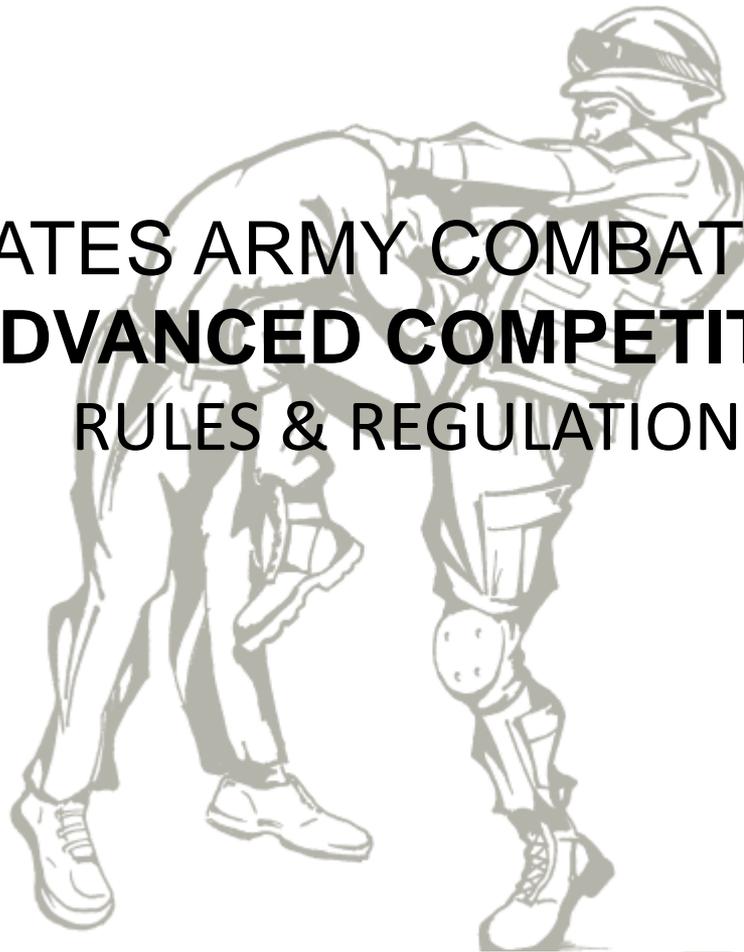




197th IN BDE, Forever Forward

UNITED STATES ARMY COMBATIVES SCHOOL ADVANCED COMPETITION RULES & REGULATIONS



Training the Soldiers and future Leaders of the Army!



MISSION



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- ***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



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- ***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.***



Advanced Rules



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- Are used for the finals of a Division or higher level tournament, and must be staffed by a group of no less than 4 USACS Tactical Combatives Instructor Course certified Instructors.
- Advanced rules are a portion of the graduated set of rules that force Soldiers to train for combat instead of focusing on winning a sport.



COMPETITION AREA



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- Ring or Cage no smaller than 18'x18' with ½ to 1" layer of closed cell foam.
- The floor covering to the Cage or Ring must be canvas or vinyl.
- The surrounding area will have padding on the floor around the ring or cage
- If using a Cage the fencing must be vinyl coated



EXAMINATION OF FIGHTERS



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- 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



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- 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



WEIGHT TIME



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- Fighters will be weighed on or before the day of the match, on the same scale by the Tournament Director or his authorized representative.
- Fighters that do not make weight are authorized to weigh in ringside, directly prior to the first bout of the competition. Opposing teams are allowed to have a representative at the weigh ins; weigh ins will not be delayed by their absence. (this is at the Tournament Directors discretion)

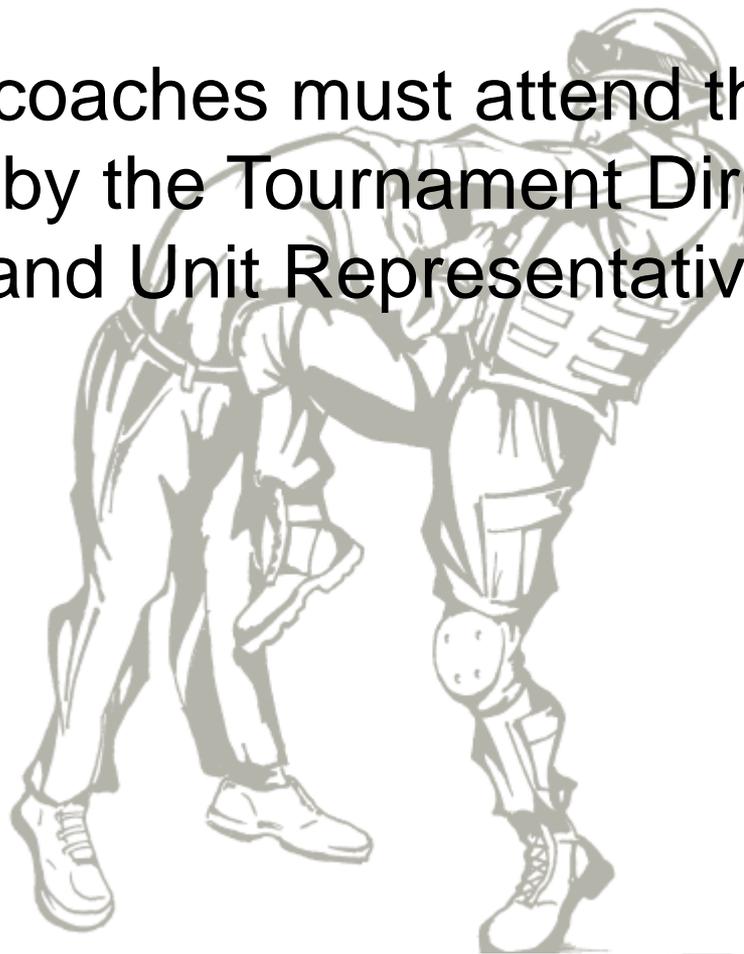


FIGHTERS AND SECONDS



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



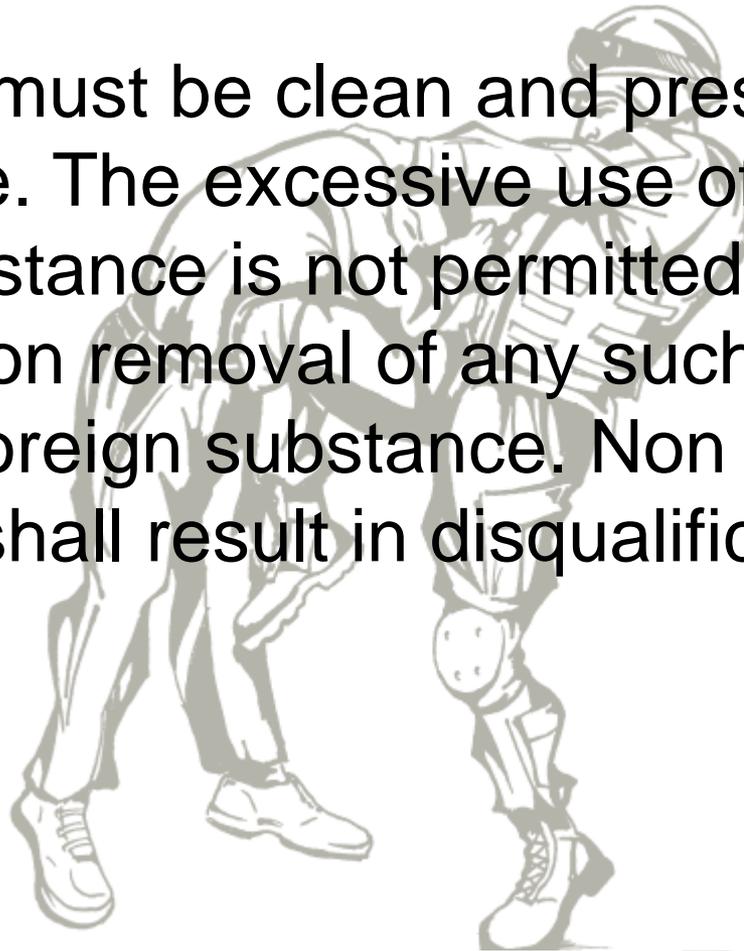


FIGHTER APPEARANCE



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- 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.



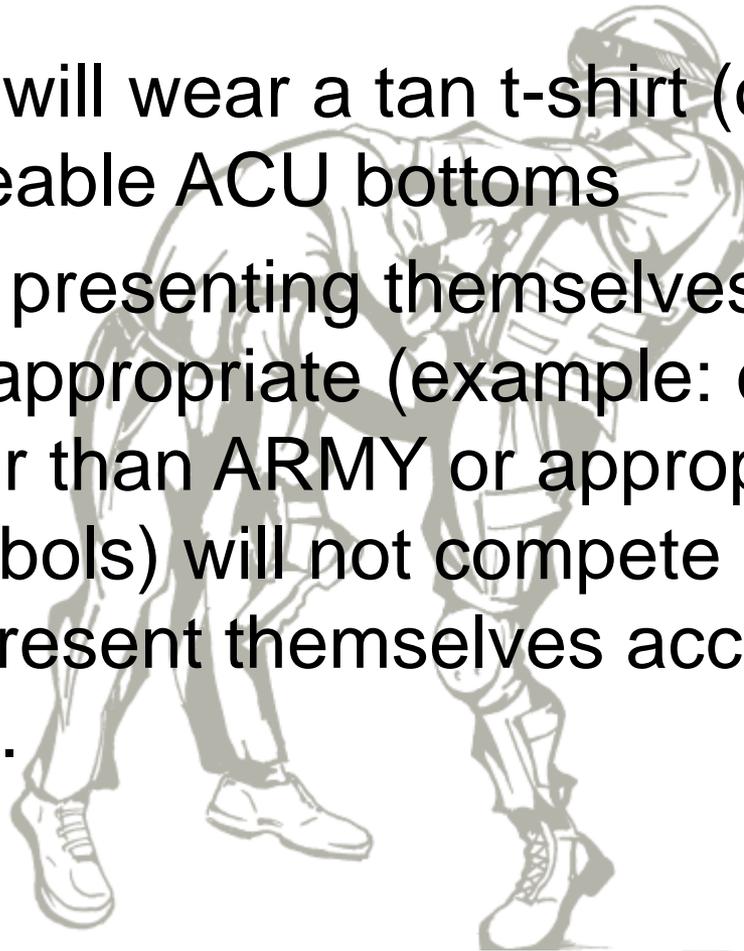


UNIFORM AND EQUIPMENT



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- All fighters will wear a tan t-shirt (or unit t-shirt), and serviceable ACU bottoms
- Any fighter presenting themselves in attire deemed inappropriate (example: 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.





UNIFORM AND EQUIPMENT



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- All fighters will wear regulation 4 ounce gloves approved and provided by the Tournament Director or Head Referee. If the gloves have been used previously, they must be whole, clean and subject to inspection by the referee or by the Tournament Director Representatives as to the condition. If found imperfect, they shall be changed before the bout starts.



UNIFORM AND EQUIPMENT



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- All fighters will wear an approved groin protector. A plastic cup with an athletic supporter is adequate
- All fighters must wear fitted mouth pieces, they should also have a second one on hand
- All fighters must furnish their own mouth piece and groin protector.
- Gloves, shin pads and knee pads and colored martial arts belt will be provided by the Tournament Director

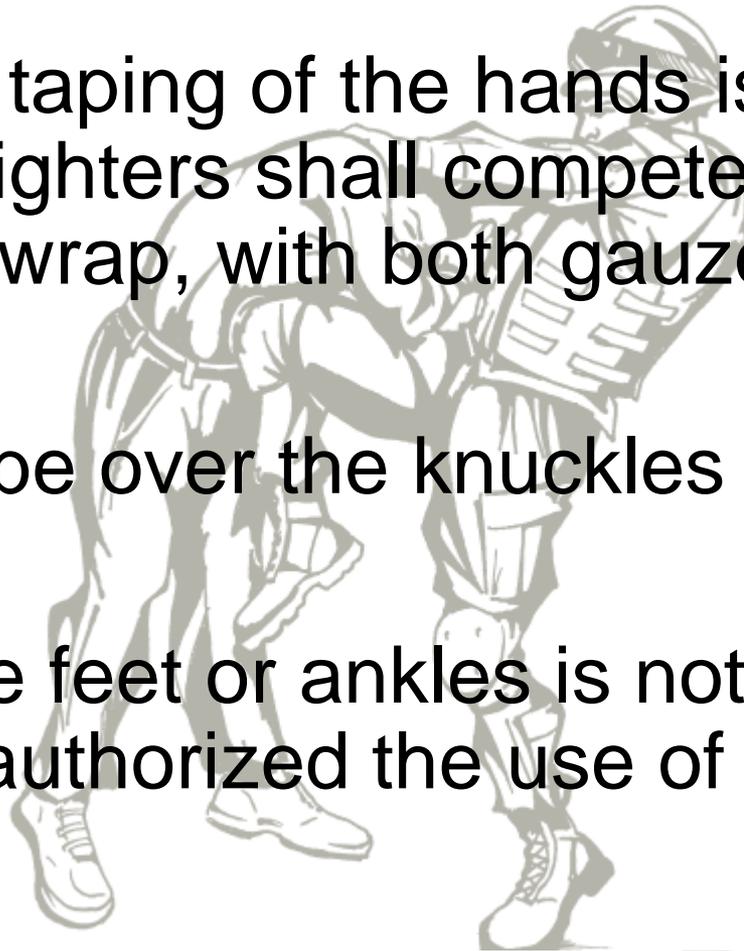


UNIFORM AND EQUIPMENT



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- Wrapping or taping of the hands is mandatory, fighters shall compete using a boxing style wrap, with both gauze and tape
- No tape will be over the knuckles
- Wrapping the feet or ankles is not mandatory, fighters are authorized the use of gauze and tape



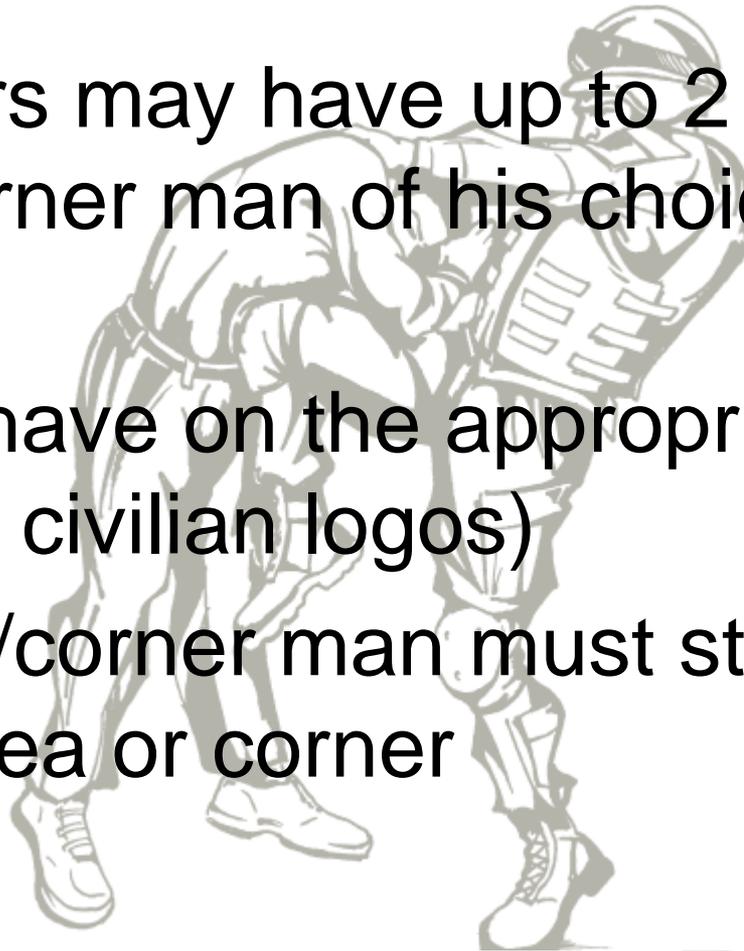


Coaches/Corner man



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- Each fighters may have up to 2 coaches/corner man of his choice for their match
- They must have on the appropriate uniform (No civilian logos)
- All coaches/corner man must stay in the assigned area or corner



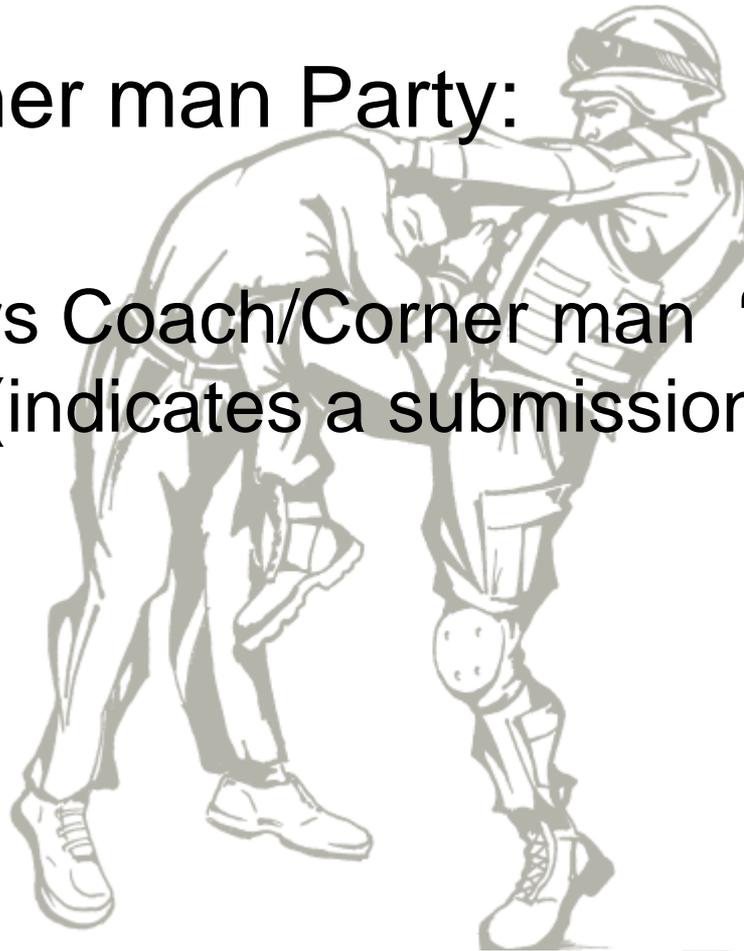


THROWING IN THE TOWEL



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- Coach/Corner man Party:
 - Competitors Coach/Corner man “throws in the towel” (indicates a submission)





DURATION OF BOUTS



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- Bouts are three rounds at five minutes per round
- One minute rest between rounds
- The time runs continuously unless the referee calls for a timeout due to equipment problems or a foul

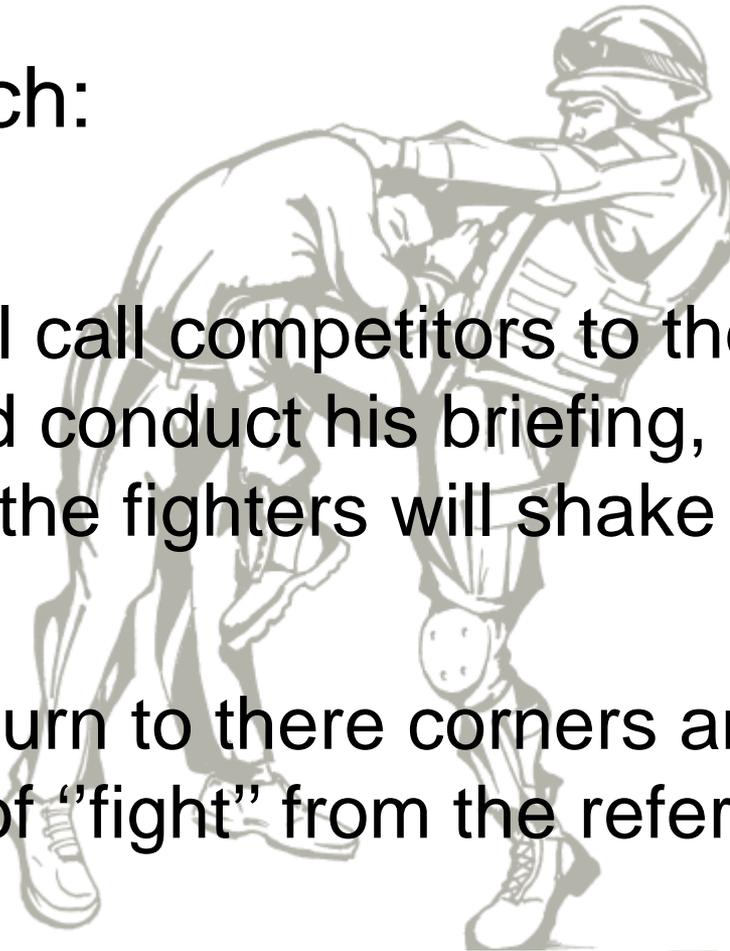


REPPONSIBILITY OF THE REFEREE



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- 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

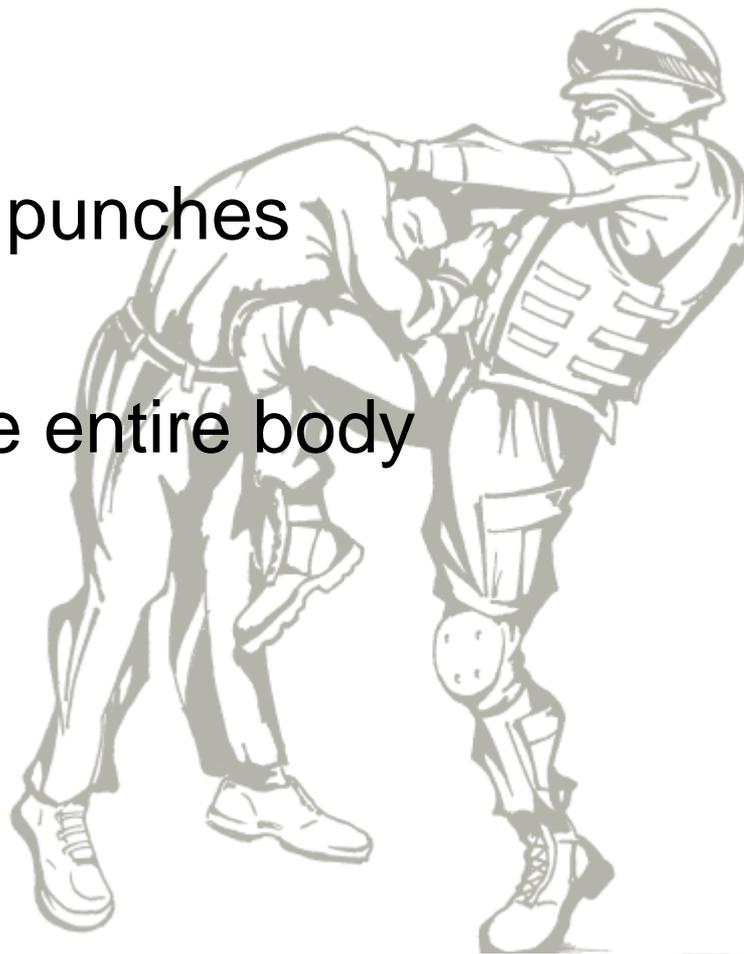




AUTHORIZED OFFENSIVE TECHNIQUES

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- Strikes:
 - Closed fist punches
 - Kicks to the entire body
- Takedowns
- Grappling





FOULS

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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
- Axe kick to the head
- Foot stomping

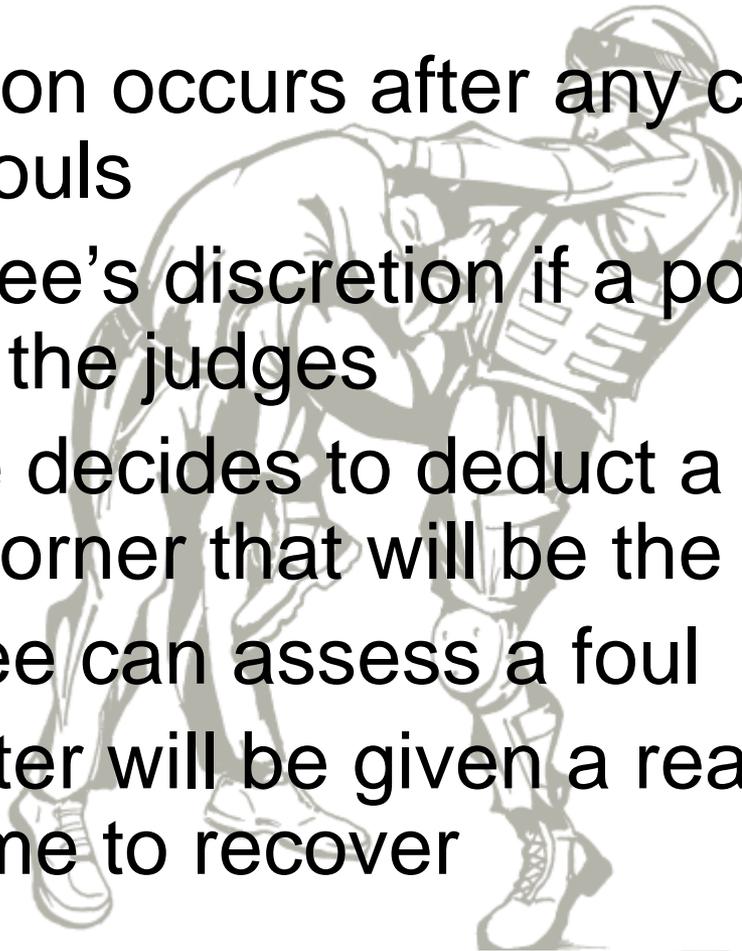


FOULS



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- Disqualification occurs after any combination of three (3) fouls
- It is the referee's discretion if a point will be deducted by the judges
- If the referee decides to deduct a point he will identify the corner that will be the penalized
- Only a referee can assess a foul
- A fouled fighter will be given a reasonable amount of time to recover





INTENTIONAL FOUL



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- The referee calls time
- The referee shall check on the fouled fighter
- The referee may then assess the foul by deducting a point
- The referee may instead of deducting a point may disqualify the offending fighter



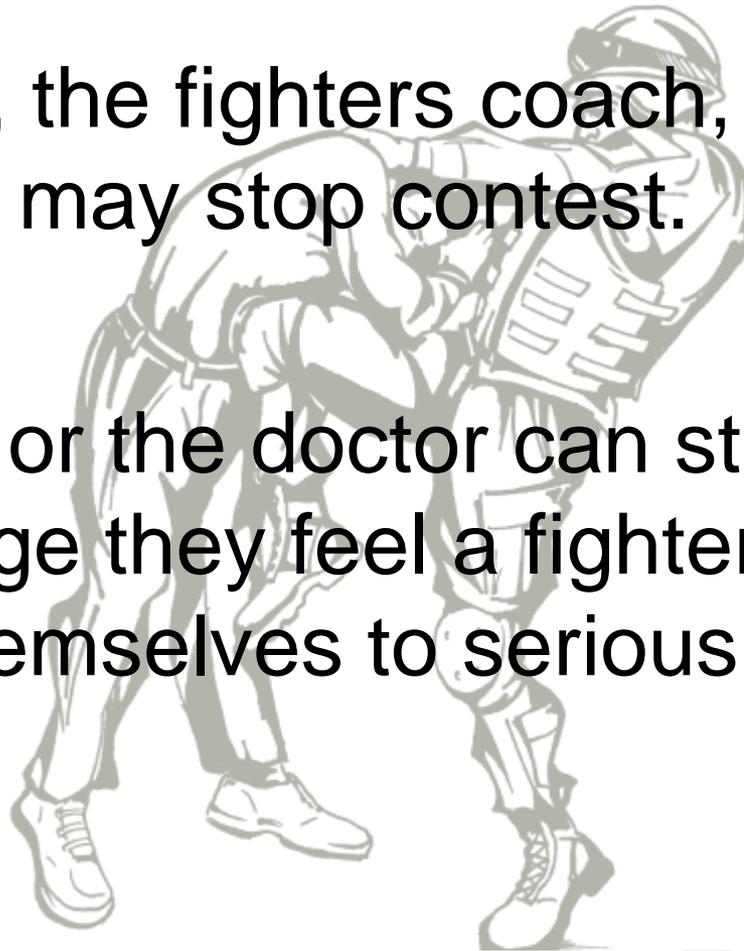
POWER TO STOP



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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 a fighter may subject themselves to serious injury



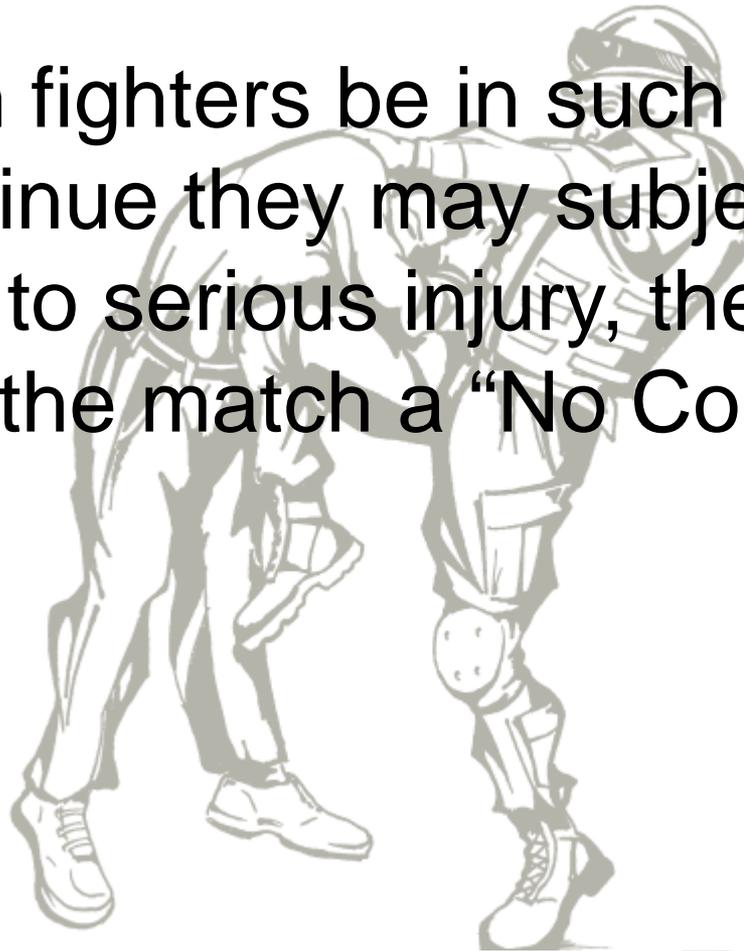


NO CONTEST



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



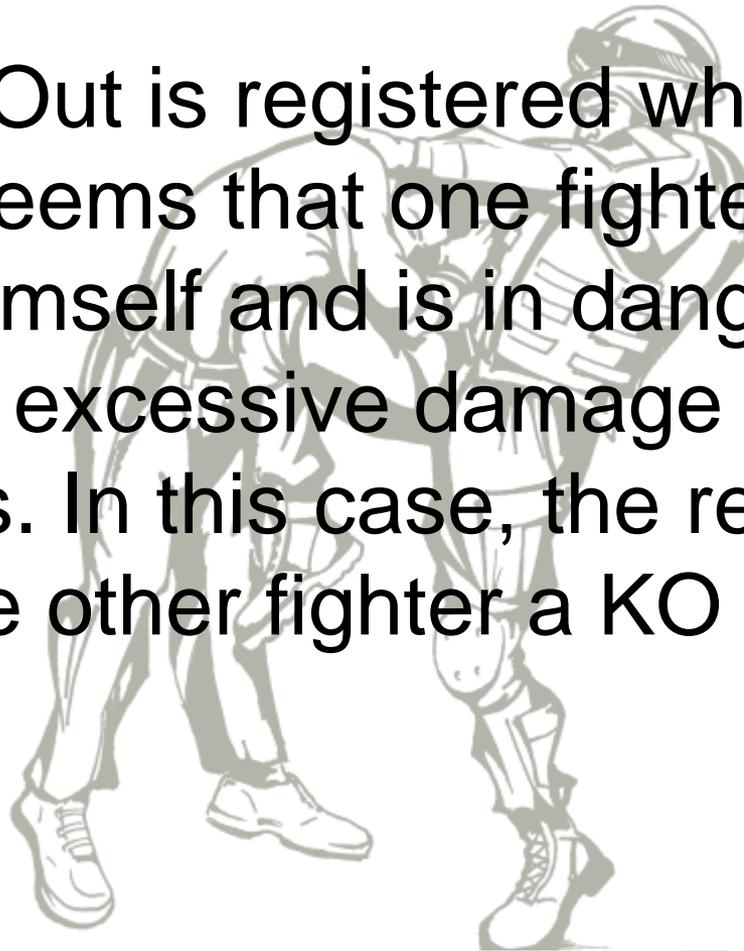


KNOCK OUT



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- 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



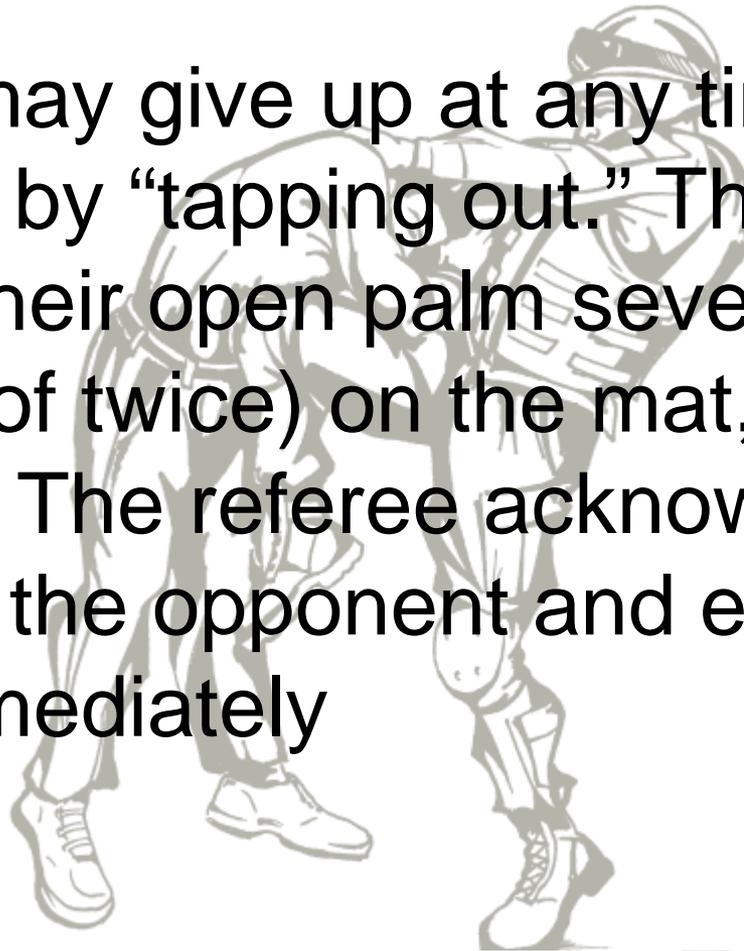


TAP OUT



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- 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



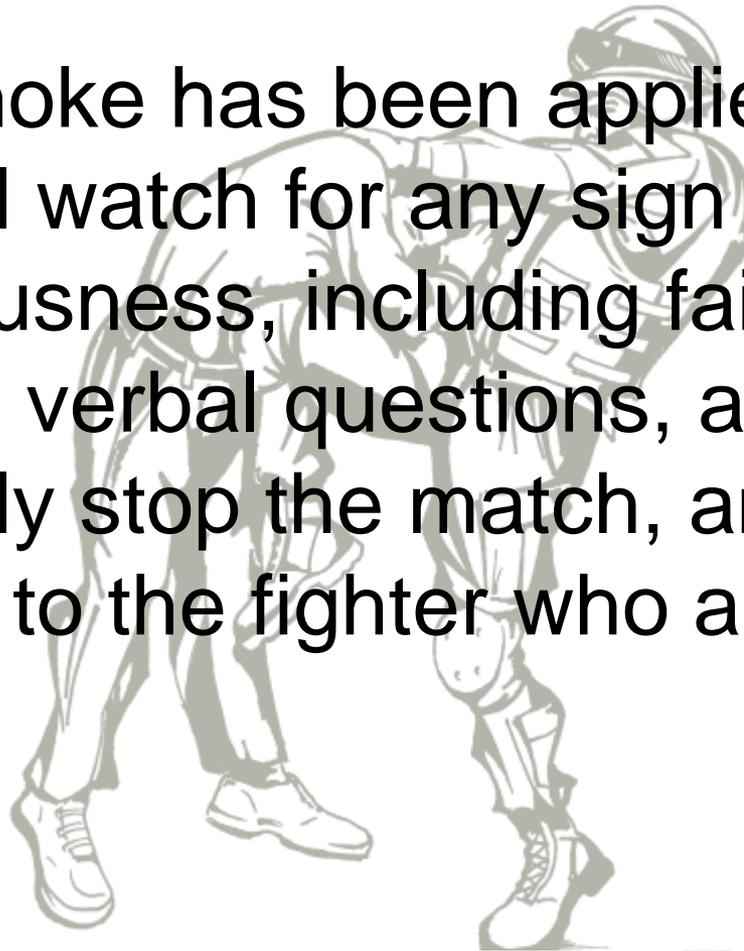


CHOKE OUT



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- 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



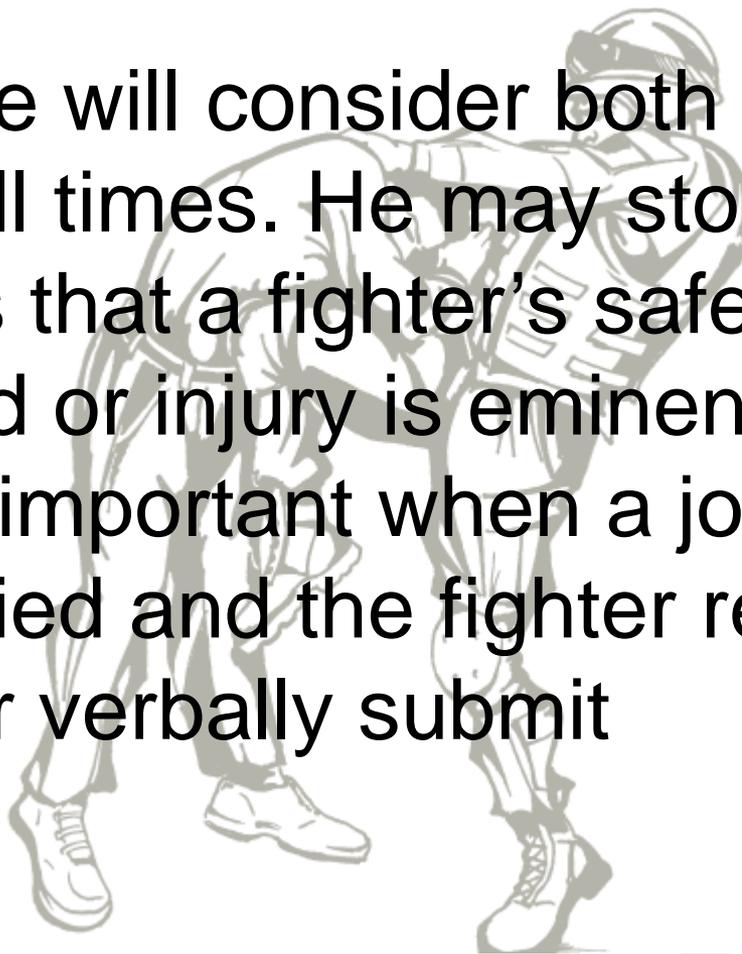


REFEREE STOPPAGE



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- 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



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- 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”

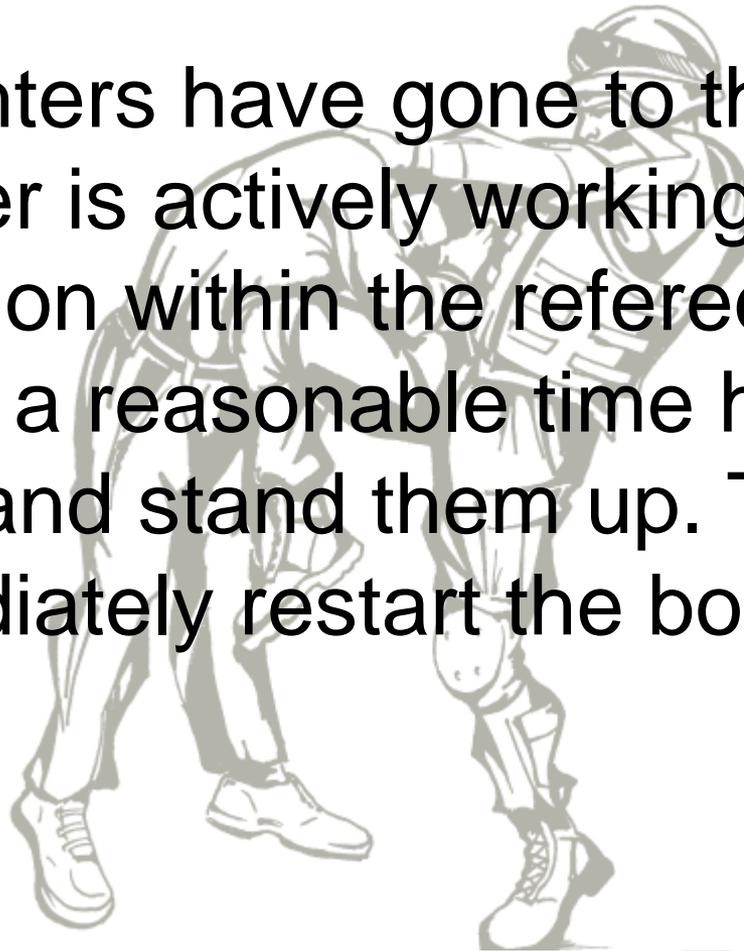


STALEMATE



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- 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



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- 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, their 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



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- 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 physician returns)
- Must report all cases in which the fighters have been injured during a bout



RINGSIDE OFFICIALS



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- One USACS TCIC qualified referee
- One timekeeper
- Tournament Director
- Physician
- Three USACS TCIC qualified judges

Will be present for all Advanced Rules bouts



SCORING



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- Using the 10 point must system judges are required to determine a winner of a bout
- At the end of each round the judges will award to the winner 10 points and 9 or less for the loser
- The rounds are based on MMA techniques such as effective striking, effective takedowns, ground control, ring control, and effective aggressiveness/defense

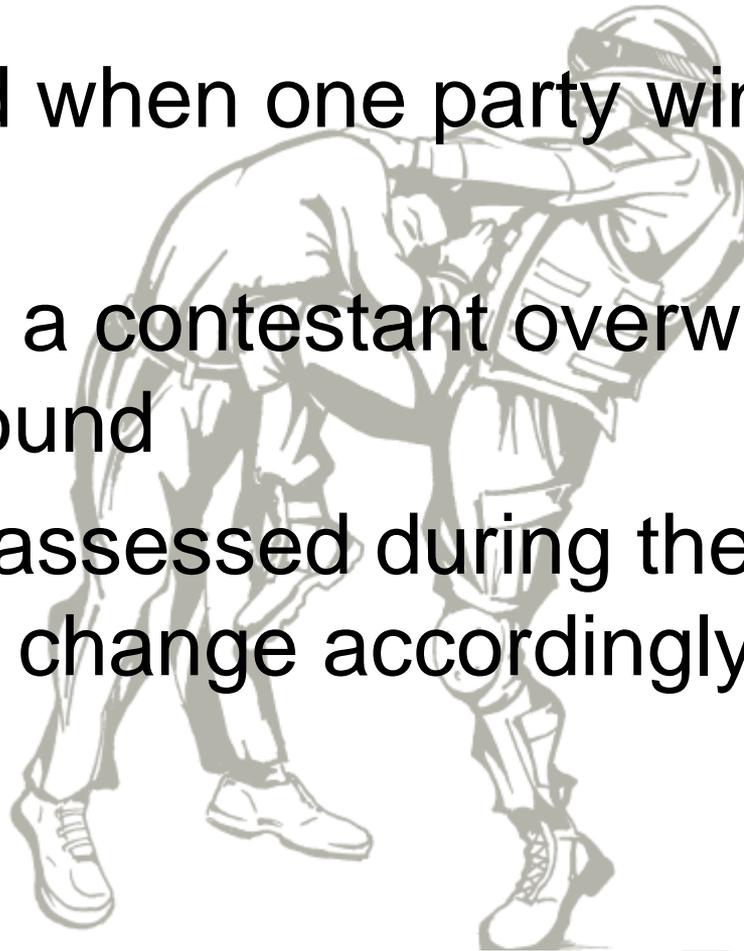


SCORING



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- 10-9 round when one party wins a close round
- 10-8 when a contestant overwhelmingly wins the round
- If a foul is assessed during the bout, the scores will change accordingly





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Questions???



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Combatives School: (706) 545-2811 / combatives@benning.army.mil

Master Trainer: SFC Kevin Rice

Chief Trainer: SSG James Hanson



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