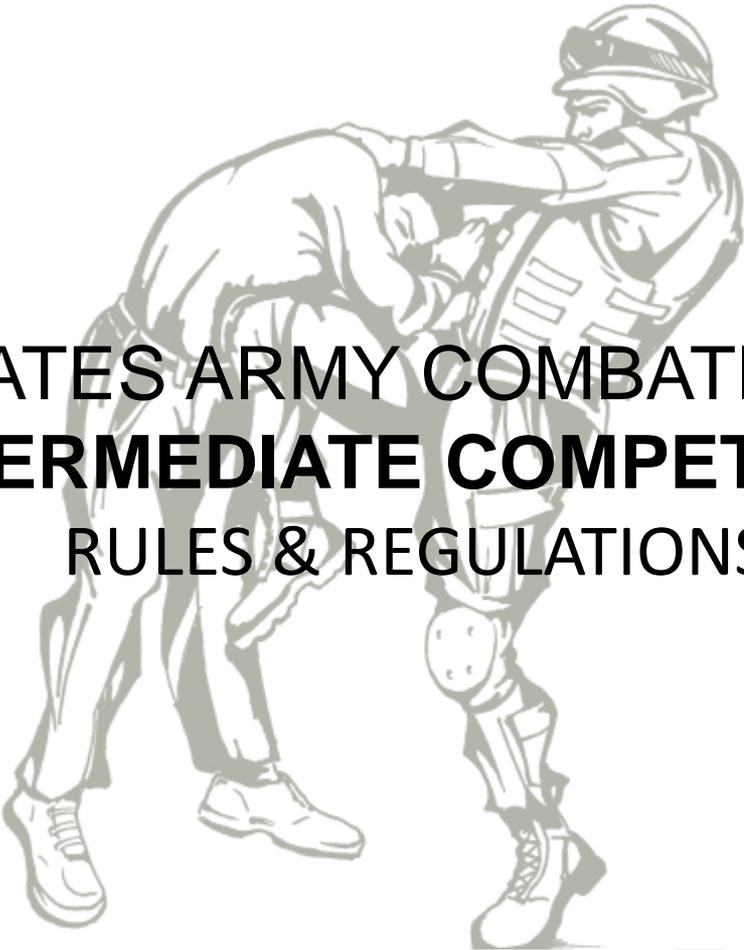




*197<sup>th</sup> IN BDE, Forever Forward*



# UNITED STATES ARMY COMBATIVES SCHOOL INTERMEDIATE COMPETITION RULES & REGULATIONS

*Training the Soldiers and future Leaders of the Army!*



# MISSION



197<sup>th</sup> IN BDE, Forever Forward

- ***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.***



# PHILOSOPHY



197<sup>th</sup> IN BDE, Forever Forward

- ***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.***



# COMPETITION AREA



197<sup>th</sup> IN BDE, Forever Forward

- Matted area will be no less than 12 meters per side w/ a 1 meter danger zone and warning area
- Ring or Cage no smaller than 18'x18' with ½ to 1" layer of closed cell foam. The surrounding area will have padding on the floor around the ring or cage



# EXAMINATION OF FIGHTERS



197<sup>th</sup> IN BDE, Forever Forward

- Any fighter wanting to compete must be examined by a physician to establish both physical and mental fitness for the competition
- This examination must include a review of their current physical
- Fighters who willfully misrepresent physical incapacities are subject to disciplinary action



# COMPETITOR CLASSIFICATION



197<sup>th</sup> IN BDE, Forever Forward

- Female competitors will be given a 15% overage at weigh ins:
- **Bantamweight** – (M ) 110 lbs and under; F: 126.5lbs and under
- **Flyweight** – (M) 110.1-125 lbs; F: 126.6-143.70 lbs
- **Lightweight** – (M) 125.1-140 lbs; F: 143.80-161 lbs
- **Welterweight** – (M) 140.1-155 lbs; F: 161.1-178.20 lbs
- **Middleweight** – (M) 155.1-170 lbs; F: 178.30-195.5 lbs
- **Cruiserweight** – (M) 170.1-185 lbs; F: 195.60-212.70
- **Light Heavyweight** – (M) 185.1-205 lbs; F: 212.80-235.70 lbs
- **Heavyweight** – 205.1 lbs and over; F: 235.80 lbs and up

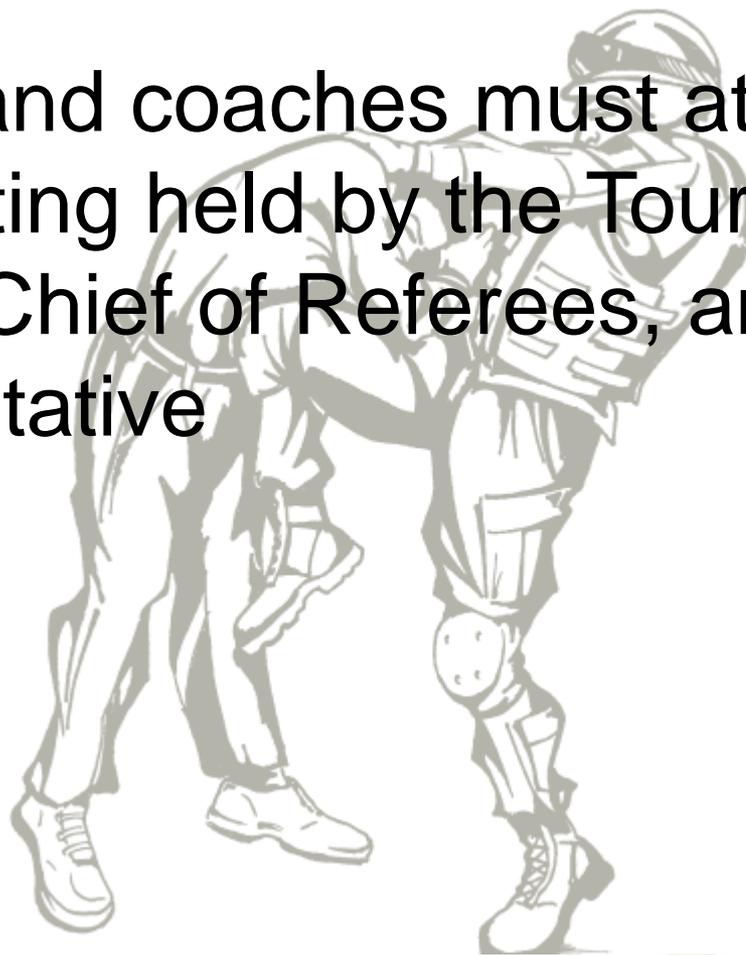


# FIGHTERS AND COACHES



*197<sup>th</sup> IN BDE, Forever Forward*

- Fighters and coaches must attend the pre-fight meeting held by the Tournament Director, Chief of Referees, and Unit Representative





# FIGHTER APPEARANCE



*197<sup>th</sup> IN BDE, Forever Forward*

- All fighters must be clean and present a tidy appearance. The excessive use of grease or any foreign substance is not permitted. The Referee shall insist on removal of any such excessive grease or foreign substance. Non compliance by the fighter shall result in disqualification.



# UNIFORM AND EQUIPMENT



197<sup>th</sup> IN BDE, Forever Forward

- ACUs top and bottom
  - No patches or any additional wear of badges, unless sewn on.
  - Zipper of the ACU can remain zipped as worn for duty or unzipped with 1 ½ inch athletic tape applied to both sides of the exposed zipper.
  - The sleeve cuffs of the top will be expanded (not rolled back beyond the wrist).
  - The lapel and bottom of ACU top must remain exposed (can not tuck top in)



# UNIFORM AND EQUIPMENT



197<sup>th</sup> IN BDE, Forever Forward

- ACUs top and bottom
  - Tan T-shirt must be tucked in
  - ACU bottoms will be fully buttoned at the crotch
  - ACU bottoms must fit correctly with no belt worn
  - ACU bottoms must extend to the ankles (not rolled)

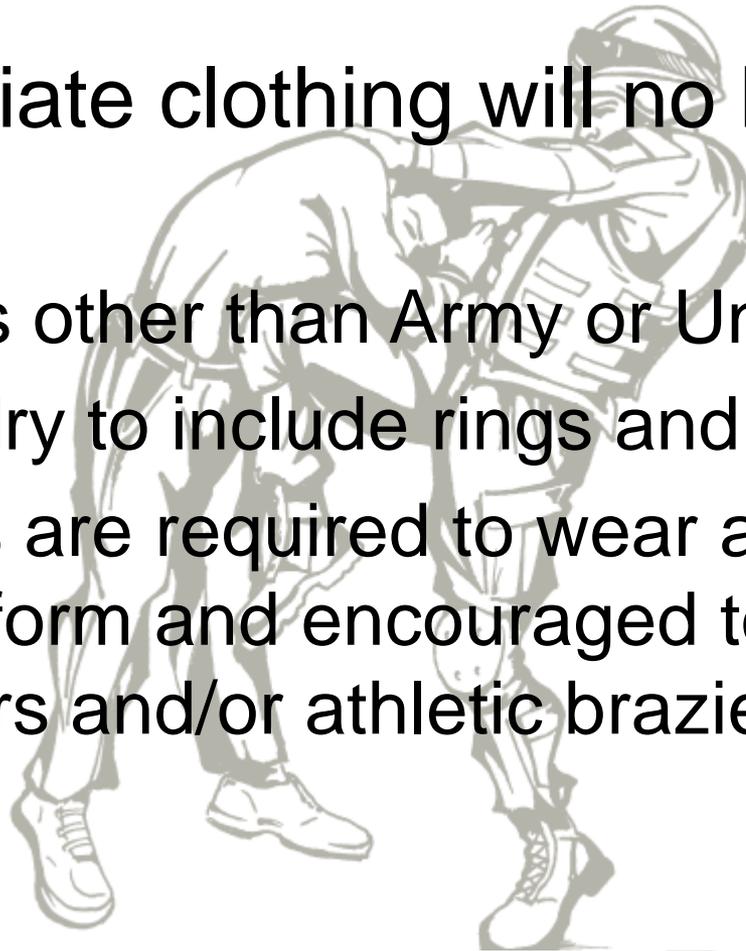


# UNIFORM AND EQUIPMENT



197<sup>th</sup> IN BDE, Forever Forward

- Inappropriate clothing will no be allowed
  - No logos other than Army or Unit symbols
  - No jewelry to include rings and ID Tags
  - Females are required to wear a t-shirt under their uniform and encouraged to wear breast protectors and/or athletic brazier



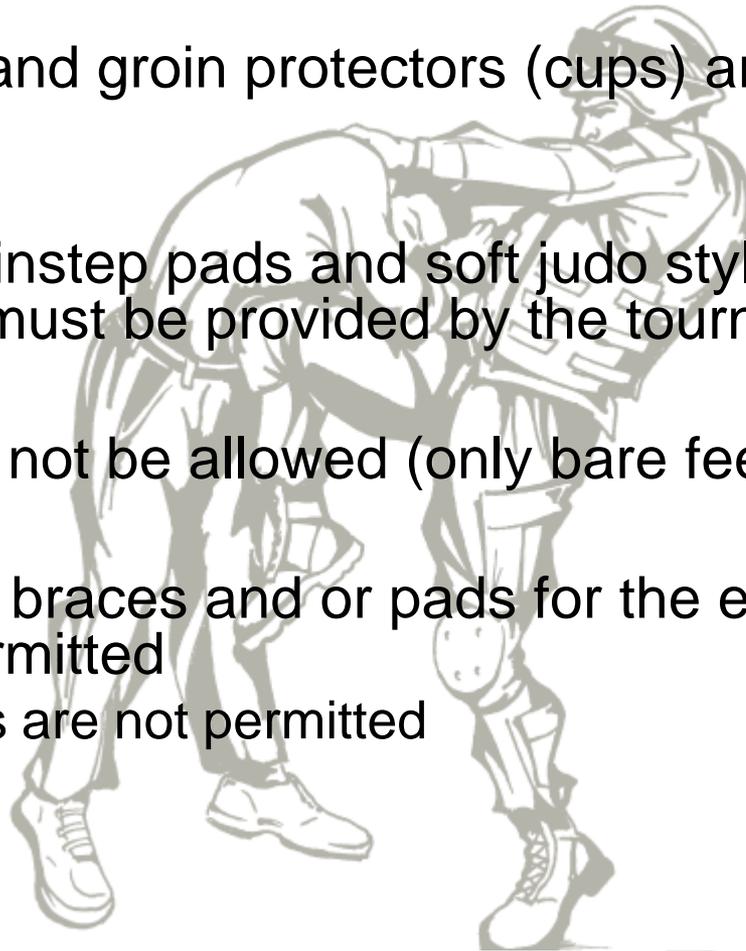


# UNIFORM AND EQUIPMENT



197<sup>th</sup> IN BDE, Forever Forward

- Mouthpieces and groin protectors (cups) are required for each fighter
- Soft shin and instep pads and soft judo style knee pads are required and must be provided by the tournament.
- Footwear will not be allowed (only bare feet authorized)
- Approved soft braces and or pads for the elbows, knees, and ankles are permitted
  - Hard braces are not permitted





# UNIFORM AND EQUIPMENT



*197<sup>th</sup> IN BDE, Forever Forward*

- Tight fitting undergarments or shorts shall be worn under the uniform to prevent any accidental display of nudity
- Wrapping of feet and ankle is not mandatory. Fighters that wish to wrap will have to provide their own tape and gauze
- Different colored belts will be provided
  - Must be worn to differentiate competitors

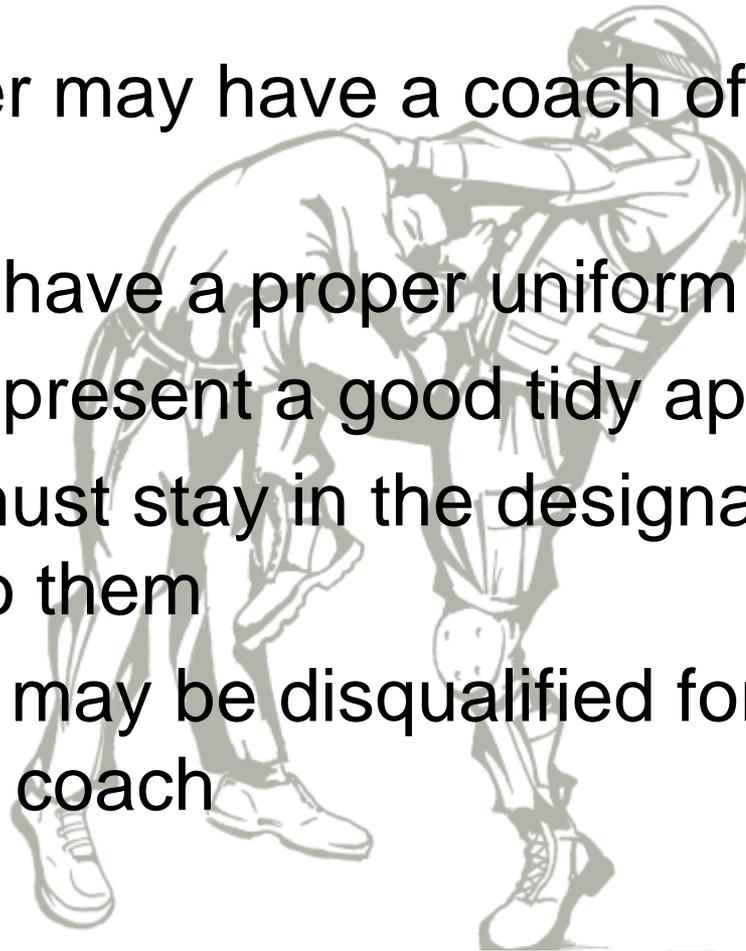


# COACHES



197<sup>th</sup> IN BDE, Forever Forward

- Each fighter may have a coach of his choice for the match
- They must have a proper uniform (logo free)
- They must present a good tidy appearance
- Coaches must stay in the designated areas assigned to them
- The fighter may be disqualified for improper conduct by coach



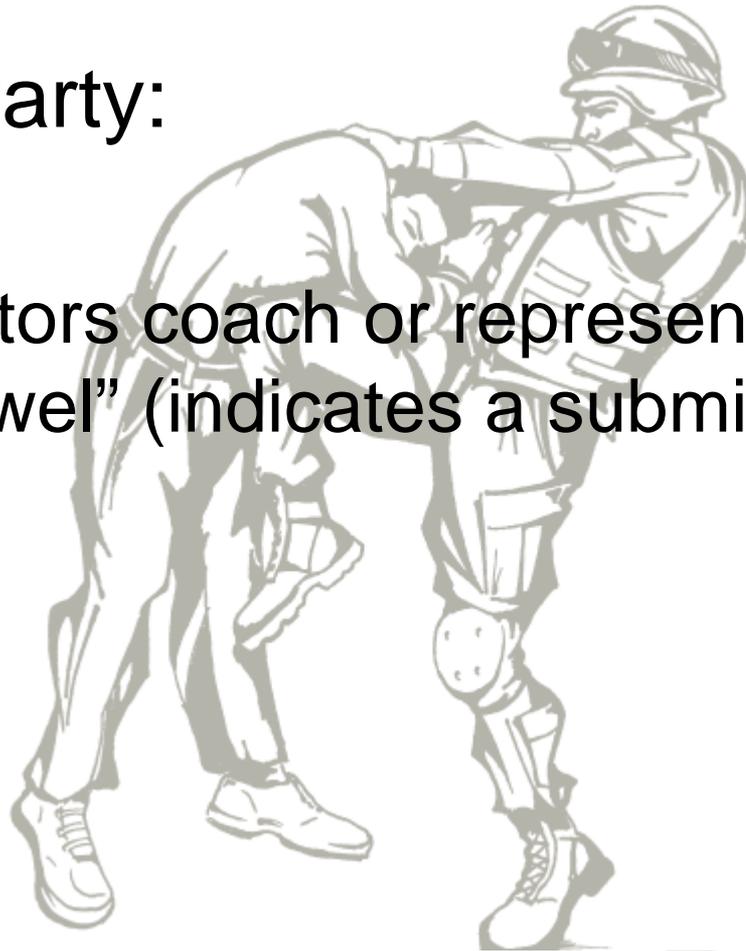


# THROWING IN THE TOWEL



*197<sup>th</sup> IN BDE, Forever Forward*

- **Second Party:**
  - Competitors coach or representative “throws in the towel” (indicates a submission)

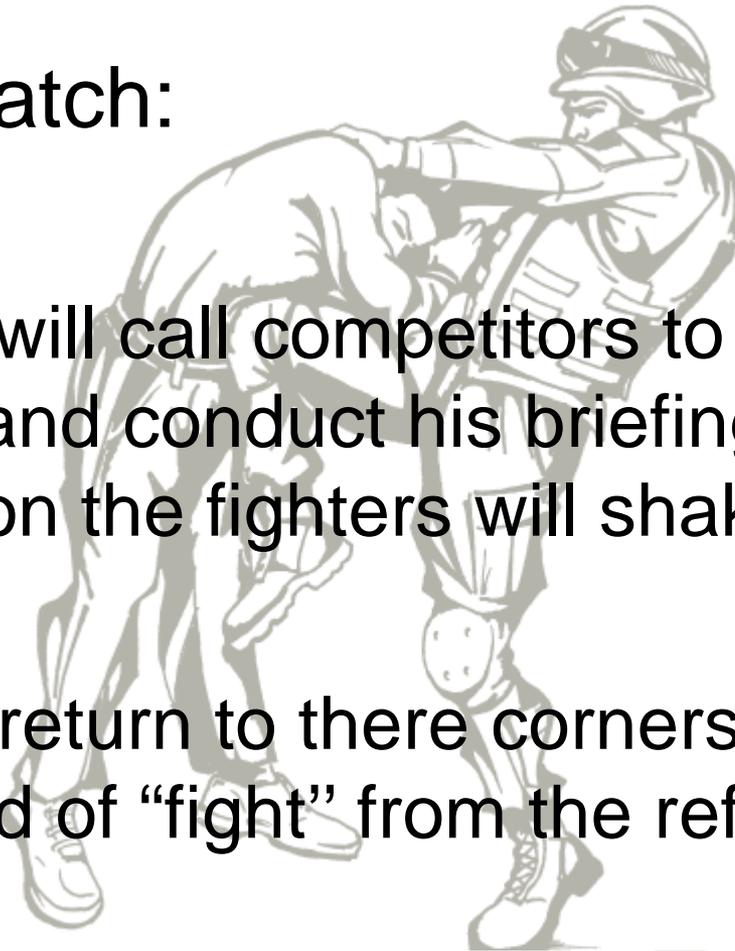




# RESPONSIBILITY OF THE REFEREE

197<sup>th</sup> IN BDE, Forever Forward

- Start of Match:
  - Referee will call competitors to the center of the ring and conduct his briefing at the conclusion the fighters will shake hands
  - Fighters return to there corners and await the command of “fight” from the referee



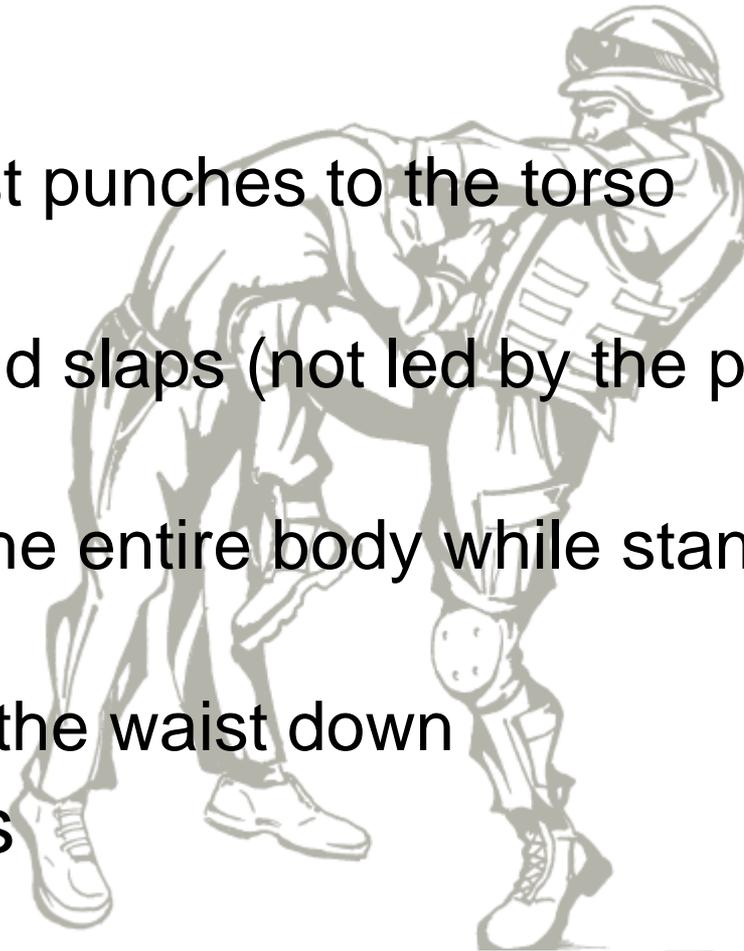


# AUTHORIZED OFFENSIVE TECHNIQUES



197<sup>th</sup> IN BDE, Forever Forward

- Strikes:
  - Closed fist punches to the torso
  - Open hand slaps (not led by the palm) to the face
  - Kicks to the entire body while standing
  - Knees to the waist down
- Takedowns
- Grappling





# FOULS

197<sup>th</sup> IN BDE, Forever Forward

- Fouls at the discretion of the referee based on the intent of the fighter
  - Flagrant disregard of the referee
  - Biting
  - Elbow or forearm strikes
  - Kicks to the torso or head of a downed opponent
  - Holding the fence or rope
  - Closed fist strikes to the face
  - Foot stomping
  - Knee strikes above the waist



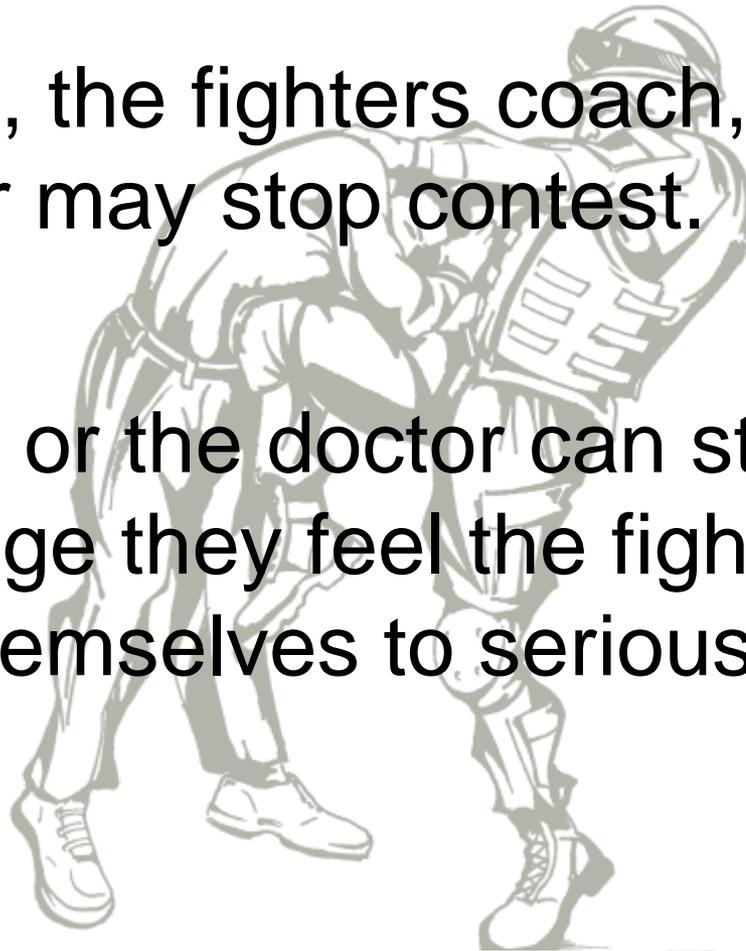
# POWER TO STOP



*197<sup>th</sup> IN BDE, Forever Forward*

The referee, the fighters coach, the doctor or the fighter may stop contest.

The referee or the doctor can stop the bout at any stage they feel the fighter may subject themselves to serious injury



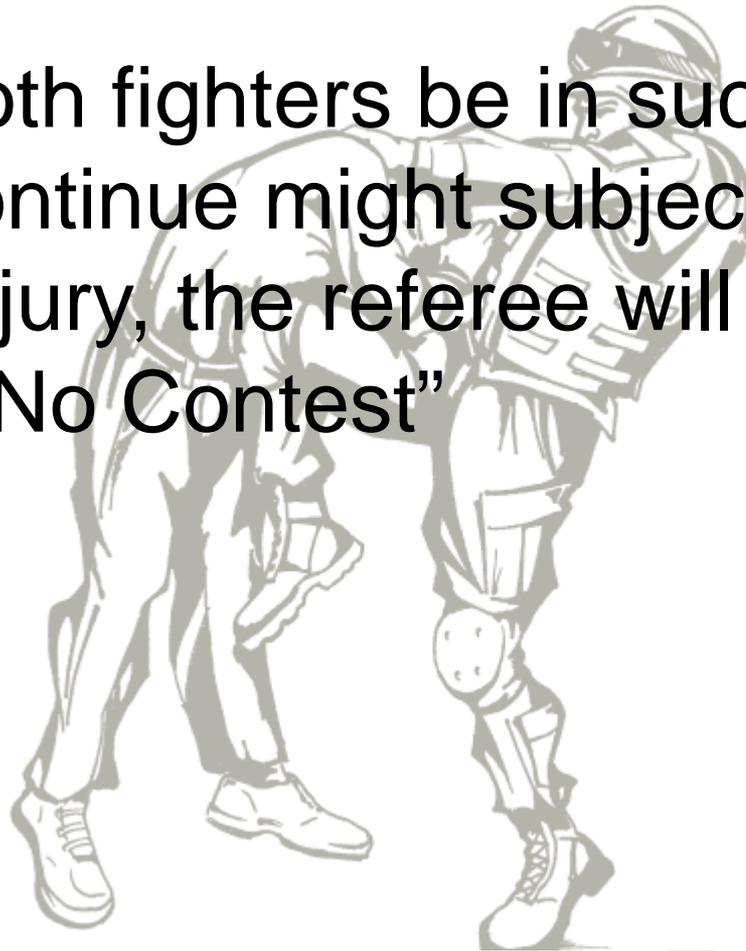


# NO CONTEST



*197<sup>th</sup> IN BDE, Forever Forward*

- Should both fighters be in such condition that to continue might subject them to serious injury, the referee will declare the match a “No Contest”





# KNOCK OUT



*197<sup>th</sup> IN BDE, Forever Forward*

- A Knock Out is registered when the referee deems that one fighter cannot defend himself and is in danger of receiving excessive damage if the match continues. In this case, the referee will award the other fighter a KO victory

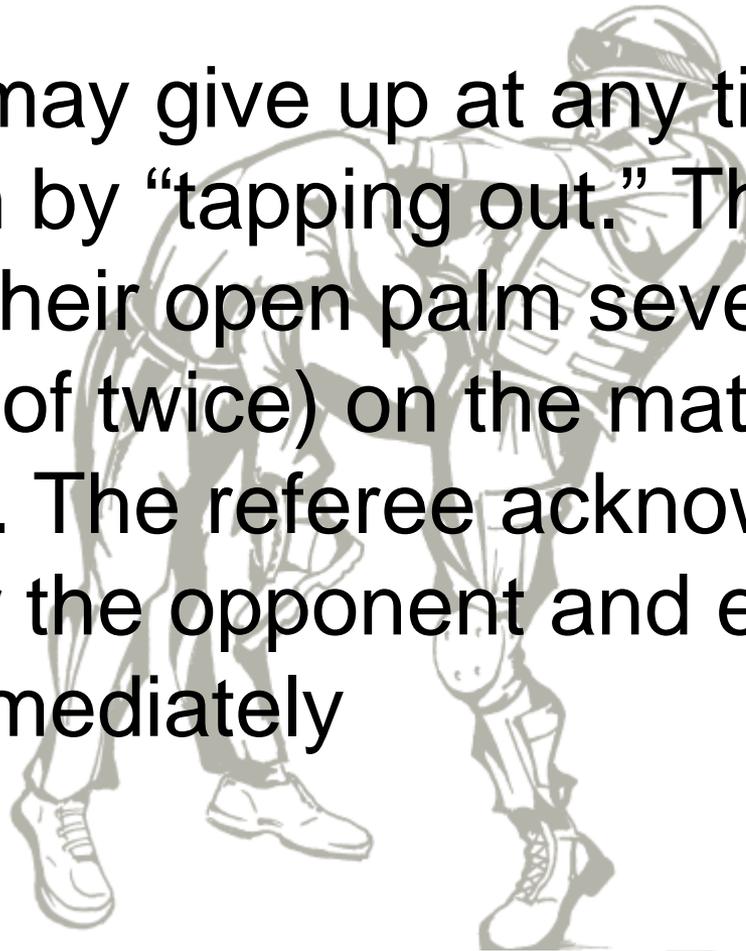


# TAP OUT



*197<sup>th</sup> IN BDE, Forever Forward*

- A fighter may give up at any time during the match by “tapping out.” This is done by slapping their open palm several times (a minimum of twice) on the mat, or their opponent. The referee acknowledges a victory for the opponent and ends the match immediately



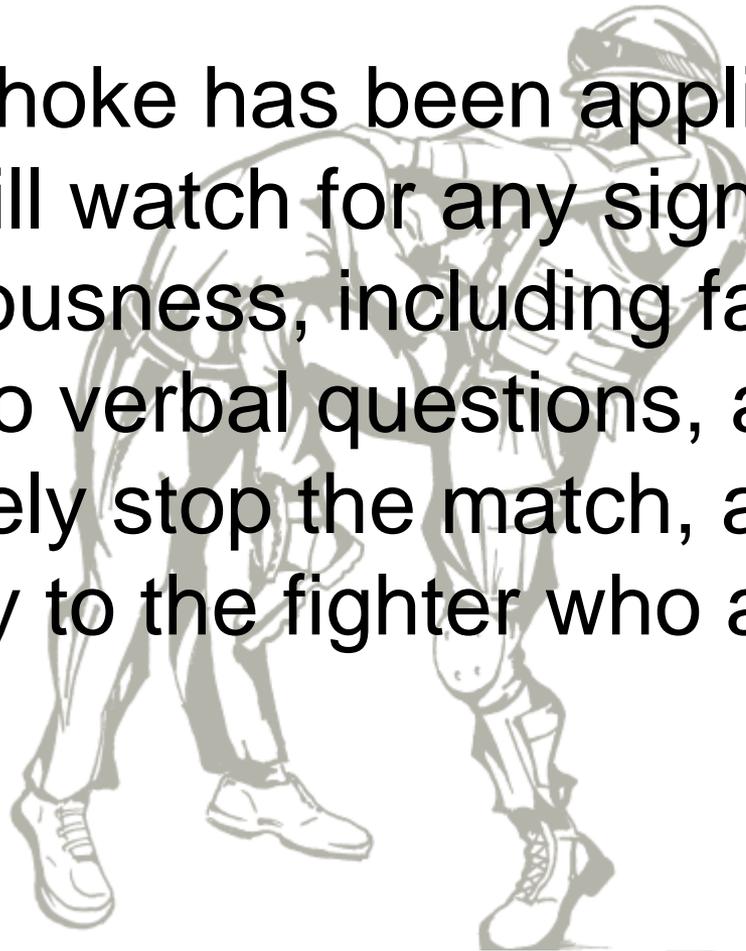


# CHOKE OUT



*197<sup>th</sup> IN BDE, Forever Forward*

- When a choke has been applied, the referee will watch for any sign of the unconsciousness, including failure to respond to verbal questions, and immediately stop the match, and awarding the victory to the fighter who applied the choke





# REFEREE STOPPAGE



197<sup>th</sup> IN BDE, Forever Forward

- The referee will consider both combatants' safety at all times. He may stop the match if he thinks that a fighter's safety is in danger and or injury is eminent. This is especially important when a joint lock is being applied and the fighter refuses to "tap out" or verbally submit



# FAILURE TO COMPETE



197<sup>th</sup> IN BDE, Forever Forward

- In any case that the referee decides that the fighters are not honestly competing, that a knock out was a “dive”, he will stop the bout and declare it ended; both fighters shall be disqualified from the tournament, and order the team points of both fighters to be deleted. The bout will be considered a “No Contest”

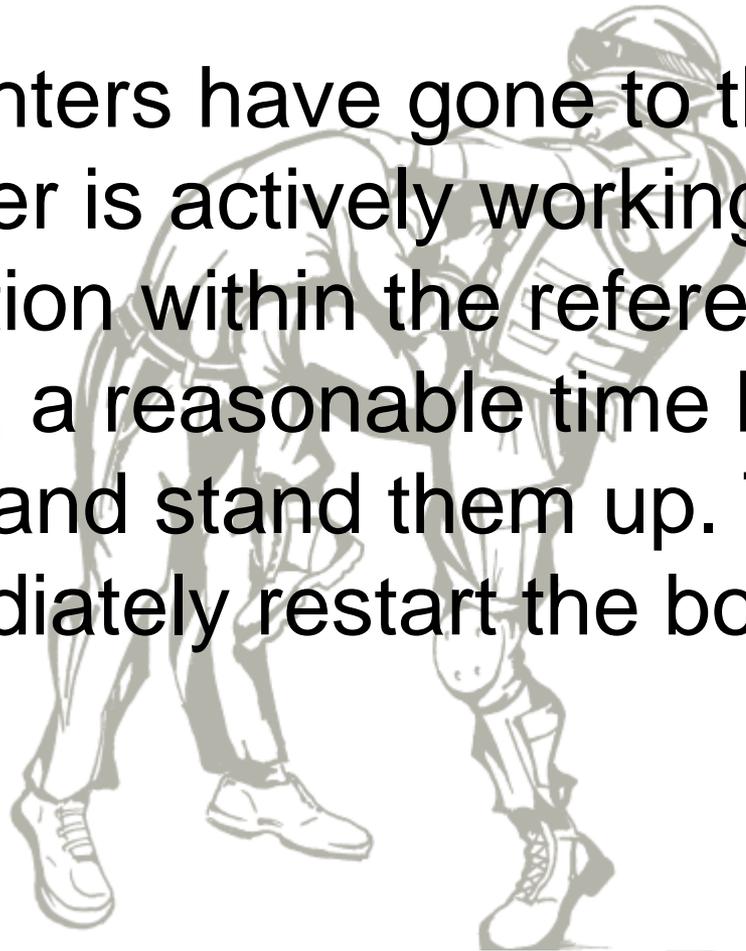


# STALEMATE



*197<sup>th</sup> IN BDE, Forever Forward*

- If both fighters have gone to the ground and neither is actively working to improve their position within the referee's judgment, a reasonable time he shall separate and stand them up. The referee will immediately restart the bout





# INJURIES



197<sup>th</sup> IN BDE, Forever Forward

- If a competitor sustains an injury of any type during the match by means of legal techniques or natural occurrences and cannot continue the match the opponent shall be deemed the winner
- If a competitor becomes injured as a result of an illegal technique and cannot continue the match, he/she will be deemed the winner



# PHYSICIAN



197<sup>th</sup> IN BDE, Forever Forward

- Will conduct a thorough physical and eye exam
- Must be seated ringside throughout the duration of all bouts (if not present bouts must stop until he returns)
- Must report all cases in which the fighters have been injured during a bout



# RINGSIDE OFFICIALS



*197<sup>th</sup> IN BDE, Forever Forward*

- A USACCS BCIC qualified referee
- One timekeeper
- Tournament Director
- Physician
- Three USACCS BCIC qualified judges

Will be present for all Intermediate Rules bouts





# MATCH DURATION & SCORING



197<sup>th</sup> IN BDE, Forever Forward

- Each bout will be 10 minutes

- 5 Point Must Scoring System

Judges are required to determine a winner of a bout that ends after the round has been completed. Judges must evaluate Combatives techniques, awarding one point for:

1. Effective Striking
2. Effective Takedowns
3. Controlling the ground

Judges will award 2 additional points to the fighter who dominates the round



*197<sup>th</sup> IN BDE, Forever Forward*

# Questions???



*Training the Soldiers and future Leaders of the Army!*



# Point of Contact



197<sup>th</sup> IN BDE, Forever Forward

**Combatives School: (706) 545-2811 / [combatives@benning.army.mil](mailto:combatives@benning.army.mil)**  
**Master Trainer: SFC Kevin Rice**  
**Chief Trainer: SSG James Hanson**



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