



Grappling Competition Rules

Effective January 1, 2016

A. Requirements for Use

1. **The International Sports Grappling Association (ISGA) Competition Rules outlined herein must be used at all sanctioned events.**
2. These rules may be used by non-related organizations if desired. No liability for use of these Rules is assumed by the ISGA.
3. The ISGA shall not assume any responsibility or liability of any kind whatsoever for any unauthorized modification of any rules.

B. Divisions/Event Definition

Grappling is defined as an event involving (2) individuals engaged in a ground match. Opponents will start on their feet in a designated matted area or ring. Their goal is to demonstrate their ability to take an opponent to the ground and submit or demonstrate superior grappling abilities within a set period of time which is determined based on age and/or experience level. Competitors are separated by age, weight, and ability. Competitors are required to wear specified gear for their division and must adhere to the general rules.

C. Specified Gear

- All contestants are required to wear a mouthpiece during competition. Competitors with medical mouth apparatus (e.g. Braces, retainers, etc.) are required to remove the apparatus if removable, or wear a mouth guard that fully covers the apparatus.
- If the mouthpiece is involuntarily dislodged during competition, the referee shall call time and allow the competitor to reinsert the mouthpiece at the first opportune moment, without interfering with the immediate action.
- For males-cup and supporter are required.
- For females-Sport bra is required.

Note: Excessive taping of hands, wrists or feet is not allowed

D. No Gi events

- Each contestant shall wear grappling shorts, biking type shorts, or kick-boxing shorts.
- Gi pants are allowed, but Kimono top is prohibited during competition.
- Rash guard (long or short sleeve) or t-shirt can be worn, no shirt is also permitted.
- Wrestling/Martial Arts shoes are allowed in the No Gi divisions (but NOT in the Gi divisions.)
- Note: Contestants may not attack using their own or their opponent's cloth.

E. Gi events

- A Judo or jiu jitsu approved uniform with sleeves, constructed of cotton or similar material.
- Colors must be solid and tops must match bottoms, no combined colors
- The uniform cannot be so tight or so loose as to give an "unfair advantage" to the wearer of the gi.
- The sleeves of the competitor's uniform must extend past the elbow to approximately the center between the elbow and the wrist, but shall not cover the wrist. The pants of



the competitor’s uniform must extend below the knee covering most of the shin, but must be at least one inch above the mat.

- Sleeves or pants shall not be rolled-up or cuffed-up on the competitor’s uniform during a match.
- Athletes are not permitted to compete with a torn or bloody uniform, or with sleeves or pants that are not of proper length.
- T-shirts or rash guards can be worn underneath.

F. Match Duration

Division	Age	Time (minutes)
Youth	0-12	3
Teen	13-17	4
Adult	18+	5
Advanced Adult	18+	6

G. Scoring:

Takedown	2 Points
Sweep from the Guard	2 Points
Passing the Guard	3 Points
Rear (Back Grab)	4 Points
Mount Position	4 Points
Simulated Submission	4 Points (Youth only ages 0-12)
Knee On Abdomen	2 Points (Teen and Adults Only)

Each position must be held for 3 seconds (including takedowns) in order to be awarded points.

Scoring Definitions:

Takedown

A takedown occurs when one opponent takes the other opponent to the mat on their back or side. The opponent executing the takedown must remain in top dominant control for 3 seconds to get 2 points.

Sweeps

2 points are awarded for a sweep from the guard where a competitor, from the bottom position advances their position into any top position for a full 3 seconds.

Reversals - Advancing position from a bottom to top position other than from the guard. These are considered “escapes” and DO NOT get any points. Advantage points can be awarded if deemed appropriate. Examples: Side Control or



North/South reverse. Full Mount escape: when competitor A pushes off competitor B from a full mount position and gains a top position or just simply escapes.

Passing the Guard

3 points are awarded for a guard pass where a competitor successfully passes a competitor's guard to a new top dominant position (mount, side, knee on belly, north/south) for a 3 full seconds.

Rear (Back Grab)

4 points are awarded for controlling a competitor's back from a rear mount position with both feet positioned on the inner thighs for a full 3 seconds

Mount Position

4 points are awarded for positioning into a dominant top mount position, controlling the torso for a full 3 seconds.

Simulated Submission (Youth ages 0 to 12 years only)

- This rule allows younger competitors to get their full match time completed.
- 4 points are awarded for the competitor who attempts the submission.
- The referee will stop the match, award 4 points and then start both competitors from their feet.
- Legal submissions would include all variations of arm, shoulder locks, as well as chokes. (no wrist locks and no below the waist for youth) See the table of legal submissions.

Knee on Abdomen Position

2 Points are awarded for a competitor placing their rear knee to the chest or stomach of the opponent with the forward leg extended for a full 3 seconds. This is not a legal position in youth's divisions.

Advantages

Advantages are "ALMOST" submissions and position attempts that pose a real threat to the other fighter.

Tie

In the event of a tie at the end of the specified timed match, the winner will be determined by the competitor with more Advantages. If the number of advantages for both competitors is equal, the match shall be started with both competitors on their feet. Youth 0-12: 1 minute. Teens and adults: 2 minutes.

Playing For Points

If a competitor simply transitions between various dominant positions with no earnest attempt at submission, but rather adding points by repeating prior positions, no additional points will be awarded



NOTE: *No points will be awarded to a competitor who is attaining a position while in a submission. Points will be awarded after the submission attempt has been defended.*

How to Win

The winner will be decided according to:

1. If a contestant gives up or submits (Tap out or verbal tap out). Youth 0-12 follows simulated submission rule.
2. Technical Stoppage:
 - Referee stops bout;
 - When an injury as a result of a legal maneuver is severe enough to terminate a bout;
3. Decision via Points
4. In the event of a tie at the end of the specified timed match, the winner will be determined by the Advantage.
5. If neither competitor has been awarded an advantage, then the match shall be started with both competitors on their feet. The match will end with the winner determined by whoever scores the first points. (sudden death)
6. If a competitor is unable to defend himself or the referee feels a contestant's well-being is in danger, the Referee will declare the winner.
7. In the case of accidental injury or blood spillage where it is not the fault of the opponent, the contestant has one minute to completely stop the bleeding or recover, or else the referee will require that he/she loses.
8. Referees decision is final.



H. General Rules

Coaching

Coaches must remain in the chairs provided. They are not permitted to enter the mat area unless asked to do so by the referee. Only the designated coach should be directing the competitor. No calling out of points. This only serves to confuse the scorekeepers. A Coach can stop the match by indicating to the referee that he does not want his competitor to continue. This will be considered a disqualification. No Negative Coaching.

Warnings and Penalties Stages

1 st Offense:	Verbal Warning
2 nd Offense:	Advantage to Opponent
3 rd Offense:	2 Points to Opponent
4 th Offense:	Disqualification

Boundary Warning

If the competitors go off the mat, the match can be stopped for safety and restarted in the middle of the mat with the referee to determine the original positions.

Stalling Warning

If there is stalling on the ground or no change in position as determined by the referee in a 20 second period the referee may restart competitors on their feet.

Contact Warning

A contact warning is defined as excessive contact as determined by the referee. This may include illegal takedowns, throws or slamming, punching or kicking.

Note: The referee has the ability to escalate penalties. If deemed severe by the referee, can lead to Immediate Penalty Points or Disqualification.



Legal and Illegal Techniques

Technique	Youth 0-12	Teen 13-17	Adult Divisions		
			Novice. Beg, White Belt	Intermediate, Blue Belt	Advanced, Purple-Black
Guillotines, Arm Bars, Omoplata, Gogoplata, Chokes Triangle	OK (Guillotine may not be applied standing)	OK	OK	OK	OK
Ezekiel Gi	OK	OK	OK	OK	OK
Ezekiel No Gi	Illegal	Illegal	OK	OK	OK
Knee on Abdomen	Illegal	OK	OK	OK	OK
Boston Crab, Bear Crawl	Illegal	Illegal	OK	OK	OK
Wrist Lock	Illegal	Illegal	Illegal	OK	OK
Bicep Locks & Calf Crushers	Illegal	Illegal	Illegal	Illegal	OK
Body Compression	Illegal	Illegal	Illegal	OK	OK
Attacks below Waist	Illegal All	Illegal All	See Below	See Below	See Below
Straight Ankle	Illegal	Illegal	OK	OK	OK
Electric Chair	Illegal	Illegal	OK	OK	OK
Straight Knee	Illegal	Illegal	Illegal	Illegal	OK
Toe Holds	Illegal	Illegal	Illegal	Illegal	OK
Any lower body twisting techniques	Illegal	Illegal	Illegal	Illegal	Illegal (Twisters)
Scissors Takedown	Illegal	Illegal	Illegal	OK	OK
Slamming	Illegal	Illegal	Illegal	Illegal	Illegal
Squeeze Wind Pipe	Illegal	Illegal	Illegal	Illegal	Illegal
Smothering – hand over mouth/nose	Illegal	Illegal	Illegal	Illegal	Illegal
Neck Cranks Cervical Locks Can Openers	Illegal	Illegal	Illegal	illegal	Illegal
Heel hooks	Illegal	Illegal	Illegal	illegal	Illegal



Additional Explanations

- Straight ankle locks can only be done toward the outside. A competitor cannot turn the ankle toward the other leg as this reaps the knee.
- Scissors takedowns are only allowed if one hand is on the mat
- Standing guillotines are not allowed in Youth divisions. The competitor applying a standing guillotine must pull guard or let go.
- Youth and teens cannot do a Boston Crab or Bear Crawl type guard pass.
- Necks Cranks are **NOT** allowed in any division. In addition, placing the opponent in a headlock and twisting the neck to force a takedown or submission may cause spinal damage and is not allowed. Also, excessive squeezing or pressure on the back of the neck or base of the head is **NOT** allowed. Applying a Neck Crank or a Squeezing technique is “grounds” for Immediate Disqualification.

Other Restrictions

- There shall be no attacks to the eyes of the competitor
- Intentional contact to the groin is not allowed
- No biting or fish hooking (fingers in mouth) is allowed
- Placing your fingers in any orifice is not allowed
- No small joint manipulations
- No strikes of any kind
- Biting, gouging or pulling hair
- The above techniques can be deemed as un-sportsmanlike conduct.

Un-sportsmanlike Conduct

Un-sportsmanlike conduct is defined as any physical display of disrespect to an official, competitor or spectator. This includes but is not limited to arguing with an official, profanity, vulgarity, throwing of equipment, speaking in a loud or disrespectful manner. These results in one or all of the following: warning to the competitor, points awarded to the opponent, disqualification of the competitor from the match and or disqualification from the tournament.

Legal Protest / Arbitration

A legal or formal protest can only be lodged for a noncompliance of the rules and can only be introduced by a designated coach, the tournament director, or his designate. A legal protest to be acted upon during a match must be lodged with the timekeeper, who will immediately notify the center referee. The center referee will then call a time out to deal with the protest.

I. DIVISIONS

The Promoter or the Tournament Reserves the right to add or eliminate divisions.

Experience defined: Based on continuous grappling training only

- Beginner: 1 year or less continuous grappling training, for Gi, below Blue Belt
- Intermediate- up to 2 years of continuous grappling training, for Gi, Blue Belt
- Advanced- over 2 years of continuous grappling training, for Gi, Purple Belt and up



Youth and Teen Divisions:

Age/experience/male/female/weight

Age Groups:

Youth Divisions

7 and under - beginner- intermediate
 8 to 9 year olds- beginner- intermediate- advanced
 10 to 12 year olds- beginner- intermediate- advanced

Teen

13 to 15 year olds- beginner- intermediate- advanced
 16 to 17 year olds- beginner/white- intermediate/blue- advanced/purple/brown/black

Weight

7 & Under		8 to 9		10 to 12		13 to 15		16 to 17	
LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG
- 48	- 22	- 62	- 28	- 79	- 36	- 90	- 41	- 125	- 57
- 55	- 25	- 70	- 32	- 90	- 41	- 105	- 48	- 140	- 64
- 62	- 28	- 79	- 36	- 101	- 46	- 120	- 55	- 155	- 70
- 70	- 32	- 88	- 40	- 112	- 51	- 135	- 61	- 170	- 77
70 +	32 +	- 97	- 44	- 123	- 56	- 150	- 68	170 +	77 +
		97 +	44 +	123 +	56 +	150 +	68 +		

Adult Divisions – White, Blue (gi) and Beginner, Intermediate (no-gi)

LBS	KG
- 130	- 59
- 145	- 66
- 160	- 73
- 175	- 80
- 190	- 86
- 205	- 93
- 220	- 100
220 +	100 +

Adult Divisions – Purple to Black Belts (gi), Advanced (No-Gi)

Male	Male	Female	Female
LBS	KG	LBS	KG
- 150	- 68	- 125	- 57
- 175	- 79	- 140	- 64
- 200	- 91	- 155	- 71
200 +	91 +	155 +	71 +