Intermediate Competition

1. Intermediate competition rules are used—
	* During the finals at a battalion or regimental championship tournament.
	* During the semi-finals at division or higher-level championship tournaments.
2. Striking is introduced at the intermediate competition level. Fighters can use open hand strikes to the face, closed fist strikes to the body, kicking with the foot and shin,,knee strikes from the waist down takedowns, groundfighting techniques with chokes, and joint locks (shoulder, elbow, straight ankle and straight knee) to submit their opponents.

**Note.** These competitions must be supervised by a certified Combatives Master Trainer Course graduate.

Advanced Competition

1. Advanced competitions allow for closed fist strikes, kicks with the feet and shins, and knee strikes below the head. In this level, competitors can use takedowns to a dominant body position, ground- fighting with chokes, joint locks (shoulder, elbow, straight ankle and straight knee), and muscle manipulation to submit their opponents.

Scenario Competition

1. Scenario competitions allow for closed fist strikes, elbow strikes, head butts, kicks with feet and shins, and knee strikes below the head while in full tactical combat gear and weapon. In this level, competitors can use takedowns to a dominant body position, groundfighting with chokes, joint locks, weapon and tactical techniques (shoulder, elbow, straight ankle and straight knee, muscle strike and head butt), and muscle manipulation to subdue the enemy with the proper escalation of force.
2. Advanced and scenario competition rules are used during the finals for division and higher-level tournaments.

**Note.** Advanced and scenario competitions must be staff by a minimum of four certified Combatives Master Trainer Course graduates.

**Note.** Uniforms are subject to the competition director’s discretion.

**Table A-8. Level of competition and required uniform**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ***UNIFORM******LEVEL*** | ***BASIC*** | ***STANDARD*** | ***INTERMEDIATE*** | ***ADVANCED*** | ***SCENARIO*** |
| **M** | **F** | **M** | **F** | **M** | **F** | **M** | **F** | **M** | **F** |
| ACUS | X | X | X | X | X | X | X | X | X | X |
| TacticalUniform |  |  |  |  |  |  |  |  | X | X |
| **Note.** M indicates male competitors and F indicates female competitors. |

**Combat Uniforms**

All fighters must be dressed in a serviceable ACU with bottoms, sand T-shirt, and top.

**Jacket**

The ACU jacket may be worn inside out. The zipper of the ACU must remain unzipped with 1 ½ inch of athletic tape applied to both sides of the zipper. The sleeve cuffs of the top must be rolled down. The lapel and skirt must remain exposed; no tucking in or stitching down is permitted.

**T-Shirt**

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

**Bottoms**

Competitors must wear appropriate physical fitness type shorts under the Combat Uniform bottoms.

**Footwear**

The fighter must be barefoot or wear wrestling shoes.

**Shorts**

The fighter may wear shorts with appropriate service or unit symbols and must present a neat and tidy appearance .During informal completion. I.E during PT

**Footwear**

The fighter must be barefoot.

**Tactical Combat Uniform**

All fighters must wear all components of the Army Combat Uniform as outlined in paragraphs A-125 through A-128.

**Footwear**

All fighters must wear military boots.

**Tactical Vest**

All fighters must wear the proper improved outer tactical vest (IOTV) or military equivalent.

**Helmet**

Fighters will wear the Army Combat Helmet (ACH) or military equivalent.

**Personal Protective Equipment**

Fighters will wear the proper personal protective equipment. (See table A-9.)

**Undergarments and Other Apparel**

Earrings and all other body piercings, wrist and ankle bracelets, necklaces, watches, and rings are prohibited.

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

**COMPETITORS’ EQUIPMENT**

Fighters must be properly equipped for their bouts (Table A-9). Fighters who do not present themselves properly equipped at the start time of their bout may be penalized by the referee, including being counted out of the match if any equipment problems cannot be solved within five minutes of the referee's order to correct such problem.

**Note.** Pieces of equipment are required only to the extent outlined in table A-9 and will be further enforced by the tournament director.

**Mouthpiece**

All competitors must wear fitted mouthpieces. All competitors should have an extra mouthpiece ringside during their match. Competitors must furnish their own mouthpieces.

**Groin Protector**

All competitors are required to wear an approved groin protector. A plastic cup with an athletic supporter is adequate. Competitors must furnish their own groin protectors.

**Soft Braces and/or Pads for the Elbows, Knees, and Ankles**

Soft braces and/or pads for the elbows, knees, and ankles are permitted; however, they must not restrict range of motion or give an unfair advantage to the competitor wearing them. Elbow, knee, or ankle supports must be made of neoprene. The chief of referees or tournament director must inspect all elbow, knee, or ankle braces, pads, and supports prior to the conduct of bouts.

**Table A-9. Equipment required for each level of competition**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ***EQUIPMENTLEVEL*** | ***BASIC*** | ***STANDARD*** | ***INTERMEDIATE*** | ***ADVANCED*** | ***SCENARIO*** |
| Mouthpiece | S | S | R | R | R |
| Groin protector | S | S | R | R | R |
| Soft braces and/or pads for the elbows, knees and ankles | S | S | S | S | S |
| Hard braces | N/R | N/R | N/R | N/R | N/R |
| Shin and instep pads | N/R | N/R | R | S | N/R |
| Knee pads | S | S | R | S | S |
| Martial arts belt | S | S | R | S | N/R |
| Tape and gauze for wrapping feet or ankles | N/R | N/R | S | S | N/R |
| Tape and gauze for wrapping hands | N/R | N/R | N/R | R | N/R |
| Gloves | N/R | N/R | N/R | R | N/R |
| Helmet | N/R | N/R | N/R | N/R | R |
| Tactical Vest | N/R | N/R | N/R | N/R | R |
| PPE: Eye and ear pro, gloves, knee and elbow pads | N/R | N/R | N/R | N/R | R |
| Impact Reduction Suit (OPFOR) | N/R | N/R | N/R | N/R | R |
| Note. R indicates that equipment is required.S indicates that the equipment is suggested or recommended.N/R indicates that the equipment is not recommended or permitted. |