

# **WKF GRAPPLING RULES**

Each match will be one round, **3 minutes** (Juniors) & **5 minutes** (Adults). Competitors will start facing each other in a standing position, if after approximately 20 seconds they are still standing the referee will start them from their knees

**POINTS** - Take downs or throws will be awarded 1 or 2 or 3 points, (same as Sport Jiu-Jitsu) **1** point would be for a muscle type of take down that **clearly** shows one person in control. **2** points would be given when a throw has been executed where it shows one foot being taken off the mat (example) O'Soto Gari., **3** points are awarded for a throw that shows both feet off the ground, (example) Hip Throw, or Double leg takedown.

All hold-downs for 5 seconds will be given **1** points, and **2** points for 10 seconds, the count will continue if you transition to a different hold down while maintaining control.

On the opponents back, if the opponent is flat on their stomach will be considered a hold down. **(Juniors only)**

An escape from a hold down will be given **1** point, but it must be an escape not just wrapping the legs around the opponent, (this would break the hold down, but it is not an escape) the referee may call the hold down broken due to various aspects such as illegal techniques being applied by the person applying the hold down, or by a leg wrapped around an opponent, this would be similar to the guard, it would be considered a neutral position, but if a clear escape was made the fighter would be awarded **1** point, (regardless of how long the hold down was on for).

After a competitor gets **2** points for a hold down the competitors will be brought to their feet to start again. **(This applies to Juniors only)**

While in the guard, the person on the bottom makes a sweep turnover into the top mount, or side top mount, this will be awarded **1** point.

If the person in the guard makes an escape from the guard (**passing the guard**) while attacking forward for a hold down, or submission, (not just pushing away), they will be given **1** point.

If the guard is held for approximately 30 seconds (with the appearance of a stalemate), the referee will re-start them in the standing position

**FOR ADULTS** the objective is to get a submission by choke or joint lock, the points will be scored to determine the winner in the event of no submission. The match will continue on the ground for the full time unless there is a stalemate, they will then be brought to their feet to re-start again. Adults will get **1** point for a hold down that lasts for 10 seconds, the competitor may continue with the hold down while trying for a submission but no further points will be given for a hold down unless it is from a completely different situation, (after an escape and then a new hold down starts)

**JUDGING** - Because there is not a lot of action (punching and kicking) there will only be one Judge required who will watch and count points for the RED and the WHITE fighter.

**OVERTIME** - If at the end of the contest there is a tie, there will be a 30 second overtime round, if additional overtime is required the first point scored will be the winner, **(overtime rounds will start from the knees).**

**TIMEKEEPING** - The timekeeper will keep time for the match, the referee will count off the seconds that a hold down is on and they will verbally let the competitor know that the 10 seconds has elapsed so the competitor will know it is time to start again from standing, (**Juniors only**). The centre referee will verbally announce if a hold down has just been broken or if there was an escape, this is for the benefit of the judge who is counting and scoring.

**SUBMISSIONS** - Junior Blue Belt and above will be allowed submission holds, (joint locks) they will get an automatic win, for a tap out, but only 4 points for a referee intervention where it appears that the opponent may be close to an injury and they are not tapping. If there is a division that has mixed belt levels (Juniors, Green with Blue) then all competitors must agree to the joint locking techniques otherwise they will not be allowed. There will be no leg locks allowed that would put pressure on the knees. (heel locks)  
Submissions for adults will be from joint locks, arms or legs or vascular strangulation (note rule regarding pressure on the trachea)

**ILLEGAL TECHNIQUES:**

**No striking of any kind is allowed, (ie: punching, kicking, elbow or knee strikes)**

**No head butts, biting, eye-gouging, hair-pulls, or groin strikes.**

**No finger chokes, finger locks or toe locks.**

**No direct pressure to the trachea, eyes, nose and mouth)**

**No intentional force to pressure points in the head and facial area.**

**No wearing shoes or boots, (bare feet only) ankle may be wrapped due to injury.**

**No excessive force allowed on any technique.**

**No suplexes, slamming or other throws done with excessive force.**

**No intentional stopping or stalling the match**

**No unsportsmanlike conduct**

**A warning will be given for an illegal technique, two warnings will be loss of 2 points, 3 warnings will result in disqualification**

**NOTE: Any of the above tactics executed intentionally may result in immediate disqualification.**

**Any situation not covered by these rules will be dealt with by the chief referee and/or the tournament director.**