

Standard Rule (6 min)

Uniform:

All competitors will wear standard ACU sterile uniform. Collars must be out and folded down, cuffs on sleeves must be fully extended, pants must be tied tight around waste, trousers can be rolled or bloused with strings not exposed, tops may be zipped or unzipped with zipper taped, PT shorts must be worn underneath ACU pants, tan colored t-shirt (Unit logo's OK on tan shirt). Mouth piece and groin protection are recommended but not required. Soft knee and ankle braces are allowed, no braces with hard plastic or metal are allowed.

Women must wear breast protectors and/or an athletic brassiere.

Fighters may wear wrestling shoes or bare feet. No watches, piercing's/jewelry of any kind, no belts, if you have a ring that won't come off it must be taped. Finger/toe nails must be trimmed. No glasses of any type will be permitted, soft contacts are acceptable. Competitors and coaches must be clean shaven, haircuts within regulation.

Points for Standard Competition:

Passing the guard 3 pts – Opponent must be passed the guard and controlling to receive the points

Sweep 3 pts - After establishing guard the bottom fighter changes position placing his opponent on his back

Knee mount 3 pts – The opponent places knee on the abdomen or chest of the downed fighter with his leg posted out and stabilized.

Mount 4 pts – Both Feet and knees must be on the ground controlling the opponent Rear

mount 4 pts – Fighter must establish position behind his opponent with both hooks in

Passivity 2 pts – When a fighter disengages from the top position points will be awarded to other fighter

Stalling 1 pt – When a fighter is up on points and is running down clock he will be warned 3 times and a point will be awarded to competitor until fighter tries to advance his position

Takedown to NDP 2 pts – From the standing position the fighter places his opponent on the ground ending in either the guard or behind the arms of a face down opponent

Takedown to DP 3 pts - From the standing position the fighter places his opponent on his back passes the guard and gains one of the following positions: side control, mount, knee mount or north/south.

Referees will not tolerate abuse of the point system. If a competitor repeats techniques to accumulate additional points, referee will not award points for these moves. In addition you can not gain points from disengaging from a DP to a less DP. You must advance your position to be awarded points.

Illegal Techniques:

The following fouls will be considered enough to warrant immediate disqualification from the tournament. The use of abusive and or foul language, cursing, or other act of blatant disrespect, biting, pinching, clawing, hair pulling, attacking the eyes, nose, or mouth of ones 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. The blatant use of intentional avoidance, running, pulling oneself into a safety and/or danger area while caught in a submission attempt by there opponent. This will be deemed a submission. Intentional or repeated non compliance with competition rules flagrant disregard of the referee's instructions, twisting knee or ankle attacks no heal hooks no

twisting toward ankle attacks, no small joint manipulation of fingers, toes or wrists. No striking of any kind, no slamming/spiking opponent no guard slams, no neck cranks over the guard guillotine, or twisting spine attacks twister, no open hand chokes, or face crush.

Legal Techniques:

Soldiers may use chokes, joint locks (shoulder, elbow, straight ankle, and straight knee), and muscle manipulation to submit their opponent.

Ways to Win:

Forfeit, no contest, submission, choke out, scoring the match, disqualification, referee stoppage, corner stoppage, medical stoppage.

Coach's Area:

Area will be designated by a red or blue piece of tape at opposite corners. Coaches must remain in their corner for the duration of the bout. Failure to comply with this will result in disqualification of ones fighter, one corner men per fighter

Protests:

The competitors and or coach have the right to have a complaint. First you need to notify the chief of referee's who will discuss the complaint with the director, no videotaped evidence. The competition director will make the final decision on the outcome of the complaint/protest. Note: This rule is to prevent arguments in the matted area coaches may not discuss calls with the referee. Any such arguments will warrant immediate disqualification and or removal from the event.

Order of Events:

From the warm-up area you will hear your bout number and or names called. From that area you will proceed to the bracketing table to receive your bout sheet. You will take your bout sheet to your assigned mat 1-8 there you will give the scorers table your bout sheet. You will then put on the proper colored belt as corresponds to your bout sheet. After the match you will both take your belts off and return them to the scorers table. Both competitors will sign the scorer's sheet, and confirm it is correct. Take all commands from the referee.