



WORLD COMBAT GRAPPLING ALLIANCE

GRAPPLING RULES

CLINCH – THROW – GRAPPLE

Created By James and Ron Hill, WCGA/USACGA Founders

- I. **Uniform:** All competitors must wear a rash guard or bare chest (Males), and grappling shorts. All shorts must not have pockets or contain any hard material that could be a hazard to self or others. Red and Blue bands will be provided by tournament coordinator to distinguish competitors from one another in scoring. Shorts may not be gripped during the competition. Wrestling or sambo shoes *are* allowed.
- II. **Bracketing:** Bracketing will either follow a simple single elimination bracket or a modified double elimination bracket. Both brackets are available at the website (www.usacombatgrappling.com).
- III. **Divisions:**
 - a. Athletes may be required to prove age at the request of event staff.
 - b. Youth and Teens (5 -17 Years):
 - i. To be determined based on tournament attendance.
 - ii. Age: Should not exceed 3 years accept in adult divisions.
 - iii. Gender: Combined until age 14+
 - iv. Weight: Should not exceed 15 lbs.
 - c. Adult Weight Classes (18+ Years):
 - i. Adult Men (18+):
 1. Kilos: Under 60, 65, 70, 75, 80, 90, 110, 110+
 2. Pounds: Under 132, 143, 154, 165, 176, 198, 242, 242+
 - ii. Adult Women (18+):
 1. Kilos: Under 55, 60, 65, 70, 75, 75+
 2. Pounds: Under 121, 132, 143, 154, 165, 165+
- IV. **Rounds:**
 - a. Regulation Round
 - i. Large Tournament
 1. Beginner (up to 18 months) – 3 Minute
 2. Intermediate (18 – 36 months) – 4 Minutes
 3. Advanced (36 months or greater) – 5 Minutes
 - ii. Small Tournament
 1. Beginner (up to 24 months) – 4 Minutes
 2. Advanced (24 months or greater) – 5 Minutes
- V. **Ways to Win:**
 - a. Total Victory
 - i. Verbal submission.
 - ii. "Tapping out."
 - iii. Yelling aloud due to any applied technique.
 - iv. Competitor can not continue at no fault of the opponent.
 - v. Opponent refuses to continue bout.
 - vi. Opponent does not show for bout.
 - vii. If referee feels that a competitor is in danger of injury.
 - viii. Disqualification
 1. 3 Infractions or referee discretion based on severity of infraction. (See Infraction section)
 2. 3 Passivity calls. (See passivity section)
 - b. Victory by Points
 - i. Awarded to competitor with most points at the end of regulation time.
 - c. Victory by Marginal Superiority
 - i. If points are tied at the end of regulation, the opponent with the least amount of infractions is the winner.
 - ii. If points and infractions are equal, competitor with least passivity wins.
 - iii. If competitors are still tied, the competitor with the greatest number of submission attempts is the winner.
 - iv. If still tied, first person to score a technical point wins.
- VI. **Points Awarded:**
 - a. Pulling Guard to Sweep – **1 point**
 - i. Competitor has 5 seconds to execute sweep or submission from guard pull.
 - ii. Points will only be awarded for strong submission attempt or the sweep.
 - iii. If a sweep or submission attempt is not successfully executed, and there has been no position change, the match is restarted from neutral standing position.
 1. If person jumps guard, but does not get into a submission attempt by allotted time, the match is restarted.

2. If person catches the start of a submission attempt, even if not a strong attempt, the match continues.

b. Takedown – **1 point**

- i. Takedown counts only if opponent lands on back, side, belly or butt.
- ii. If you takedown your opponent, you must attempt to engage them on the ground to score.
- iii. If competitor has one or two knees on the ground and the standing competitor is able to get them on their back, butt, sides or belly while still standing.
- iv. Takedown must be initiated prior to guard pull initiation to be scored.
- v. If a takedown is initiated and the opponent immediately reverses, no point is scored for either competitor. Reversal will nullify the takedown score.
- vi. Achieving a dominant position from the takedown achieves **1 point** additional for the position if held for 2 seconds.

c. Positional Scoring

- i. Position Advancement Continuum: Bottom – Neutral - Side Control – Top or Back Control
- ii. Neutral includes Guard, Kneeling or Standing with no control.
- iii. Side Control includes Side Mount, Knee on Belly, North/South, Scarf Hold and Reverse Scarf Hold – **1 point (Level 1)**
- iv. Top or Back Control includes Full Mount, S-Mount, Reverse Mount, Rear Mount Hooks In (Including crossed ankles though not recommended), Rear Body Triangle, Rear Turtle Control or Full Crab Ride – **1 point (Level 2)**
- v. Position Scoring Criteria:
 1. Dominant position must be held for 2 seconds.
 2. 1 Point Awarded for each dominant level achieved (1 point per level)
 3. Example – Bottom of Side Mount to Guard = **0 points**
 4. Example – Guard Pass to Side Mount = **1 point**
 5. Example – Side Mount to Full Mount = **1 point**
 6. Example – Guard Pass to Full Mount = **1 point**
- vi. **Special Note:** *Neutral position or a reversal must occur to reset positional scoring.*

d. Guard Sweep to Dominant – **1 point** (If position held for 2 seconds)

e. Strong Submission Attempt – **2 points**

- i. Definition: Opponent is in danger of being submitted and requires **effort and time** to escape the attempt. The submission must be near completion to be considered strong.

VII. Legal Scoring Techniques:

- a. Chokes (Excluding frontal choke or any choke that requires applied pressure to the wind pipe),
- b. Arm Locks,
- c. Shoulder Locks/Bent Arm Locks,
- d. Straight Ankle Locks,
 - i. Crossing the Leg: Is permitted, as long as crossed foot is on or behind the opponent's body centerline. Crossed foot may not extend beyond the centerline of the opponent's body.
 - ii. Defending competitor holds the same burden as the attacking competitor with regards to crossing the leg.
- e. Knee Bars (Youth Advanced and Adult Intermediate/Advanced Only),
- f. Toe Holds (Adult Intermediate and above Only),
- g. All submissions must be with controlled, applied pressure.

VIII. Illegal Techniques and Behaviors:

- a. Applying submissions in a fast, uncontrolled manner,
- b. Striking of any kind,
- c. Head butting,
- d. Throws or takedowns causing an athlete to land on head or neck (Spiking),
- e. Throws or takedowns while joint locking,
- f. Chokes/strangles with opponent lifted off of the ground,
- g. Neck cranking,
- h. Spinal locks of any kind,
- i. Twisting knee locks,
- j. Bicep or calf slicers with riding pressure,
- k. Biting, pulling, pinching or scratching skin,
- l. Small joint manipulation (Must have 4 fingers or toes),
- m. Eye, ears or nose gouging, fish hooking, or chin ripping,
- n. Hand across front area of face,
- o. Slamming from Guard position or back splashing,
- p. Pulling hair,
- q. Pressure points,
- r. Heel hooking,
- s. Putting fingers into any orifice of the body,
- t. Applying slippery or sticky substances to any part of the body or uniform,
- u. Holding a submission after referee calls the match,
- v. Poor sportsmanship or use of profanity towards any individual.

IX. Illegal Action Penalties:

- a. 1st Offense – Warning, unless the referee determines that an immediate penalty is warranted.

- b. 2nd Offense – 1 Point Awarded to opponent.
- c. 3rd Offense – Disqualification from match.
- d. Minor Infraction – Referee may offer a warning at his/her discretion for minor infraction.
- e. Severe Infraction - Immediate disqualification from match or tournament at center referee's discretion.
- f. Referee shall consider the infraction's effect on the match, as well as the intention of the violator.

X. Passivity Penalties:

- a. Passivity Includes:
 - i. Delay of action for any reason,
 - ii. Leaving competition area without permission,
 - iii. Calling "time out" unnecessarily,
 - iv. Running away from opponent,
 - v. Intentional stalling of the action,
 - vi. Exiting the mat to avoid the match (Standing and on the ground),
- b. 1st Offense – Verbal Warning (Called by Center Referee by stating "Blue or Red Passivity," and touching the shoulder of the person being passive.)
- c. 2nd Offense – Verbal Warning (Called by Center Referee by stating "Blue or Red Passivity," and touching the shoulder of the person being passive.)
- d. 3rd Offense – Disqualification from match.
- e. Referee will give soft warnings to let you know that an official offense may be called. Referee will give said warning by calling "Red" or "Blue" Action, to indicate which competitor needs to get active.
- f. After passivity is called, the match continues from the standing position.

XI. Out of Bounds: Athletes going out of bounds will be start in the following positions, based on the listed criteria:

- a. Athletes stand if,
 - i. an athlete is thrown out of bounds (If initiated from inbounds point is scored.)
 - ii. an athlete is thrown from out of bounds (Penalty may be given based on situation, and takedown is not scored)
 - iii. an athlete steps out of bounds (Referee shall determine if passivity is given for fleeing the action.)
- b. Athletes resume last position if,
 - i. they slide out of bounds in the normal course of action, and an athlete has positional advantage.
 - ii. a submission is started, but cannot be completed safely out of bounds.
- c. Match continues out of bounds if,
 - i. a significant submission is started and can be completed safely.
- d. Match ends if,
 - i. athlete exits the ring purposefully to escape a submission. It is treated as a "tap out."

XII. Injury and Blood Time: If an unintentional action causes an athlete to be injured, the Center Referee will stop the match and the injury clock will be started. The timekeeper is then responsible for ensuring that the 2 minute time limit per athlete, per match, is not exceeded. If the injured athlete does not return to the mat in the allotted time, to continue competition, he/she will lose the match by forfeit.

- a. Proper disinfection and cleaning materials should be available at the scoring table, for proper cleanup of body fluids including, but not limited to, blood.
- b. It will be at the discretion of the medical staff as to whether or not the competitor may continue the match.
- c. Match may only continue after any bodily fluids have been cleaned from the competition area. If uniform becomes bloodied or torn, it is the responsibility of the athlete to provide a backup.
- d. If an athlete fakes injury to escape defeat, the Center Referee will disqualify the athlete.
- e. If injury is caused due to an illegal technique and the injured athlete is unable to continue, the athlete at fault will be disqualified.
- f. If both athletes are injured simultaneously, resulting in neither athlete being able to continue, the winner is determined by match scores, based on the time expended.

XIII. Event Team Rankings:

- a. Promoters, at their discretion, may give team awards to the team scoring the most points, but are required to tally scores for National and International Team Rankings.
- b. Only USACGA Member Teams may be ranked in WG.
- c. Each competitor to place within the top 3 will receive points according to the scale below. The total team points will be added to determine 1st, 2nd and 3rd place Teams for an event.
 - i. Beginner: 1st = 3, 2nd = 2, 3rd = 1
 - ii. Intermediate: 1st = 4, 2nd = 3, 3rd = 2
 - iii. Advanced: 1st = 5, 2nd = 4, 3rd = 3
 - iv. Open Skill: 1st = 7, 2nd = 6, 3rd = 5