

## GRAPPLING/SUBMISSION COMPETITION (GSC)

**Competition Description** - The Grappling/Submission Division was designed with an open set of rules that will allow many different grappling styles to compete in the same event. The sport brings out a competitive side where the athlete demonstrates his/her physical & psychological conditions, techniques, and abilities with the objective of rendering his/her opponent into submission or by securing positional dominance.

### Divisions:

| Age Divisions Description | Age Grouping  |
|---------------------------|---------------|
| Male/Female               |               |
| Children                  | 9 and under   |
| Youth                     | 10 – 15 years |
| Junior                    | 16 – 18       |
| Adult                     | 18 +<br>35 +  |

All bouts will last 2 minutes, competitors will start 1 meter apart, kneeling and facing away from each other. On the referee's command of Hajime (Begin) competitors will turn to face each other and engage. The referee will allow the bout to flow and there will be NO POINTS awarded. The bout will end if a competitor successfully submits his/her opponent. In the event a submission has not occurred the competitor who is deemed to have been dominant throughout the bout will be victorious. Dominance in this sense refers to attempting to control the fight.

**Uniform** - Each player must present him/herself suitably attired in a clean, traditional martial arts uniform (Gi or Kimono), constructed of cotton or similar material and in good condition. The material may not be excessively thick or hard to the point where it will obstruct the opponent. Colours may be black, white or blue. A Ju-Jitsu or judo top is recommended. The jacket is to be of sufficient length down to the thighs, sleeves must reach the wrist with arms extended in front of the body. Belt width 4- 5cm, with colour corresponding to rank tied around the waist with a double knot, tight enough to secure the uniform closed. The uniform must be washed and dried with no unpleasant odours. Athletes are not permitted to compete with torn uniforms, sleeves or pants that are not of proper length or with t-shirts underneath the uniform (except in the female divisions). If a player's uniform becomes bloodied or torn in a manner that may affect the outcome of the match, he/she will be asked to replace it immediately or forfeit the match. Competitors with long hair must use a plain hair tie. Toe and fingernails must be cut short and clean. All jewellery (rings, watches, necklaces, etc.) must be removed. Wearing of eye glasses during competition is prohibited. Competitors may be required to wear a coloured flag or belt during the actual match for identification purposes.

**Competition Area** - The competition area will be as outlined as a matted area.

**Entering & Exiting the Contest Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point. The Centre Referee will give the first athlete on the mat a green and yellow belt for identification and keep him on the right side, in case the athletes' uniforms are the same colours. The other athlete must remain on the left side, and after the compliments.

Before the Competitors begin their match, the Central Referee will oversee that everything is correct;

for example: the ring, equipment, uniforms, hygiene, officials, etc., and that the area is clear of obstruction.

When satisfied that all is in order he/she will raise his/her hand to indicate to the competitors that they should begin when ready. At this point they should make their way to their starting positions.

Before the start of each round, the contestants will bow to each other. The referee will start the match by saying "Hajime""Begin".

When the result of the match is announced, the contestants exchange their positions. After the announcement, they bow to each other, and bow to the referee, then the officials on the platform with the referee and officials returning the bow. Then the contestants bow to each other's coaches, and the coaches return the bow. The contestants will then exit at the point designated for existing.

**Referees, Inspector, & Officials** – Each contest will have a Centre Referee and 2 assistant referee's, one Scorekeeper, and one Timekeeper to time the duration of each round. The match will be overseen the Centre Referee who will enforce the rules of the match. Medical personnel shall be available at all times and easily recognizable. During the match, the referee or persons at the scoring table are not allowed to converse with the competitors, this will be strictly enforced.

### **Duties of the Centre Referee:**

The Centre referee is the highest authority on the mat and has the authority to disqualify competitors during the match. No one can overturn his decision. In special cases the Chief Referee of the event can review and overturn a referee's decision if the decision is unjust. In cases where a referee shows himself incapable to continue refereeing because of obvious mistakes, the Chief Referee has the authority to replace him.

The Centre Referee does not keep score. The Centre Referee is charged with supervision of the match. He/she administers and controls the tempo of the contest, enforces the rules, and ensures fair play. To this end, he/she starts and stops the match, counts the 10 second holds, awards points and calls and enforces all penalties

The referee shall communicate clearly with the scorekeeper and timekeeper, as well as announce the winner of each match. The referee shall announce in a loud clear voice all official decisions, and shall indicate with voice and gestures the player affected by his/her decisions.

The Centre 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.*"

Only the centre referee may call time out. He/she must do so for the following reasons:

- a) To allow equipment adjustments.
- b) To award points, assess penalties, administer warnings.
- c) To attend to an injured competitor.
- d) To hear a legal protest.

During the match the Centre Referee will continually be directing the competitors to the centre of the ring. In the event that the competitors move out of bounds during the match, the referee will call "OUTSIDE", and at the same time the referee will do the gesture according to the command, and the competitors must hold their position without movement. The same occurrence will happen when 2/3 of the competitor's body is outside the boundary. The referee may be assisted by another official in moving the athletes back to the centre of the ring. In case the referee and the other official are unable to move the athletes back to the centre of the ring, the athletes will be asked to walk back to the centre and continue from the same position.

The referee will not allow interference from outsiders during the match. Medical team or nurse will be allowed on the mat at the referee's discretion.

When the Timekeeper gives the signal that the match is over, the Centre Referee can give an advantage point to a competitor for attempting a submission or for attempting to establish a dominant position without maintaining for the required time, except for take-downs because athletes do not need to establish a dominant position to award points.

In the event of a draw, the Centre Referee will decide who the winner is and his/her decision is absolute. Any and every situation that cannot be determined by the manual will be left up to the centre Referee's discretion.

### **Duties of the Timekeeper:**

Timekeepers shall be seated adjacent to the competition area and shall stop and start time according to the referee's signal to do so. If for some reason the centre referee fails to call time out, the timekeeper should automatically stop time, and then restart time with the referee's signal, or when the match resumes.

Timekeeper #1 is the official timekeeper. They shall, by verbal and visual signals, such as throwing a bean bag or suitable substitute into the centre of the competition area, inform the referee when time has run out, or when he/she has received a formal protest. Time officially runs out only when the centre referee calls the signal to stop.

### **Duties of the Scorekeeper:**

There will be a scoreboard situated horizontally on the Officials table, easily visible by the Centre Referee and spectators.

The Scorekeeper shall keep count of all points and penalties awarded to competitors, as instructed by the Centre Referee. He/she will maintain scores sheets and notes from the Centre Referee and call up each competitor, including those on deck.

All the required score sheets, hand counters, stopwatches and necessary flags must be at the Official's table.

**Safety of Competitors** - It will be the Centre referee's responsibility to ensure safety at all times of competitors.

In all categories, the Centre Referee has the authority to stop a match when either of the competitors are in danger of serious bodily harm as a result of a submission and award the victory to the competitor applying the submission. He/she will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete.

**Time of Matches** – Each match will last for 2 minutes and there will only be one round per match.

**Time Outs** - Only the centre referee has the right to suspend a match once it has begun. He/She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the Centre

Referee gives the command to match. He/She may also call time out at the request of one of the Officials, the coach, one of the competitors or another official. However, He/She must not allow the calling of time outs from any individual to adversely affect the outcome of the match. In the event a competitor fails to present to the competition area with all proper uniform, they will be given one minute to prepare themselves after which they will be disqualified from the division.

**Illegal Techniques** – There will be no striking of any kind. No pressure points i.e. hands, knees or elbows on face area. No minor joint locks i.e. fingers and toes. No neck cranks or similar techniques that may injure the vertebrae and no clawing of the windpipe

| Illegal Technique         | Illegal Technique for Division Marked By "X" |               |               |                                |                                 |
|---------------------------|--|---------------|---------------|--------------------------------|---------------------------------|
|                           | Ages 7 to 13                                 | Ages 14 to 15 | Ages 16 to 17 | Adult through Senior Underbelt | Adult through Senior Black belt |
| Striking                  | X  | X             | X             | X                              | X                               |
| Facial Contact            | X  | X             | X             | X                              | X                               |
| Finger/Toe Locks          | X  | X             | X             | X                              | X                               |
| Spine Locks               | X  | X             | X             | X                              | X                               |
| Neck Cranks               | X  | X             | X             | X                              | X                               |
| Frontal Neck Crank        | X  | X             | X             | X                              | X                               |
| Heel Hook                 | X  | X             | X             | X                              | X                               |
| Slam from the guard       | X  | X             | X             | X                              | X                               |
| Triangle Pulling the Head | X  | X             | X             | X                              | X                               |
| Knee Lock with twisting   | X  | X             | X             | X                              | X                               |
| Cervical locks            | X  | X             | X             | X                              | X                               |
| Scissors Takedown         |  | X             | X             |                                | X                               |
| Chokes                    |  | X             |               | X                              |                                 |
| Submission techniques     |  | X             |               | X                              |                                 |

Cervical locks or neck cranks are not allowed in any category except for chokes in the juveniles or adult divisions. Competitors attempting a cervical lock will be immediately disqualified with no prior warnings.

Ankle locks using the figure 4 method are allowed

Leg locks without any pressure or twisting are allowed

Applying any Lock or Choke in a manner that is not considered sportsmanlike, or is applied without control or with such force that could cause injury to the opponent is considered an illegal technique.

Strictly no submissions for competitors under the age of 18.

**Match Conclusions** – There is never a draw. Bouts will be decided by:

- 1) Submission
- 2) Judges decision - the 3 referee's will score the match individually and a winner decided.
- 3) Unconsciousness (to be avoided by referee's intervention) or pull out due to injury.
- 4) disqualification

**Submission** - Submission occurs when a technique forces an opponent into admitting defeat by:

- 1) Tapping with the palm against his opponent or the floor in a visible manner
- 2) Tapping with his feet on the ground (if he is unable to use his hands)
- 3) Requesting verbally to the referee that the match be stopped (if he can neither tap with his hands or his feet)
- 4) Requesting that the match be ended if the athlete gets injured or feel physically incapable or unprepared.
- 5) The referee may end the match giving victory to the one that applied the lock if he sees a lock being properly applied and is certain that the Athlete is exposed to serious physical damage.

- 6) A coach of one of the athletes may request that the match be ended either by directing himself to the referee or by throwing the towel into the ring for any reason.
- 7) When an athlete is under a submission position and he calls "Ai", will be the same as if he taps.

The referee may end the match when one of the athletes is injured or the doctor's examination proves he is incapable to continue. If this occurs, the victory will be given to the opponent as long as the injury was not caused intentionally by conduct worthy of disqualification.

**Disqualification** – The Centre Referee may disqualify an athlete due to the occurrence of a serious infraction. Serious infractions are defined as follows:

- 1) The use of foul language, cursing, or other immoral acts of disrespect towards the referee or any of the assisting public.
- 2) Biting, hair pulling, putting fingers into the eyes or nose of one's opponent, intentionally seeking to injure genitalia or the use of fists, feet, knees, elbows, or heads with the intention to hurt or gain unfair advantage.
- 3) When the competitor has his/her uniform ripped during the match, the referee will give him a set time to change it. If the competitor does not change it in time he will be disqualified.
- 4) The competitor must wear shorts under the pants, keeping in mind the risk that the suit might get torn or unsown, If this occurs, the athlete will be given a set time determined by the referee to find another pair of pants to wear. If the athlete cannot change within the set time, he will be immediately disqualified.
- 5) When an athlete has been submitted to a lock and to avoid tapping out he runs out of the ring, he will be immediately disqualified. In such cases when it is considered a technical foul, not a disciplinary foul, the offender may return to the competition to continue the absolute division.

**Escalation** - An act of disqualification against a competitor may eliminate the competitor from further participation in that tournament. All disqualifications should be classified as Minor or Major. Details are as follows:

**Minor Disqualification:** Will be for the existing contest only (providing there is double elimination or round robin).

**Major Disqualification:** Will be for the balance of the tournament or a designated period of time, to be suggested by the involved ring referee and submitted to the tournament director and the governing body for that country or area.

**Unconsciousness** - One of the 2 opponents is defeated after losing consciousness by any of the valid moves: strangling, pressuring, or take downs, or accidents in which the adversary has not committed any foul worthy of disqualification. This would only occur if there was no attempt to tap- out prior to the opponent losing consciousness. In all instances the Centre Referee will make sure that the safety of athletes comes first by recognising and preventing potential loss of consciousness.

## Warnings

Avoiding combat - When either of the athletes run to one of the extremities of the ring to avoid engagement, or while on the ground, flee by crawling or rolling out of the ring or by standing up avoiding engaging or purposely stepping out of the ring to gain time.

Avoiding engagement- When the athlete avoids engaging by taking off his uniform or by allowing it to be taken off with the intention of stopping the match to allow him or herself rest or to avoid the attacks of his/her opponent.

Stalling - When the athlete stalls the match, holding his adversary and, not seeking to engage or gain submissions when in the guard, on top, or on the bottom  
- Holding the opponent, standing up, or any position designed to stall.

## Disqualification

After 3<sup>rd</sup> Warning - After the 3<sup>rd</sup> offence, the Referee has the authority to disqualify the athlete who has incurred additional fouls.

Excessive force - A call for excessive force indicates that a referee saw a competitor using strength or force in excess of the force necessary to score a point.

- Any throw, takedown, or submission hold delivered with malicious intent will be considered excessive force and may result in immediate disqualification
- Disrespect or unsportsmanlike conduct - The Centre Referee has the authority to immediately disqualify an athlete who displays disrespect or unsportsmanlike conduct.