

# adopted by the Saskatchewan Martial Arts Association - May 2013

## For Students that are 15 years old and younger

### Rules and Divisions

#### **SELECTING OF REFEREES AND JUDGES**

He/she must be thoroughly knowledgeable in understanding, interpreting and administering all aspects of the rules. This can only be accomplished through diligent study of the rule book and actual physical training under competition conditions. Officiating shall be considered a prestigious position and only those who have diligently studied and trained are to be considered and accepted as experts in the field of rule etiquette.

#### **FREE STYLE GRAPPLING COMPETITION**

##### **ARTICLE 1: PLAYERS**

- A. Each player must present him/herself suitably attired in a clean, traditional martial arts gi (uniform) with sleeves no more than one fist distance up the arm from the wrist (a jiu-jitsu or judo top is recommended). If a player's uniform becomes bloodied or torn in a manner that may affect the outcome of the match, he/she will be asked to replace it immediately or forfeit the match.
- B. All jewellery (rings, watches, necklaces, etc.) must be removed.
- C. Wearing of eye glasses during competition is prohibited
- D. Competitors may be required to wear a coloured flag or belt during the actual match for identification purposes
- E. All competitors must be suitably attired with proper safety equipment, (see article 2)

##### **ARTICLE 2: SAFETY EQUIPMENT**

Mouthguards and for male competitors, safety cups are optional.

### **ARTICLE 3: CONTEST AREA**

The competition surface must have proper floor matting with suitable thickness to accommodate throws. Matting must be laid flat and held secure. Any seams or tears must be covered with suitable tape. The contest area itself shall be no less than 16 X 16 foot square, and no more than 20 X 20 foot square, and there should be a safety border around the fighting area.

### **ARTICLE 4: OFFICIALS**

Medical personnel shall be available at all times and easily recognizable.

A chief referee and arbitrator will be appointed prior to the beginning of the tournament.

Equal training emphasis must be placed on officials as well as competitors. The chief referee in his/her wisdom, may select or reject officials who do not meet these criteria at any time during the tournament, with no recourse for protest or debate.

### **ARTICLE 5: DUTIES OF CENTRE REFEREE**

The referee does not keep score. The referee is charged with supervision of the match. He/she administers and controls the tempo of the contest, enforces the rules, and ensures fair play. To this end, he/she starts and stops the fight, calls and enforces all penalties.

The referee shall communicate clearly with the scorekeeper and timekeeper, as well as announce the winner of each match. The referee shall announce in a loud clear voice all official decisions, and shall indicate with voice and gestures the player affected by his/her decisions.

Centre referee is the only person who can call for and administer a penalty.

The centre referee is encouraged to give verbal commands throughout the competition where a penalty has not been called, such as "watch the contact, or, stay in bounds, etc."

Only the centre referee may call time out. He/she must do so for the following reasons:

- A. To allow equipment adjustments.
- B. To award points, assess penalties, administer warnings.
- C. To attend to an injured competitor.
- D. To hear a legal protest.

#### **ARTICLE 7: DUTIES OF THE TIMEKEEPER**

Timekeepers shall be seated adjacent to the competition area and shall stop and start time according to the referee's signal to do so. The timekeeper shall, by verbal and visual signals, such as throwing a bean bag or suitable substitute into the centre of the fighting area, inform the referee when time has run out, or when he/she has received a formal protest. Time officially runs out only when the centre referee calls the signal to stop.

#### **ARTICLE 8: DUTIES OF THE SCOREKEEPER**

Scorekeeper shall keep count of all penalties awarded to competitors, as instructed by the centre referee. He/she will maintain scores sheets and call up each competitor, including those on deck. All the required score sheets, hand counters, stopwatches and necessary flags must be at the scorekeeper's table.

#### **ARTICLE 9: LEGAL PROTEST**

A legal or formal protest can only be lodged for a noncompliance of the rules and can only be introduced by a head Sensei, or 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 centre referee. The centre referee will then call a time out to deal with the protest.

#### **ARTICLE 10: POINT SCORING SYSTEM**

- A. Two Points** – To be awarded for any clean takedown, where it is shown that one competitor initiated and was in control of the takedown, and shows positional control for a 1 count before points will be awarded.
- B. Two Points** – For a Sweep whereby one competitor initiates reversal from the bottom full guard or ½ guard position to be in a control position on top.
- C. Two Points** – To be awarded for holding a control “knee on the belly” whereby the knee not on the belly is off the floor. This position must be held continuously for three seconds.

- D. Three points**– for passing the guard and coming to a control position. The guard is a position in which the competitor on his/her back has the other competitor controlled by having his/her legs wrapped around the waist. Points may be awarded if the competitor passes a half-guard, whereby the competitor on his/her back has the other competitor’s leg wrapped.
- E. Four Points** – Will be awarded for a controlled mount whereby the competitor has knees on either side of the body of the other competitor and holds it for a continuous five seconds. The head referee will count aloud and will stop the match if the 5 seconds is reached and award the points. The opponents will start again from their original starting position. (see Article 11)
- F. Four Points** – Will be awarded for holding the back mount with hooks (otherwise known as the octopus) for a continuous 5 seconds. The arms can be hooked with one arm over the shoulder and one arm under the opposite shoulder or both arms under the shoulders, but never with both arms over the shoulders (no chokes) – see Article 11.

A competitor can surrender the match by tapping out due to exhaustion, or not feeling well enough to continue. The competitor will tap either the floor or their opponent 2 times. Competitors can either use their hands or feet to tap out, or sound a verbal command of “Stop”.

**\*NOTE\*** If there has been a penalty assessed to a competitor that deems he/she loses 2 points, two points are to be added to the opponents score, since the counters cannot deduct points. (see Article 11)

## **ARTICLE 11: POSITIONING**

Competitors will start from their knees at the centre of the ring. For respect, a bow shall be done to the referee and then to each other. The gap between competitors is to be such that neither competitor can touch one another. This is the position that is returned to in the event the mount or the octopus is awarded.

Absolutely NO neck restraint techniques (chokes) for will be allowed, the primary objective for juniors on the ground is to achieve a hold down and control positions.

If there is a penalty call while competitors are on the ground, depending on the position of the competitor, the referee may stop the fight and assess the penalty, or he/she may let it continue, (if the penalty was against the competitor that was being held down), and assess the penalty after they stop and return to the opening position.

No competitor shall stand upright and may not breach the plane of their own waist height when on their feet.

During the ground time if in the opinion of the referee there is a stalemate and no action is happening, the referee can order the fighters to return to the start position without waiting for the ground time to run out.

If the competitors are rolling out of bounds, the referee may stop time and have competitors freeze the position they are in. The referee must try to snapshot this position and then bring the competitors in the centre of the ring in the same position to restart the match.

### **ARTICLE 13: Disqualification and Penalties**

- No Striking of any kind
- No Slamming
- No Biting, Hair pulling or Eye gouging
- No joint manipulation (i.e., no locks)
- No swearing or obscene gestures
- NO CHOKES

Immediate disqualification will occur from the following:

- Picking up the opponent while on the ground and slamming them.
- Applying illegal techniques
- Unsportsmanlike conduct against the other competitor, referee, coach or public
- Arguing with the referee (all disputes must be taken to the head table)

Penalty will be given for:

- Stalling: Holding or running away from the fight, or holding both sleeves with a closed guard. (more than 30 seconds)
- Breaching the plane of the competitor's own head height while kneeling.

1st incident - warning

2nd incident - 2 points to your opponent

3rd incident - disqualification

#### **ARTICLE 14: DURATION OF ROUNDS**

Each match consists of 2 minute continuous action rounds. Continuous action refers to the fact that the competitors are scoring or have the opportunity to score without a break in the action for calling points, with the exception of stopping after awarding the 4 points for holding either the mount or the octopus for the 5 seconds.

At the end of match the centre referee will assemble the competitors in the centre of the ring, he/she will then check the judges' counters and declare the winner. The competitors then will bow to the referee and then to each other.

In the event of a tie, the competitors shall engage in overtime and the first competitor who scores will be awarded the match.

#### **ARTICLE 15: DEFINITION OF A BYE**

In order to establish competition between an odd number of competitors, some may be given an automatic win, this is classified as a "BYE." The remaining competitors will then compete against each other in the normal manner, this may be double, or single elimination. A bye is established by means of a draw that is done during the first round of fights.

#### **ARTICLE 16: WEIGHT DIVISIONS**

**WEIGHT CATEGORIES MAY BE ALTERED FOR TOURNAMENTS DUE TO NUMBER OF COMPETITORS OR OTHER CIRCUMSTANCES; THIS WILL BE UP TO THE TOURNAMENT DIRECTOR.**

To be determined by age, size and rank, at the option of Tournament Directors. Male and Female may be in the same divisions, at the Tournament Directors discretion.

**\*NOTE\*** Tournament directors have the option to change and alter all divisions depending on the number of competitors in each division.