



WORLD MARTIAL ARTS GAMES &  
POLICE, FIRE & MILITARY WORLD MARTIAL ARTS GAMES  
HANDISPORTS WORLD MARTIAL ARTS GAMES

### **GRAPPLING/SUBMISSION COMPETITION**

**Gi (Brazilian Jiu-jitsu rules) and no Gi (Grappling)**

#### **Competition Description Age Divisions:**

Age Divisions – Events will be divided by age as follows (divisions will be split, merged or subdivided by age groups, weights and heights to offer the fairest competition possible)

Children and teenagers : Under 18 years old  
Adults – 18 to 34 years  
Veterans – 35 years & older

#### **Grade Divisions**

Due to the diversification of a mixed martial arts event, the colour of a belt, ranking or any other grouping may not apply to all. The following guide will serve as the basis for determining the appropriate grade division of an individual. Years of experience will be the common factor for determining a competitor's eligibility in an event:

Description Grappling Years of Experience or Belt

**Beginner** under 1 year experience or Yellow belt.

**Intermediate** 1 to 3 years of experience/practice or Blue belt

**Advanced** Over 3 years of experience/practice or Brown belt

**Black Belt.**

#### **Weight Divisions**

**Juniors:** – 25kg – 30k – 35kg – 40kg – 45kg – 50kg – 55kg -60kg – 66kg -73 kg - 81kg Open.

**Female:** Under - 52 kg - 57 kg - 63 kg -70 kg -78 kg -78kg Open

**Male:** Under – 60kg - 65kg – 71kg – 78kg – 86kg – 96kg – Open Weight.

#### **Registration's procedure**

- 1) Register online on [www.MartialArts.ch](http://www.MartialArts.ch)
- 2) Pay the registration's fees (CHF 50.- basic registration including 1 division. Any additional division: CHF 20.-)

- 3) Send the form you will receive by email (or downloaded on our website). This form must be completed and signed. Parents or legal representative must sign this form for participants younger than 18 years old.
- 4) Weigh-in : the morning of the competition or the evening before (see schedule)
- 5) All participants must show a national identity card or a passport at the weigh-in and registration's desk at the venue. All participants must have an insurance that covers martial arts and combat sports' competition.

### **Grappling GI (or Brazilian Jiu-jitsu style) - EQUIPMENT**

Uniform - Each player must present him/herself suitably attired in a clean, traditional martial arts uniform (Gi or Kimono), constructed of cotton or similar material and in good condition. The material must be suitable for grappling. Colours may be black, white or blue. Other colours or combined colours will be allowed in keeping with the National Team Colours. A jujutsu or judo top is recommended. The jacket is to be of sufficient length down to the thighs, sleeves must reach the wrist with arms extended in front of the body. If a 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. Competitors with long hair must to use a plain hair tie. Toe and fingernails must be cut short and clean. All jewellery (rings, watches, necklaces, etc.) must be removed. Wearing of eye glasses during competition is prohibited. Competitors may be required to wear a coloured flag or belt during the actual match for identification purposes. Wrestling shoes or any type of shoes, head gear, and any type of protectors that can alter the outcome of the match in any way are not allowed in competition.

Not Allowed:

Shin & insteps, with any medal fixings or hard areas are not allowed. No shoes or wrestling boots of any kind are allowed. No protective equipment shall be allowed to contain any metal or hard plastic.

No abrasive, rough, tattered, torn or loose equipment will be permitted.

In the event a competitor fails to present to the competition area with all required safety equipment, they will be given one minute to prepare themselves after which they will be disqualified from the division.

### **Grappling NO GI - EQUIPMENT**

#### **No Gi.**

Long or short sleeve anti-rash top, Grappling Shorts. Gi, traditional Jujutsu or Judo style uniform (Gi) with sleeves no more than one fist distance up the arm from the wrist. No T-Shirts (excepted anti-rash) or Vests allowed.

Competitors with long hair must to use a plain hair tie. Toe and fingernails must be cut short and clean. All jewellery (rings, watches, necklaces, etc.) must be removed. Wearing of eye glasses during competition is prohibited. Competitors may be required to wear a coloured flag or belt during the actual match for identification purposes. Wrestling shoes or any type of shoes, head gear, and any type of protectors that can alter the outcome of the match in any way are not allowed in competition.

Not Allowed:

Shin & insteps, with any medal fixings or hard areas are not allowed. No shoes or wrestling boots of any kind are allowed. No protective equipment shall be allowed to contain any metal or hard plastic.

No abrasive, rough, tattered, torn or loose equipment will be permitted.

In the event a competitor fails to present to the competition area with all required safety equipment, they will be given one minute to prepare themselves after which they will be disqualified from the division.

### **Duration of Matches:**

Black Belts – 1 x 4 Minutes round of continuous action.

Advanced, intermediate and beginners – 1 x 4 Minutes round of continuous action.

1 additional minute in case of draw!

Under 18 years old = 1 x 2 minutes continuous action round. 1 extra minute in case of draw

**Gestures:** The central referee will make gestures indicated below, according with the actions. For all gestures made, the central referee will raise his hand indicating the athlete receiving the score with his armband in accordance with the colour of the athlete's coloured uniform or indicating belt.

### **Scoring Techniques:**

**Take downs and throws:** The referee will raise his hand indicating the scoring athlete's colour and the score of 2 or 3 points.

2 points will be scored if a takedown ends up in the opponents guard.

3 points will be scored if the takedown or throw is executed and does not end up in the opponent's guard.

**Passing the guard:** - Is when the athlete that is above his adversary or in between his legs, moves to his Opponent's side, establishing a perpendicular or longitudinal position over his adversary's trunk, dominating him and leaving him no space to move or to escape the position.- If the athlete that is underneath avoids the move by getting to his knees or standing up, the initiative will not be awarded 3 points but will be awarded an advantage. The referee will raise his hand indicating the scoring athlete's colours and score 3 points.

**Reversals or sweeps from guard to mount:** The referee will raise his arm above his head indicating the scoring athletes colour and the score of 3 points.

**Reversals from mount which ends up in opponents guard:** The referee will extend his arm to shoulder height and indicate the scoring athletes' colour and the score of 2 points.

**Back mount hooks / grapevine:** The referee will raise his arm above his head indicating the scoring athletes colour and the score of 3 points.

**The Back grab.** Is when the athlete grabs his adversary's back, taking hold of his neck and wrapping his legs around his opponent's waist, with his heels leaning on the inner side of his opponent's thighs, not allowing him to leave the position.- the points will not be awarded if both heels are not properly positioned on the inner part of the adversary's thighs. It will also be considered a back grab, if the athlete has the leg over one arm of the opponent but never over both arms. In this case no points will be awarded.

**Knee on Chest** does not score but may be used as an advantage in the event of a tie.

**Pins/holds:** The centre ref will call hold or pin and count the 10 second time when 75% of their opponents back has been pinned to the ground and award 2 points. Hold broken will be called when the opponent has managed to escape with either 75% of their body out of the hold or pin or if a half guard has been achieved.

**Mount 2 points** The Mount is when the athlete sits on his opponent's torso with both knees down on either side.- The opponent can be lying on his stomach, side or back.- The one mounted can be on top of one of his opponent's arms, but never on both. - It will also be considered a mount if he/she has one knee and one foot on the ground. - No points will be awarded if his/her feet or knees are on the opponent's leg.

**Submission:** Wins the bout.

**Penalties:** The referee will stop the bout and inform the penalised competitor and table official of the infringement. An advantage will be given to the other competitor.

For interruption of time during the match: The referee puts his hands one above the other forming a "T", signalling the timekeeper to stop the time.

For disqualification: The referee lifts his arms and crosses them, after that, he points to the disqualified athlete.

To take off a awarded point: The referee lifts the arm that he gave the point with and waves his hand.

Safety of Competitors - It will be the Centre Referee's responsibility to ensure safety at all times of competitors. In all categories, the Centre Referee has the authority to stop a match when either of the competitors are in danger of serious bodily harm as a result of a submission and award the victory to the competitor applying the submission. He She will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete.

In the event a competitor fails to present to the competition area with all proper uniform, they will be given one minute to prepare themselves after which they will be disqualified from the division.

Illegal Techniques – There will be no striking of any kind. No pressure points i.e. hand s, knees or elbows on face area. No minor joint locks i.e. fingers and toes. No neck cranks or similar techniques that may injure the vertebrae and no clawing of the windpipe.

Illegal Technique for Division

Ages: Under 15 years No Submission of any kind.

Illegal Moves

No Striking – Facial Contact, Finger/Toe Locks, Spine or Cervical locks, Neck Cranks, Heel Hook, Slam from the guard, Knee Lock with twisting, wrist locks.

Legal Locks: Ankle locks using the figure 4 method are allowed. Leg locks without any pressure or twisting are allowed.

Applying any Lock or Choke in a manner that is not considered sportsmanlike, or is applied without control or with such force that could cause injury to the opponent is considered an illegal technique.

Match Conclusions – There is never a draw. Bouts will be decided by:

- 1) Submission
- 2) Disqualification
- 3) Unconsciousness (to be avoided by referee's intervention) or pull out due to injury.
- 4) Points
- 5) Advantages

Submission - Submission occurs when a technique forces an opponent into admitting defeat by:

- 1) Tapping with the palm against his opponent or the floor in a visible manner
- 2) Tapping with his feet on the ground (if he is unable to use his hands)
- 3) Requesting verbally to the referee that the match be stopped (if he can neither tap with his hands or his feet)
- 4) Requesting that the match be ended if the athlete gets injured or feel physically incapable or unprepared.
- 5) The referee may end the match giving victory to the one that applied the lock if he sees a lock being properly applied and is certain that the Athlete is exposed to serious physical damage.
- 6) A coach of one of the athletes may request that the match be ended either by directing himself to the referee or by throwing the towel into the ring for any reason.
- 7) When an athlete is under a submission position and he calls "Ai", will be the same as if he taps.

The referee may end the match when one of the athletes is injured or the doctor's examination proves he is incapable to continue. If this occurs, the victory will be given to the opponent as long as the injury was not caused intentionally by conduct worthy of disqualification.

Disqualification – The Centre Referee may disqualify an athlete due to the occurrence of a serious infraction.

Serious infractions are defined as follows:

- 1) The use of foul language, cursing, or other immoral acts of disrespect towards the referee or any of the assisting public.
- 2) Biting, hair pulling, putting fingers into the eyes or nose of one's opponent, intentionally seeking to injure genitalia or the use of fists, feet, knees, elbows, or heads with the intention to hurt or gain unfair
- 3) When the competitor has his/her uniform ripped during the match, the referee will give him a set time to change it. If the competitor does not change it in time he will be disqualified.
- 4) The competitor must wear shorts under the pants, keeping in mind the risk that the suit might get torn or unsown, If this occurs, the athlete will be given a set time determined by the referee to find another pair of pants to wear. If the athlete cannot change within the set time, he will be immediately disqualified.
- 5) When an athlete has been submitted to a lock and to avoid tapping out he runs out of the ring, he will be immediately disqualified. In such cases when it is considered a technical foul, not a disciplinary foul, the offender may return to the competition to continue the absolute division or in case of a bracket of three.

**Positive Points** - The competition makes the athletes use their technical abilities to finish or neutralize their opponents. Positions are achieved through proper technique. If there is no submission at the end of a match, the athlete gains victory by scoring more position points than his Opponent.

No points will be marked for the athlete who is attaining a position while in a submission. Points will only be awarded after the submission is completely defended. Example: When one athlete is mounted on his opponent but is in a guillotine the points of the mount will be awarded only when the submission is defended.

**Penalties** – On the first offence the offender will be given a verbal warning. On the second offence the offender's opponent will be given an advantage. On the third offence the offender's opponent will be given two points. After the third offence the referee may disqualify the athlete for any further fouls.

### **Penalty Offence Description**

**Warnings, Avoiding Combat**- When either of the athletes run to one of the extremities of the ring to avoid engagement, or while on the ground, flee by crawling or rolling out of the ring or by standing up avoiding engaging or purposely stepping out of the ring to gain time.

**Avoiding Engagement**- When the athlete avoids engaging by taking off his uniform or by allowing it to be taken off with the intention of stopping the match to allow him or herself rest or to avoid the attacks of his/her opponent.

**Kneeling**- The athlete will only be allowed to kneel after having taken hold of his opponent's uniform.

**Stalling**- When the athlete stalls the match, holding his adversary and, not seeking to engage or gain submissions when in the guard, on top, or on the bottom. Holding the opponent, standing up, or any position designed to stall. 2 Points awarded to Opponent.

**Warning-** After the **3rd offence**, the Referee has the authority to disqualify the athlete who has incurred additional fouls.

**Excessive Force-** A call for excessive force indicates that a referee saw a competitor using strength or force in excess of the force necessary to score a point.- Any throw, takedown, or submission hold delivered with malicious intent will be considered excessive force and may result in immediate disqualification. **Disrespect or Unsportsmanlike Conduct -** The Centre Referee has the authority to immediately disqualify an athlete who displays disrespect or unsportsmanlike conduct.

**Advantages -** It is considered an advantage when the athlete attempts but does not complete any of the fundamental moves of the match; i.e. sweep, take down, submission, etc:

**Advantages through take downs -** When there is a visible loss of balance in which the adversary nearly completes the takedown. A visible loss of balance during an attempted throw will also result in an advantage.

**Advantages during closed guard -** When the athlete on the bottom has his legs wrapped around his opponent's waist:

1) The one on top will earn the advantage by being on the offensive, trying to dominate his adversary's guard (pass the guard). For the referee to consider it an advantage, the athlete that is on top must come close to passing the guard, forcing his adversary to exert energy to regain position e.g. half guard, almost immobilizing, etc.

2) The one underneath will earn the advantage if he almost sweeps his opponent, putting him in a dangerous position, as well as when he attempts a lock that forces his opponent to defend.

**NOTE:** for the sweep attempt to be considered worthy of an advantage the athlete underneath must open his legs.

**Advantages from Submission Attempts:** The one who has managed to get his opponent in either a submission or choke position and attempted to submit his or her opponent will be considered as an advantage.

**Ties -** When there is a tie situation on the scoreboard, it is up to the referee to decide if he will award an advantage, using the following judgments:

1) **Advantages for initiative:** An advantage will be awarded during standing engagement or on the ground if the athlete attempts a technique with more aggressiveness and initiative, trying takedowns or other finalizing moves during the match, or showing that he she dominates the match most of the time by putting the opponent on the defensive.

2) **Advantages through takedowns:** When there is a visible loss of balance in which the adversary nearly completes the takedown. A visible loss of balance during an attempted throw will also result in an advantage.

## Equipment

WMMAA safety rules are recommended. Following options are authorized as this tournament will attract competitors from different styles and federations.

## Uniform:

No Gi or with Gi : This format attracts a diverse range of Martial arts practitioners and therefore uniform is optional.

## Light Contact

Mixed Martial Arts (MMA)

## Competition Description

The Grapple & Strike format allows a wide variety of combative techniques and skills, from a mixture of martial arts styles, traditions and non-traditions. The rules allow the use of both grappling and striking techniques, while standing and on the ground. It allows martial artists and combat sports competitors of different backgrounds to compete in a safe and well controlled environment. The priority of this event is to maintain the upmost safety of the athletes.

Win: Submission – TKO – Majority Decision – Disqualification.

## Striking / Contact.

These Rules are light contact for Amateur sport. This means that all striking should be controlled and not delivered with full penetration force.

Excessive Contact: A call for excessive contact indicates that a referee saw a competitor using strength or force in excess of the force necessary to score. Legal Striking: Punches – Kicks – Knees. To front of the face and the torso, above the waist and well below the neck and to the sides of upper body – To the inside and outside of legs.

Multi level striking i.e. if fighter is standing and another is considered to be grounded / downed then kicks and knees from standing fighter may only be applied to the legs, hand strikes may be applied to the legs and body. Knee strikes must be on the same level i.e. both on ground.

Competitors may use strikes on the ground, but only to opponent's front and side torso. Heel hooks are allowed to side or legs from guard position.

## Grappling & Submission Techniques:

### Legal Grappling & Submission Techniques:

- 1) All Jujutsu, Judo and Wrestling type takedowns & throws
- 2) All major submissions except those listed.

### Illegal Grappling & Submission Techniques:

- 1) No throw or takedown that results in opponent landing on their heads or neck e.g. Suplexs. Or throwing opponent outside of the area.
- 2) No minor joint locks, e.g. fingers & toes, palm on hand wrist locks.
- 3) No neck cranks - Limited use of guillotine to be explained on the day.
- 4) No heel hooks or twisting of the knee or leg.

Advantages – In the event of a tie advantages may be given i.e. Amount of strikes on target- Take down attempts - Submission attempt , positional dominance, Advantages should only be used in the event of a tie to determine a winner. Any strike, throw, takedown, or submission hold delivered with malicious intent will be considered excessive force and may result in immediate disqualification.