

C.O.C. GRAPPLING RULES

Uniform

Tops: TS uniform t-shirt or TS SaberSkin top
Bottoms: Gi pants or TS SaberSkin shorts
Belt: Yes

No shoes allowed. Fingernails and toenails must be cut short. Hair must be neat and short or tied back with a soft tie. Personal cleanliness is mandatory. No lubricants, oils, or lotions of any kind may be applied to the body. Violation of the uniform code may result in disqualification.

Protective Equipment

1) Mouth guard; 2) Groin cup (mandatory for all male competitors); 3) Wrestling headgear (mandatory for children and adults).

Weigh-In

A mandatory weigh-in for each division will be conducted at ringside before that division begins. Competitor must have all grappling gear and clothing on. Competitor must not exceed the upper limit of the weight range of the division in which he or she is registered. Exceeding the weight limit **EVEN BY A FRACTION OF A POUND** will result in disqualification. Competitors may not change divisions on the day of the tournament.

The Match

Matches will be one round of two (2) minutes for all Beginner & Positional Grappling divisions, one round of three (3) minutes for all Intermediate Submission Grappling divisions and one round of four (4) minutes for Black Belt Advanced divisions. If there is a tie in the first round, there will be a 2-minute extension round for Submission divisions and a 1-minute extension round for Positional divisions. Winner is determined by:

1. **Submission** (not for Positional divisions: 8 & under, Beginner) The objective of a match is to make your opponent submit, not to injure them. Therefore, all submission techniques must be applied gradually in order to give the opponent time to submit. The referee may disqualify any competitor who does not heed this rule. To submit, a competitor must tap at least once on their opponent's body.
2. **Points**
 - Clean takedown – 2 points
 - Sweeps from guard or half guard – 2 points
 - Passing the guard – 3 points
 - Gaining the mount – 4 points
 - Back mount with hooks in – 4 points
 - Near submission (not for Positional divisions) – 2 points (*must pose a real threat to opponent, and be held for 5 sec.*)
3. **Advantage.** If there is still a tie, the winner will be determined by advantage. Advantage is defined as submission attempts, near takedowns, near sweep, near passes, and effective aggressiveness.

Stalling

The referee will issue a warning for the first offense of stalling, e.g. fleeing the ring to avoid takedown/submission attempts, sitting in the guard without trying to better your position, or any kind of purely defensive position without working for a better position or submission technique. The second offense will result in a 2-point deduction. The third offense will result in another warning, the fourth offense another 2-point deduction, and so on. Backing out of the guard without engaging will result in an immediate 2-point deduction for every offense unless fighter re-engages.

Illegal Techniques

Submission attempts in Positional divisions
Striking of any kind
Groin attacks
Pressure of any kind to the eye
Small joint submissions (fingers or toes)
Biting, eye gouging, hair or ear pulling, fish hooking
Heel hooks or twisting leg locks in the children's divisions
Body slams

Submissions in the standing position unless both fighters have their feet on the ground e.g. if fighter has a guillotine & guard & opponent lifts him, if fighter has a triangle choke or arm bar & opponent lifts him. In these situations both fighters will be required to disengage and restart in standing position.

**Illegal techniques will result in a maximum of two warnings followed by disqualification. At the discretion of the referee, a competitor may be immediately disqualified due to the severity of the offense.

Out of Bounds

If the competitors go out of bounds, they will be re-started in the same position in the center of the ring.

Sportsmanship

The decision of the judges is final. Any competitor or their representative acting in an un-sportsmanlike or disrespectful manner will be automatically disqualified.

Automatic Disqualification

1) Failure to make weight; 2) Disrespectful behavior; 3) Violation of protective equipment rules; 4) Use of intentional illegal techniques; and 5) Obvious disregard for the rules.