



UNITED STATES ARMY COMBATIVES SCHOOL  
**STANDARD RULES**  
Rules and Regulation Documents

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ARTICLE 1 – DOCUMENT TITLE: U.S. Modern Army Combatives Standard Competition Rules and Regulations.

ARTICLE 2 – DOCUMENT PURPOSE: The purpose of this document shall serve to outline and describe the official rules and regulations of the following grappling events.

- I. U.S. Army Combatives Company level Tournaments.
- II. U.S. Army Combatives Battalion level Tournaments.
- III. Preliminary rounds of Regimental and higher level Tournaments.

ARTICLE 3 – TOURNAMENT MISSION & PHILOSOPHY:

The mission of Combatives Competitions is, through the crucible of competition, to drive the development and training of realistic fighting skills throughout the Army by providing exceptional Soldiers the opportunity to become Champions and to allow them an opportunity to display courage, discipline, sportsmanship, and esprit de corps through fair competition directly related to the mastery of the Warrior Tasks.

The philosophy behind Combatives Competition rules is to encourage actions and habits that would be advantageous in a real fight. Actions that would give someone an advantage in a real fight should be rewarded and poor fighting habits should be penalized. The winner of a Combatives competition should be the competitor who, if it were a real fight without the limitations, would have won.

#### ARTICLE 4 – COMPETITION AREA:

The competition area shall be a minimum of 14m x 14m and a maximum of 16m x 16m and shall be covered by Tatamis (sectionalized 1m X 2m mats) or similarly acceptable material.

The competition area shall be divided into two (2) zones. The demarcation between these two (2) zones shall be called the danger zone and shall be indicated by a distinct colored matted area, approximately 1m wide, forming part of or attached to the contest area, parallel to the four (4) sides of the competition area.

The area within and including the danger zone, shall be called the contest area and shall always be of a minimum of 8m x 8m or a maximum of 10m x 10m. The area outside the danger zone shall be called the safety area and shall be 3m wide.

A strip of blue and a strip of white adhesive tape, approximately 10cm wide and 50cm long shall be fixed on the center of the contest area 4m apart, to indicate the starting positions at which the contestants must start and end the contest. The blue tape shall be to the Referee's right and the white to his left.

The competition area must be fixed to a resilient floor or platform.

Where two (2) or more adjoining competition areas are used, a common safety area of between 3m and 4m is necessary.

A free zone, a minimum of 50cm must be maintained around the competition area.

The elements making up the surface for the competition must be aligned without space in between be smooth of surface and fixed in such a way that they cannot be displaced.

The competition/fighting area will be partitioned off to the spectators. Within the 5 meter partition tournament directors, supporting assistants, referees, time keepers, inspectors, and security personal can freely move about. Any spectators or competitor that are not actively called to the warm-up area or are currently competing cannot occupy the competitor area. Any unauthorized persons identified in the competition area will be asked to leave the area and if repeated is subjected to disciplinary action.

Coaching area: two coaching areas shall be designated within the “safety area” on opposing sides of each ring. One coach of opposing teams can only occupy each coaching area at a time.

Security personal will be actively observing the event. If summoned by the directors or ring captain they hold the power to punish any unethical conduct of coaches, teachers, referees, or other assistants that might interfere in the progress of the event.

A designated warm-up area shall serve as the competitor calling area. During the event the competitors must pay attention to their specific division to be called to the warm-up area. Once there, a Staff member will notify you when and where your match is.

#### ARTICLE 5 – SPECTATOR AREA:

A spectator area shall be placed outside the competition area and composed of rows of sturdy straight back chairs and or bleacher style seating.

The seating shall be placed in a way to maximized observing the event.

To prevent blocking others from viewing the matches, spectators must remain seated during the competition and be courteous when move throughout the spectator area.

Standing at the partitions will be prohibited and strongly enforced.

All spectators are encouraged to cheer on their fighters and displaying a supporting competitive spirit.

Taunting competitors, referees, and or all supporting staff, the use of foul or abusive language, or any inappropriate behavior that does not represent to spirit and ethos of the event is prohibited and subject to removal from the event.

#### ARTICLE 6 – POSITION & FUNCTION OF DIRECTOR:

The Tournament Director will be seated at the main table that will sit parallel to competition area and also be moving throughout the competition venue and shall be identified by a Directors badge attached to a lariat.

The Tournament Director shall oversee and direct the entire tournament including: registration, competition, any vendor fee collection, website design and communication, sponsorship, advertisement, vendor organization, competition scheduling, and positioning of staff. The Tournament Director shall be the final authority with regards to all rules and regulations of the tournament.

#### ARTICLE 7 – POSITION & FUNCTION OF THE SCORERS & TIMEKEEPERS (officials) TABLE:

The Scorers and Time Keepers will be positioned at tables centered between each ring and can be identified by the OFFICIALS badge attached to a lariat.

The scorer and timekeeper shall be familiar with the responsibilities of each other's position so that position rotation can be conducted with out delay or technical error.

The scorer and timekeeper shall be knowledgeable of all general and referee match results, referee signals, illegal techniques, basic bracketing techniques, competitor divisions and their durations.

The scorer and timekeeper shall be responsible for notifying the Tournament Director when one bracket is about to be complete and a new one is required.

The scorer and timekeeper shall have a basic understanding of the competition flow of the tournament.

#### ARTICLE 8 – SCORERS & TIMEKEEPERS SIGNALS:

Time Keeper will verbally indicate to the referee by saying "READY" when he/she is ready to begin the match duration on the stopwatch.

The timekeeper shall toss a soft towel or object typically colored white, close to the referee's feet when the match duration has expired.

## ARTICLE 9 – POSITION & FUNCTION OF THE REFEREE:

The referee will be in the center position at each ring and or at the official's table. The referee can be identified by his or her dress which shall be a white collared shirt and black dress slacks. The shirt shall be tucked in and a black dress belt shall be worn.

All referees will be neutral and impartial in their decision-making; a referee may not officiate one of their own students/teammates without notification to the opposing athlete and/or coach.

The opposing coach/athlete may request a referee replacement if this occurs.

The referee shall be responsible for: starting and stopping all matches, awarding points, warning competitors for rule infractions, disqualification of competitors, communicating to the officials and signaling the match winner.

The referee shall have general knowledgeable of all the rules and regulation and be a United States Army Combatives School certified Tactical Combative Course (Level II) instructor or a graduate of a 16 hour standard Combatives rules referee certification course.

If for any and every situation that cannot be determined by this rules manual the referees will discuss the specific situation with the Head Referee or Tournament Director to determine the fair and proper action.

## ARTICLE 10 – POSITION & FUNCTION OF THE MEDICAL STAFF:

A medical staff will be appointed to the tournament by the unit hosting the tournament and will be located adjacent to the Tournament Directors table.

This staff shall be trained in emergency medical protocols and first aid and will be responsible for treating any injured or sick competitor, staff, and or spectator needing urgent care.

The medical staff will serve as the final authority of whether a competitor can compete safely.

## ARTICLE 11 – UNIFORM AND EQUIPMENT:

A serviceable uniform approved by the Tournament Director and Unit Representative must be worn by all fighters upon entering the ring. Any fighter presenting themselves in attire deemed inappropriate (clothing with Logos other than ARMY or appropriate service or unit symbols) will not compete in their bout until they present themselves according to regulations.

Serviceable Battle Dress Uniform, Desert Camouflage Uniform, or Army Combat Uniform with bottoms, brown T-shirt, and top must be worn.

The uppermost button of the top must remain unbuttoned on BDU/DCU uniform, and the zipper of the ACU must remain unzipped with 1 ½ inch athletic tape applied to both sides of the zipper. The sleeve cuffs of the top will be expanded to their full potential and are not permitted to be rolled back beyond the wrist. The lapel and skirt of the uniform top must remain exposed, no tucking in or stitching down is permitted.

The brown T-shirt must be tucked into the uniform bottoms.

The uniform bottoms will be fully buttoned at the crotch. The uniform bottoms must fit correctly with no belt worn. The legs of the trousers must remain unbloused, and must extend to the ankle. No rings, jewelry, or items other than those authorized may be worn.

Women are required to wear a t-shirt under their uniform and encouraged to wear breast protectors and/or an athletic braier.

If the competitor is not in accordance with the article the referee will order the contestant to change in the shortest time possible into a uniform that will comply with this article.

Mouthpieces and groin protectors (cups) are recommended but not required.

Footwear shall include wrestling shoes and/or bare feet only.

Soft braces and or pads for the elbows, knees, and ankles are permitted but must not overly restrict range of motion or in anyway give an unfair advantage to the competitor wearing them.

Hard braces are not permitted.

Tight fitting undergarments or shorts shall be worn under the uniform to prevent any accidental display of nudity.

#### ARTICLE 12 – PERSONAL REQUIREMENTS:

Hygiene: Attention to personal hygiene is a must. Competitors should be clean and free of foul orders. In order for the referee to maintain the highest standards of hygiene for both competitors the follow rules must be followed:

Finger and toenails must be trimmed short.

Hair, if long, must be pulled back and secured.

Colored hair spray is not allowed.

No lubricants, analgesic cream, and or skin creams may be worn that may place an inconvenience to the opponent or allow an unfair advantage to the wearer of such products.

Jewelry to include necklaces, watches, earrings and all others body piercing, wrist and ankle bracelets and rings with exceptions to wedding bands is prohibited. Wedding bands can be worn as long as they are covered with athletic tape

In order to be legal, corrective ear wear must be made for specifically for sports competition.

#### Personal Health and Disease Risk:

All competitors and staff will undergo an annual physical by a qualified Medical Doctor MD) or Doctor of Osteopathy.

Competitors diagnosed with following conditions shall be prohibited from competition.

Chronic Infectious Disease including:

Human Immunodeficiency Virus (HIV) (AIDS)

All athletes will receive an annual HIV test.

Hepatitis B and /or C Virus

Mononucleosis

Active Herpes

Open Cuts and abrasions.

All wounds including cuts, abrasions, lacerations and burns must be covered with Colodion and an appropriate dressing as approved by our emergency medical staff.

Heart diseases and/or risk factors of heart disease to include: arrhythmias, heart block, valvular disease, peripheral vascular disease, aortic stenosis, uncontrolled angina, congestive heart failure, fixed rate pacemaker, resting blood pressure  $\geq$  185/100, uncontrolled diabetes mellitus, and electrolyte abnormalities.

Additional contraindications to competition shall include vertigo, chronic obstructive lung disease, significant emotional distress (psychosis), and advanced musculoskeletal disorders.

- A. Competitors requiring corrective eyewear shall wear soft contact lenses. Glasses of any type will not be permitted during competition.
- B. Deaf and/or mute grapplers shall make their condition known to the referee prior to each match. The referee shall then modify his conduct to make his commands and other duties clear to the deaf and/or mute player.
- C. Female grapplers in addition to the above statutes are restricted from competing if they suffer from any of the following cases:
  - 1. Confirmed or suspected pregnancy
  - 2. Pelvic inflammatory disease
  - 3. Symptomatic endometriosis;
  - 4. Abnormal vaginal bleeding;
  - 5. Recent secondary amenorrhea of undetermined cause;
  - 6. Recent breast bleeding;
  - 7. Recently discovered breast masses;
  - 8. Recent breast dysfunctions previously not present.
- D. Banned substances. The Chairmen and Director of the tournament shall possess the right to test any and all competitors for the use of banned substances.
  - 1. Pre and Post testing can be done at the Directors expense up to and not exceeding 60 days prior to and after the day of competition.

2. The tournament director holds explicit rights to strip a competitor of their award(s) if the competitor tests positive to any and all banned substances.

#### ARTICLE 13 – COMPETITOR CLASSIFICATION:

Competitors will be classified by weight. In a Company or Battalion level Tournament (not allowed to use Intermediate or Advanced rules) the competitors will weigh in the day of competition be divided into eight man brackets. In the context of a Regimental or higher level tournament with Intermediate or Advanced rules semi-finals or finals the weight classes will be as follows:

Due to the physiological difference between the sexes<sup>1</sup>, in order to treat all Soldiers fairly and conduct gender neutral competitions, female competitors will be given a 5% overage at weigh in.

Fighters will compete in six weight classes:

Flyweight (Male 125 lbs and below) (Female 131 lbs and below)  
Lightweight (Male 140 lbs and below) (Female 147 lbs and below)  
Welterweight (Male 155 lbs and below) (Female 163 lbs and below)  
Middleweight (Male 170 lbs and below) (Female 179 lbs and below)  
Cruiserweight (Male 185 lbs and below) (Female 194 lbs and below)  
Light Heavyweight (Male 205 lbs and below) (Female 215 lbs and below)  
Heavyweight (Male 205 lbs and up) (Female 215 lbs and up)

Weight will be determined by your body weight in pounds without your uniform. Calibrated spring scales will be used to measure body weight.

If an athlete is over his intended weight class they will have until the end of the registration period to make weight. We do not support the use of crash weight loss practices prior to competing.

#### ARTICLE 14 – MATCH DURATION:

Each bout will be six minuets.

Sudden death: If a match is scheduled to end at a point in which both competitors are equal with regards to points, no stop will be made to the competitors or referee until the first competitor to score or submit , will be deemed the winner.

#### ARTICLE 15 – MATCH RESULTS:

Submission: the match will immediately end when one contestant by means of legal strangulation, smother, joint lock, intense bodily pressure and/or extreme attrition makes the opponent submit. The competitors shall acknowledge any and all of the following indicators of submission:

Tapping a minimum of two times in a continuous and noticeable fashion on the mat or their opponent.

Any loud noise indicating pain or verbal submission using the word STOP in a loud and clear manner so it can be audible to the referee and the opponent.

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<sup>1</sup> FM 21-20 PUB 1992, Appendix A “Physiological Differences between the Sexes”.

Second Party:

The competitors coach who is responsible for the well being of the competitor can “throw in the towel” by the tossing of a white piece of cloth at the referees feet to indicate submission of their competitor for reasons of personal safety, attrition, and/or technical dominance. The second party must be within the designated coaching area to be acknowledged.

The referee can stop a match at anytime and award a winner do to concerns of potential injury, attrition, and/or technical dominance.

The referee can stop a match involving any competitors any time one of the competitors has performed a legal submission hold that would in the opinion of the referee, submit the opposing competitor or potentially seriously injure the participant.

Score: If no submission takes place during the match, the competitor with the most points wins. Points are awarded to reward actions which would give a fighter an advantage in a real fight. good fight habits and through the display of positional dominance over your opponent.

Points: the following table will serve to explain the specifics of points scoring:

Points	Technique	Details
2	Take down  (non-dominant)	Any kind of knock down where Opponent A ends up taking Opponent B to the ground into a non-dominant position (B’s guard, B’s half-guard). The ground position can be on the backside, side, or belly to the floor. Opponent A needs only minimal control over Opponent B to earn the takedown.  In a situation where opponent A is on top of opponent B, with opponent B on at least 3 points (i.e. A snaps down B into a 3 or 4 point stance or B shoots and A sprawls) opponent A must turn the corner (i.e. get behind Bs arms) without being entangled by the arms or legs and establish body control over B (i.e. control Bs hips or both legs above the knees) to the satisfaction of the referee to earn the takedown.
3	Takedown (dominant)  Knee Mount  Sweep	Any kind of knock down where Opponent A ends up taking Opponent B to the ground into a dominant position (side control, mount, or north-south) the ground position can be on the backside, side, or belly to the floor. Opponent needs to control Opponent B to the satisfaction of the referee to earn the takedown.  When Opponent A is in side control or north/south position and establishes his knee (hip side) on Opponent B’s stomach or chest to the satisfaction of the referee, maintaining his other (head side) leg extended (knee off the ground) with his head and shoulders facing towards Opponent B’s head.  When Opponent A is on the bottom position and has established guard

	Guard Pass	and is able to get on top of Opponent B without first losing his guard.  When Opponent B has established guard (i.e. wrapped both of his legs around at least one of A's legs above the knee or gained control of A with his legs) on Opponent A and Opponent A moves past, over, or under Opponent B's legs to obtain a solid mount, knee mount, side control or north/south position.
4	Mount  Rear Mount	When the Opponent A achieves a controlled position on Opponent B's torso in which Opponent A's legs are on the outside of Opponent B's legs and hips and the knees and feet are in contact with the floor (mount). It will not be considered a mount if Opponent A has one knee and one foot on the ground.  When the Opponent A achieves a controlled position on Opponent B's torso in which Opponent A's legs are on the outside of Opponent B's legs and hips and the knees and feet are hooked inside of B's thighs. Opponent B can be lying facing the ceiling or the floor. Opponent A's leg can be on top of one of Opponent B's arms as long as the hooks are on the inside of the thighs.
1	Stalling	Stalling is defined as using the clock to your advantage. Fighters are expected to continue to actively improve their position and/or attempt to submit their opponent. If a fighter is judged by the referee to be stalling, he will be warned three times, after which the opponent will be awarded one point. This process will continue until action resumes.
2	Passivity	Fighter disengages from the top position, and allows his opponent to regain his feet, the referee awards two points to the other fighter.

Unconsciousness: The match will immediately end if one contestant by means of legal strangulation, smother, intense contact with the floor or opponent, extreme attrition, and/or accident loses consciousness: The conscious opponent shall be the winner. In the case of both parties losing consciousness through legal means both competitors shall be revived and evaluated, if deemed to be healthy to fight the match will resume where it had left off. If one of the competitors cannot continue for any reason the other shall be the winner.

Responsibility of the referee:

- a. Unconsciousness due to choke/strangulation: Stop the match immediately, separate opponents, control the head to prevent unnecessary movement and turn the athlete to a side supine position with the bottom arm extended over the head. Loosen the uniform around the collar, and check for respiration and an open airway. If the athlete does not regain

consciousness within 20 seconds, or fluctuations in vital signs (respiratory distress, weak or thready pulse, etc...) call for medical attention.

- b. Unconsciousness due to a violent fall, throw, or cervical injury: Stop the match immediately, carefully separate athletes, call for medical attention, and do not move the injured athlete if cervical injury is suspected.

Injury: should a competitor become injured, sick, or incapacitated during a match by means of legal techniques or natural occurrences and cannot continue the match the opponent shall be deemed the winner.

- c. Should a competitor be injured as a result of an illegal technique and cannot continue the match he/she will be deemed the winner.

No contest: in the event one of the competitors is not present for their match, they will be called over the intercom 3 times before the match is deferred to their opponent. Competitors who do not show up for the semi-final and final matches shall not receive medal(s) unless serious injury has occurred.

Disqualification: the following fouls will be considered enough to warrant immediate disqualification from the tournament.

- d. The use of abusive and/or foul language, cursing, or other lewd act of blatant disrespect directed towards any of the tournament personnel, competitors, and or spectators.
- e. Biting, hair pulling, attacking the eyes, nose or mouth 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.
- f. The blatant use of intentional avoidance (running or pulling themselves into the safety and or danger area) while caught in a submission attempt by their opponent. This shall be deemed a submission.
- g. Fighting and/or engaging in illegal conduct within tournament venue.
- h. Intentional non-compliance with Articles 13, 14, and 15.
- i. The use of prohibited techniques.

#### ARTICLE 16 – REFEREE SIGNALS & DUTIES:

The referee will be responsible for making all of the technical calls during a match including: awarding points, warnings, and if necessary disqualification of a competitor.

The philosophy in dealing with competitors near the bounds of the fighting area must always be that out of bounds must NEVER impact or have influence on the outcome of the bout. The referee must use their best judgment on when to halt the action. For instance, during a scramble or in the middle of a submission attempt is rarely the appropriate time to stop a contest. It is far better to halt the bout when a dominate body position has been established and the threat of submission is distant.

If the contestant(s) move into the danger zone while on their feet, the referee shall stop the contest for a brief moment to move them back into the center of the contest area. Match interruption shall not be signaled to the officials if the pause in the match is brief.

If the contestant(s) move into the danger zone while on the ground, the referee shall stop the contest, tell the competitors to hold their position and signal to the officials to stop the clock using the signal for

match interruption. The contestants shall then be moved back into the center of the contest area to resume competing in the same position.

The referee has the authority to give one warning to all techniques but is not required to. It will be up to the referee discretion whether to immediately disqualify or give warning to an illegal and or dangerous technique.

For all signals made indicting scoring, the referee will raise his hand indicating the athlete receiving the points with his armband in accordance with the color of the athlete’s colored indicating belt.

The following tables shall specify competitor actions, points, and the official referee signals for each.

Competitor Action	Points	Referee Signal
Take down(non-dominant position)	+2.0	Arm straight and fully flexed vertical overhead, the middle and pointer finger extended with the palm facing the scorekeeper.
Take down (dominant position) Passing the Guard, Knee Mount, Sweep	+3.0	Arm straight and fully flexed vertical overhead, the middle, ring and pinky fingers extended with the palm facing the scorekeeper (OK sign).
Mount, Rear Mount	+4.0	Arm straight and fully flexed vertical overhead, the pointer, middle, ring and pinky fingers extended with the palm facing the scorekeeper.

The following table shall indicate signals of communication not related to point scoring.

Referee Communication	Referee Signal
START OF MATCH	Facing the scoring table, the referee will step between each of the competitor with his arms completely extended and palms facing the competitors, to initiate the match he will bring both of his palms together, move backwards out of the way and verbally call “FIGHT”.
MATCH INTERRUPTIONS	The referee will place both hands on the competitors’ bodies and verbally call “STOP”, he will then tell the competitors to hold their position and signal to the score and timekeepers table with the hands forming a “T” to indicate stopping the clock.
DISQUALIFICATION (DQ)	The referee will separate the competitors and face them towards the scoring table, using the hand with the fingers fully extended bring it directly under the chin moving from the opposite shoulder across the neck to the near shoulder. The arm of the opponent not being DQed will be raised.
MATCH WINNER	The referee will separate the competitors and face them towards the scoring table, the arms of both the competitor will be held at the wrists, the arm of the competitor who has won the match will be raised, and the competitors will then be led by the wrist to face one another so that they may shake hands.

ARTICLE 17 – PROHIBITED TECHNIQUES:

The following table shall indicate the techniques that are deemed illegal. Use of illegal techniques may warrant immediate disqualification upon their use in competition.

Technique	Description
Guard Slam	Opponent A is in Opponent B's closed guard or any tight submission or sweep attempt from the guard. Opponent A then stands up, lifts Opponent B off the ground and violently slams Opponent B with the intent to open the guard, escape the technique, or harm Opponent B.
Wrist Locks	Opponent A secures Opponent B's wrist and purposely hyper-extends or hyper-flexes Opponent B wrist with the intent to submit Opponent B.
Finger/Toe Locks	Opponent A secures one or several of Opponent B's fingers or toes and purposely hyper-extends or hyper-flexes them with the intent to submit Opponent B.
Heel Hooks	Opponent A secures Opponent B's heel and purposely twists or pressures Opponent B's heel with the intent to submit Opponent B.
Mouth smother	Opponent A secures Opponent B in a control position and purposely places the hand or uniform over the mouth and nose of Opponent B with intent to fatigue or submit Opponent B.
Over-Guard Guillotine	Opponent A is in Opponent B's open guard with Opponent B sitting upright. Opponent A then reaches around Opponent B's neck as in a guillotine hold. Opponent A then jumps the legs over Opponent B's waist as if to mount. Opponent A will place intense pressure on the neck of Opponent B.
Toe holds	Opponent A secures Opponent B foot by grasping the bottom 1/3 of the foot with the hand and figure fouring over the foot and ankle with the arms. The position allows Opponent A to place intense pressure to the foot and ankle of Opponent B.
Cervical Suplex	Opponent A secures Opponent B by grasping around Opponent B's waist or chest with the arms firmly attached to one another. Opponent A then picks Opponent B off the ground and violently plants Opponent B on the mat with the head, or upper back and neck making contact with the mat first.
Face Crush	Opponent A secures a hold around opponent B's face utilizing their arms, collar or other parts of their own or opponents uniform and through the use of leverage and force creates tremendous pressure to the nose, jaws, and face of opponent B.

#### ARTICLE 18 – EVENT PROTEST:

A coach and or competitor shall have the right to contest lodge a complaint. The procedure to lodge such a complaint is as follows:

- a. Notify the head referee who will discuss the issue with the Tournament Director. The Director will then make the final decision on the outcome of the complaint/protest. Deference will normally be given to the judgment of the referee.
- b. This article is to prevent argument in the ring, any such arguments will warrant immediate disqualification and or removal from the event.

#### ARTICLE 19 – EVENT INTRODUCTION:

The tournament will begin with a review of the Tournament Rules and Regulations with first all referee's and then with all referees, competitors and coaches. It is highly recommended that competitors read the rules and regulations within this document carefully and identify questions they may have for the Tournament Director and Head Referee. Any one not present in the rules brief will not be allowed into the competition area.

Competitors and spectators will be welcomed and the following people shall be acknowledged and introduced: the Director, Head Referee, Referees, Score and Time Keepers, and distinguished guests.

The National Anthem will be played honoring the United State of America just prior to the commencement of the first Match.

#### ARTICLE 20 – START AND END OF CONTEST:

Prior to the match each competitor must turn their bout sheet in to the scorers table.

Start: The match will begin with both competitors facing the scoring table; once the referee has differentiated the contestants to the scorer the referee will bring the competitors together so that they may shake hands. The competitors will then be separated and the referee with his arms completely extended and palms facing the competitors, will then bring both of his palms together, move backwards out of the way and verbally call “FIGHT”. The competitors shall only then start the contest.

End: The referee will separate the competitors and face them towards the scoring table, the arms of both the competitor will be held at the wrists, the arm of the competitor who has won the match will be raised, and the competitors will then be led by the wrist to face one another so that they may shake hands.

Upon leaving the mat the winner must take back his bout sheet so that it may be submitted back to the scorers table for their next match or to the awards area if 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> place is achieved.