

## **Concise International Grappling Regulation**

Grappling is a non-striking hybrid sport formed of wrestling, Brazilian jiu-jitsu and other styles of submission fighting whose art consists in forcing the opponent to surrender through the application of locks and choking techniques.

If at the end of the time neither of the athletes surrenders, the athlete who got the lowest number of warnings – penalty points shall be declared the winner. In case of a tie, 2-minute overtime shall be called until the first “golden point” is determined. If the winner has not been announced during overtime, the referee brigade shall consult and grant the victory to a more active grappler. The athletes shall wear short sportswear: shorts and special wrestling shirts.

### **Duration of the Match**

The novice, schoolboys/girls and veteran matches last 4 minutes.

The cadet, junior, and senior matches last 5 minutes.

A 2-minute overtime until first “Golden point”.

### **Gestures by the Judge**

“Fight“: match beginning.

"Stop": stopping the match.

"Passivity" - verbal caution for the first time to avoid the match.

Yellow card: for the second attempt to avoid the match; fleeing the mat. For the first small and unintentional violations.

Red card: for the third attempt to avoid the match, for fleeing the mat for the second time, for small and unintentional violations made for the second time, for illegal actions that are dangerous for health.

"Point" - the scores are awarded only during the overtime when the grappler did not win during the main time by forcing the opponent to surrender.

- For throw when the grappler remains in a standing position after technical throw, and the opponent is thrown on the mat;
- For throw when the grappler manages to establish a dominant top position after the throw;
- Full mount on the opponent, back mount by clinching the opponent with legs. Each position shall be maintained for 5 seconds.

### **Victory**

The victory may be achieved before the time if the grappler forces the opponent to surrender while using lock or choking technique.

### **Restart position**

If the grapplers go out of bounds, the referee shall restart the action in the centre of the mat in the same position as the grapplers were before they went out of bounds of the mat. If the grapplers were in a standing position, then they will restart the action also in a standing position, if they were on the ground, then they have to restart on the ground.

If the grapplers fight on the ground and do not make any technical actions, they are asked to stand up and start the match in a standing position.

### **Passivity**

When the mat judge feels that a grappler is exhibiting passivity, he shall stop the fight.

The first warning for passivity for the passive grappler is verbal “Passivity – Caution”, after that the grappler is awarded 1 penalty point (*yellow card*), the third caution results in the disqualification (*red card*) of the passive grappler.

Every caution must be reported on the score sheet.

- The grappler tries to avoid contact with the opponent;
- Fleeing the mat (i.e., purposely fleeing the mat to avoid submission or inconvenient position);
- When a grappler escapes from contact and deliberately avoids the action.
- When the grappler voluntarily gets into guard position or without any purpose goes from standing position into guard where he remains 5 seconds or more;

### **Illegal actions**

If a grappler violates the IGF regulation, the head mat judge shall disqualify from the match or from the competition.

The first minor and unintentional offence results in 1 point awarded to the opponent (*yellow card*), the second offence leads to disqualification (*red card*).

### **Yellow card**

- Painful action – twisting ankle of the leg
- Painful action – twisting foot
- Nape breaking
- Use of the fingers for throat/trachea choking techniques
- Painful actions for fingers and toes
- Biting, pulling of hair, nose, ears, or attacking the groin;
- Holding fingers;
- Argument/insults towards anybody present in the competition hall;
- Showing dissatisfaction;
- Speaking while fighting.

### **Red card**

- Attacks with hands and legs
- Slam into the mat in defence if opponent’s body is above waist level
- Lifting athlete from a lying position and smashing into the mat
- Back splashes from standing position
- Throw onto the head or neck