight knee bars and straight ankle locks are allowed (no twisting).

Purple Belt and Above, Advanced, and Absolute Divisions- All attacks below the waist are legal.

#### **Neck Cranks**

Neck Cranks are not allowed in any gi division. Neck cranks will not be allowed in Beginner No Gi division but will be allowed in intermediate, advanced and absolute no gi divisions.

#### **Other Restrictions**

There shall be no attacks to the eyes of the competitor. No striking of any kind is allowed. 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.

#### **Adult Divisions**

All adult divisions will be separated: male and female, and gi and no gi.

Whereas there may arise a situation in which there is not enough competitors for a division, the tournament director reserves the right to place competitors in the next closest division. Divisions will be divided by experience and weight. Every year of high school or college wrestling and each year of a grappling-based martial art will count as a year of experience.

Experience Levels for the Gi

White Belt Division  
Blue Belt Division  
Purple, Brown, and Black Belt Division  
Masters White Belt Division 30 yr +  
Masters Blue Belt Division 30yr +  
Masters Blue, Purple and Black Belt 30 yr +

Experience Levels for No Gi

Beginner- Less than 1yr total exp  
Novice/Intermed.- 1-2 yrsexp  
Advanced- 2-5 yrs of experience  
Expert- 5+ yrs of experience

White Belt, Blue Belt, Beginner and Novice Divisions will compete in the following weight classes:

130-145 lbs  
146-160 lbs  
161-175 lbs  
176-190 lbs  
191-205 lbs  
206-220 lbs  
221 lbs and up

Purple, Brown, and Black Belts, Advanced and Expert divisions will compete in the following weight classes

Up to 170 lbs  
170-200 lbs  
201 lbs and above

Absolute Division will have no time limit or weight classes.

**Coaching**

See Section 11A: Coaching/Requirements

**Arbitration**

An event arbitrator will be designated and the arbitration procedure will be given to all Credentialed Coaches