

Name: _____
Date: _____
Class #: _____
Score: _____/33
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UNITED STATES ARMY COMBATIVES COURSE

Tactical Combatives Course

Standard Rules Exam

Answer Key

1) Guard is worth:

- a. 0 pts.
- b. 2 pts.
- c. 3 pts.
- d. 1 pt.

2) Side Control / North-South is worth:

- a. 2 pts.
- b. 3 pts.
- c. 1 pt.
- d. 0 pts.

3) Knee Mount is worth:

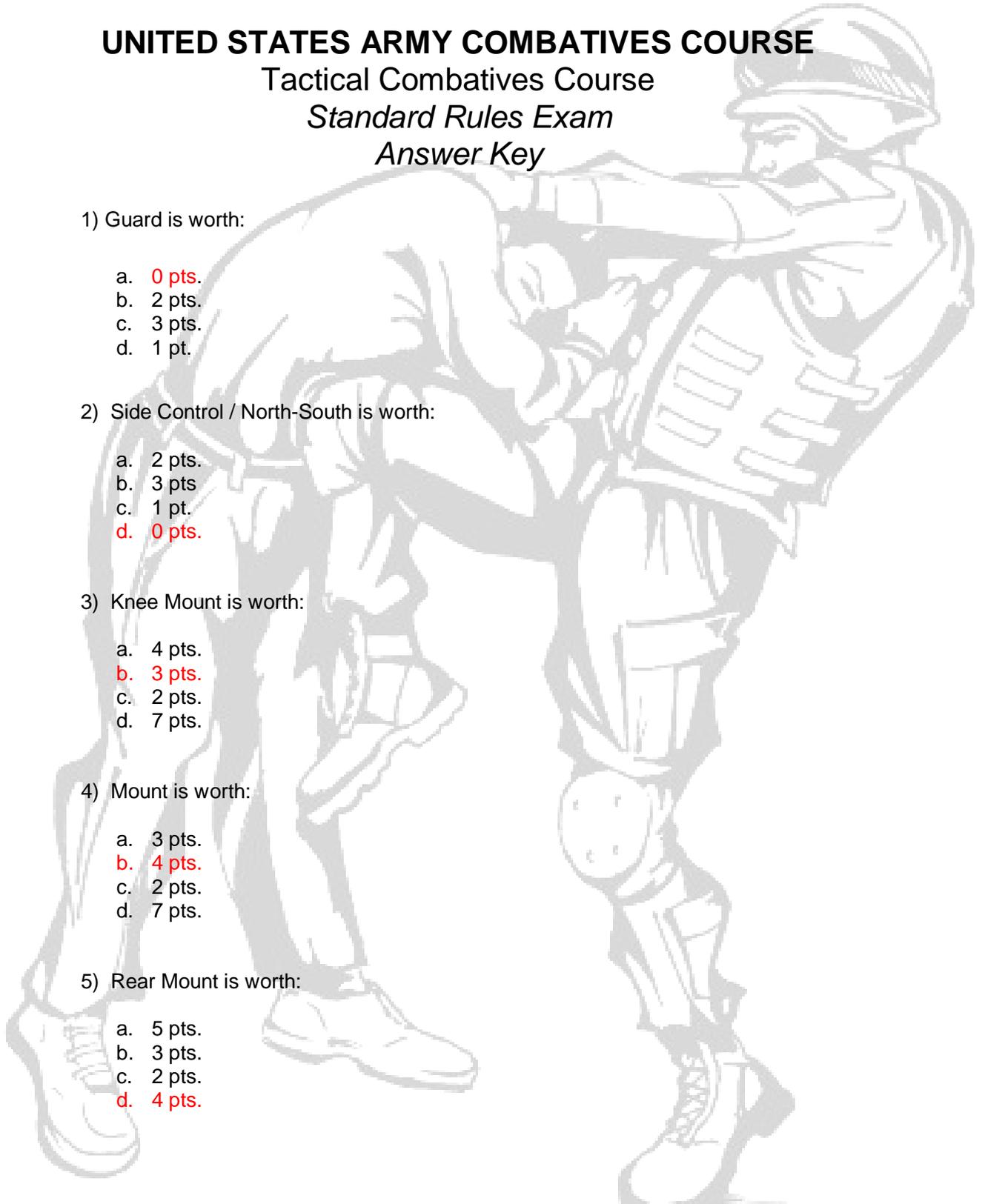
- a. 4 pts.
- b. 3 pts.
- c. 2 pts.
- d. 7 pts.

4) Mount is worth:

- a. 3 pts.
- b. 4 pts.
- c. 2 pts.
- d. 7 pts.

5) Rear Mount is worth:

- a. 5 pts.
- b. 3 pts.
- c. 2 pts.
- d. 4 pts.



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- 6) Takedown to a dominant position is worth:
- a. 1 pt.
 - b. 4 pts.
 - c. 2 pts.
 - d. 3 pts.
- 7) Pulling Guard is worth:
- a. 2 pts.
 - b. 3 pts.
 - c. 2 pts. to opponent.
 - d. 3 pts. to opponent.
- 8) Takedown to a Non-Dominant Top Position is worth:
- a. 0 pts.
 - b. 3 pts.
 - c. 1 pt.
 - d. 2 pts.
- 9) A Sweep is worth:
- a. 3 pts.
 - b. 5 pts.
 - c. 7 pts.
 - d. 2 pts.
- 10) Passing the Guard is worth:
- a. 1 pt.
 - b. 3 pts.
 - c. 2 pts. to opponent.
 - d. 4 pts.
- 11) True or False: Twisting Knee and Ankle attacks are allowed in Standard Rules Matches.
- a. True
 - b. False
- 12) When a Competitor (Red) commits a flagrant foul, what action should you take?
- a. Issue a warning to Red.
 - b. Award two passivity points to Blue.
 - c. Disqualify Red and strip him of all points toward team totals.
 - d. Pause the action and reset the competitors back in the center of the competition area.

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13) Red takes Blue down and ends up inside Blue's Guard. Red then passes the Guard directly to Mount. How many points does Red receive?

- a. 9 pts.
- b. 7 pts.
- c. 11 pts.
- d. 6 pts.

14) Red is caught in a Rear Naked Choke and rolls out of bounds to avoid the submission attempt. What action should you take?

- a. Reset the competitors back in the center of the mat in the same position.
- b. Disqualify Red for fleeing the area and award the submission victory to Blue.
- c. Reset the competitors back in the center of the mat from standing.
- d. Warn Red and award 2 passivity points to Blue.

15) How are ties decided in Standard Rules?

- a. Referee's decision.
- b. Judge's Decision.
- c. Most time in a Dominant Position.
- d. Allow time to continue until the next points are awarded, scored, or the submission is achieved.

16) How many support personnel (Coaches & Second's) are allowed per competitor per match/bout?

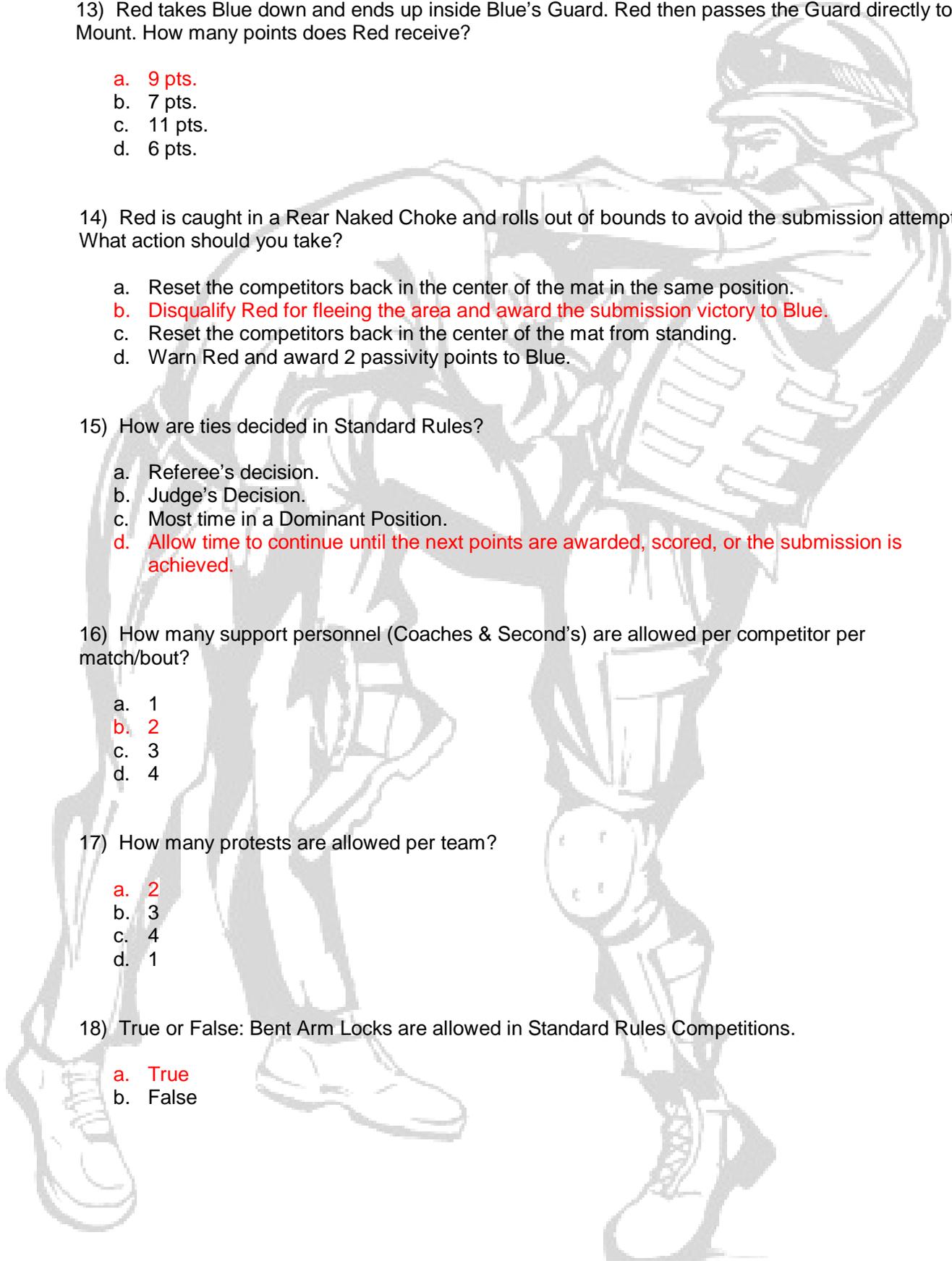
- a. 1
- b. 2
- c. 3
- d. 4

17) How many protests are allowed per team?

- a. 2
- b. 3
- c. 4
- d. 1

18) True or False: Bent Arm Locks are allowed in Standard Rules Competitions.

- a. True
- b. False



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19) True or False: CLS-Certified personnel are the minimal medical requirement for Standard Rules Matches.

- a. True
- b. False

20) How many medical personnel are required per individual competition ring for a Standard Rules Bout?

- a. 1
- b. 2
- c. 1 and a Physician's Assistant
- d. 1 and a Physician

21) True or False: Mouthpieces are required for Standard Rules Matches?

- a. True
- b. False

22) Red attempts a throw and ends up on his back with Blue on top, in Side Control. How many points does Blue get?

- a. 1 pt
- b. 2 pts.
- c. 3 pts.
- d. 4 pts.

23) How long is the maximum time limit for Standard Rules Bouts?

- a. 2 minutes
- b. 4 minutes
- c. 6 minutes
- d. 8 minutes

24) True or False: The timekeeper is responsible for halting a match.

- a. True
- b. False

25) Define Rear Mount.

Positive control of the opponent while behind them with both hooks in, ankles not crossed.

26) Define Mount.

Positive control of the opponent. Both feet and knees on the ground, seated on the opponent with weight established generally at or above the opponent's beltline.

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27) Define Knee Mount.

Positive control of the opponent. The fighter places one knee in his/her opponent's abdomen or sternum and the other foot remains posted on the ground away from the opponent.

28) Define Side Control.

Positive control of the opponent while laying atop the opponent's upper body, either perpendicular to the opponent or in North/South position, with the opponent generally flat on his/her back and free of the entanglement of the legs.

29) Define Closed Guard.

Legs locked around one or both of the opponent's legs from the bottom position, generally above the knee.

30) Define Open Guard.

Positive control of the opponent with the legs from the seated or supine position without locking legs together at the ankles.

31) Define Passing the Guard.

Beginning in either Closed or Open Guard, working to pass the legs and establishing a dominant body position free of entanglement of the legs.

32) Define Sweep.

Beginning in an established Guard, using a combination of the hands and feet to place the opponent flat on their back while establishing an equal or superior position.

33) How are points scored and positions established in Standard Rules Bouts?

All points and positions are scored or established to the satisfaction of the referee.