

STAY GROUNDED CHAMPIONSHIPS

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STAY GROUNDED CHAMPIONSHIPS

Rules & Regulations

Section I: Overview

- SGC is a tournament with an emphasis on the ADCC rule set. The higher the level of competitor, the more exact the rules will be. For example, the advanced division will most closely follow the rules for ADCC trials and championships whereas the beginner division will have a modified rule set.
- The rules are designed to give a platform for athletes to compete under and gain experience in the ADCC ruleset.
- The mat area is 8ft x 8ft minimum, no cage fences. If the fighters go out of this area, the referee will restart the fight in the center of the mat, in the same position they were when they left the mat when the referee said “Stop”. If the fighters were standing without any established locked position, they will start standing neutral. If a competitor has single or double grips before the ref says stop, the athletes will resume with the same position.
- The referees do not award points. The table will award points.
- Each table will have 2 score keepers minimum. One to always be watching action and one to provide the points on the board and keep time.
- Time will be paused for resets.

Section II: Competitors, coaches and spectators responsibilities

- Competitors, coaches and spectators are expected to maintain a professional manner suitable for any family environment.
- Competitors, coaches and spectators will be respectful of the Referee’s and staff’s authority on and off the mat at all times. Any

disrespectful conduct, verbal abuse or failure to follow the commands of the referee will result in penalties assessed, disqualification, event ejection and / or probation from future events.

- Competitors, coaches and spectators must wear shoes at all times during the event except when physically stepping on the mats, when the shoes must be removed. Failure to follow this hygienic safety requirement could result in disqualification or ejection from the competition with NO monetary reimbursement.
- Competitors are required to wait at the mat boundaries until the referee invites the competitor on the mats at the time of their competition.
- Coaches and spectators may NEVER step on the mats during a competition. Stepping on the mats will result in penalties assessed to the competitor and possible ejection of the offending coach/spectator. Note: Severe injury to a team competitor may allow the coach or family member to address the competitor on the mats (without interfering with the medical staff or referee's decisions).

Section III: How You Can Win

- Submission, Points, Referee decision, opponent disqualification, or coaches verbally tap.
- If one competitor gives up or submits by tapping with an open hand anywhere: on themselves, the mat or their opponent's body. A tap is signified by tapping your hand more than once.

- Tapping with your legs in the same tapping motion as your hands when your hands are tied up.
- Tapping out verbally, either by saying “stop,” “tap,” or by yelling out (verbal tap out) when caught in a submission.
- The Competitor's corner can tap for the athlete by throwing in the towel.
- If the Referee feels one competitor is unable to defend himself or feels his life is in danger and or an injury appears imminent, the Referee can halt the match and award victory to the competitor applying the submission.
- By a competitor being disqualified by the Referee for breaking the rules.(See DQ qualification)
- If there is no tap out in the match, the winner is determined by Points. If tied, the match will go into overtime. Winner is based upon initiation throughout the match, not just the overtime period.

Section IV: Disqualifications

Before and during competition

- Not making weight.
- Competitor looking unfit to compete due to weight cut.
- Competitor being sick or appearing to be sick.
- No competitor can compete with a communicable skin disease, including ringworm, impetigo, herpes, etc. If anything is found before or during competition they will be disqualified. Skin checks will be done.
- Vomiting, urinating or flatulence on the mats.

- Going unconscious during the match.
- Using any of the illegal moves (see illegal moves for your division)
- Any form of un-sportsmanlike conduct to your opponent, referee, audience and coaches. This is before, during and after competition. During competitions, competitor may be warned but it is up to the referees discretion. If it occurs after matches you may be forced to forfeit and or not be invited back.
- A competitor who cannot control bleeding will not be allowed to continue. In the event of bleeding, the Referee will stop the clock and allow the competitor a three minutes to stop the bleeding. If the competitor continues to bleed a second time in the same match (for the same injury), that competitor will be disqualified. If the competitor begins to bleed from a different injury for the first time in the match, the above listed measures will again be followed.
- Using profanity on the mats by a competitor or their coaches.
- Spitting on the mats.
- No slippery substances allowed on body or clothing.
- Interference by a corner with any official or fighter.
- Poor hygiene, for example foul smelling competition gear, uncut nails, extreme body odor. If a Referee feels this criteria has not been met, he/she will not allow the competitor to compete.

Section V: Competitors Uniform Requirements

- Must wear a fitted rashguard.
- No rash guard is acceptable.
- No T-shirts allowed

- Shorts must be grappling shorts with no zippers, buttons, or pockets.
- No basketball shorts or P.E type shorts.
- Compression pants are allowed but shorts must be worn over them for men.
- Gi pants are allowed.
- No groin protection allowed.
- Mouth pieces are allowed
- All joint braces must be free of metal.
- Taping fingers, wrist, and ankles are allowed as long as it's not excessive.
- Proper wrestling headgear is allowed.
- Wrestling/Martial Arts shoes are allowed.
- Singlets are allowed.

Section VI: Illegal moves and misconduct All Competitors

- No strikes of any kind are allowed to any part of the body or head, by any part of the body or head.
- No clutching of the windpipe is permitted (open hand posting is permitted). The thumb is not permitted to apply any pressure to the opponent's throat.
- No pressure of any type is allowed to the eyes. Explicitly, no finger, chin, palm heel, etc. are allowed to press on or around the eyes.
- No pressure of any type is allowed to the groin, unless it is an inevitable and unintended result of a legitimate technique.
- No pressure may be applied directly into or across the nose unless it is an inadvertent consequence of a legitimate technique.

- No fish hooking is permitted (fingers in the opponent's mouth).
- No biting is permitted. A player defending against a rear naked choke cannot purposefully open their mouth so the teeth contact the opponent's forearm.
- No spiking an opponent on their head
- No small joint manipulation is permitted. No pulling a thumb or holding less than 4 fingers and all toes.
- No pulling hair.
- No grabbing the ears.
- No pinching, twisting, or scratching of the skin.
- No putting a finger or toe into any orifice.
- No attacking an opponent in any of these circumstances:
 1. Before the referee has started the match.
 2. After the match duration time has ended.
 3. During a rest period between match duration and overtime.
 4. When an opponent is being addressed by the Medic, referee or any official.
 5. When referee tells you to stop action.
- No "Full Nelson"
- No neck crank crucifix
- No neck cranks that trap both shoulders and puts downward pressure on the neck
- No spiking your opponent on their head while attempting a takedown
- No spiking your opponent's head when opponent is on your back
- No rolling forward while someone is on your back while standing.
- No slippery substances allowed on body or clothing • No holding of any gear to control the opponent or prevent a

submission with the exception of Gi pants. Competitors may use gi pants to control but not to prevent submission. • No grabbing clothes to avoid sub

- No stalling is permitted. Referee will give 2 warnings then negative points will be assessed.
- If the competitor goes out of bounds, the referee will restart the fight in the center of the mat, in the same position they were when they left the mat when the referee said “Stop”. If the fighters were standing without any established locked position, they will restart neutral. If a competitor has single or double grips before the ref says stop, the athletes will resume the same position.

Section VII: Legal Techniques

A. Advanced

- Any kind of choke (except for using the hand to close the windpipe)
- Any arm bar, shoulder lock, or wrist lock
- Any Leg Lock or Ankle Lock
- Can Opener is allowed
- Twister is allowed
- Banana Splits/Crotch Ripper
- Compression locks allowed (calf cranks, Bicep locks)
- Slams for takedowns (no spiking)
- Slamming out of a submission is allowed (If your opponent lets go of the submission while you are about to slam you must let go of the slam)

B. Intermediate

- Any kind of choke (except for using the hand to close the

windpipe)

- Any arm bar, shoulder lock, or wrist lock
- Any leg lock or ankle lock
- Twister
- Banana Splits/Crotch Ripper
- Compression locks allowed (calf cranks, Bicep locks)
- High amplitude takedowns (no spiking)
- No Slamming out of submissions

C. Beginner

- Any kind of choke (except for using the hand to close the windpipe)
- Any arm bar, shoulder lock, or wrist lock
- Leg locks- knee bar, ankle lock and toe holds (no heel hooks or aoki)
- Twister
- Banana Splits/Crotch Ripper
- Compression locks allowed (calf cranks, Bicep locks)
- High amplitude takedowns (no spiking)
- No Slamming out of submissions

D. Novice

- Any kind of choke (except for using the hand to close the windpipe)
- Any arm bar, shoulder lock, or wrist lock
- Twister
- Banana Splits/Crotch Ripper
- Compression locks allowed (calf cranks, Bicep locks)
- Leg locks- knee bar, ankle lock and toe hold

(no heel hooks or aoki)

- High amplitude takedowns (no spiking)
- No Slamming out of submissions

Section VIII: Time Limit

A. Advanced

- **QUALIFYING ROUNDS = 6 mins** / with 3 mins overtime if it's a draw. (Max. 1 overtime)
 - First 3 mins no points (only negative points will be counted)
 - Second 3 mins with points (negative and positive points)
 - Overtime 3 mins (negative and positive points)
- **FINALS Matches= 10 mins** / with 5 mins overtime if it's a draw. (Max. 1 overtimes)
 - First 5 mins no positive points (only negative points will be counted)
 - Second 5 mins with points (negative and positive points)
 - Overtimes 5 mins (negative and positive points)

B. Intermediate

- **QUALIFYING ROUNDS = 6 mins** / with 3 mins overtime if it's a draw. (Max. 1 overtime)
 - First 3 mins no points
 - Second 3 mins with points (negative and positive points)
 - Overtime 3 mins (negative and positive points)

- **FINALS = 8 mins** / with 4 mins overtime if it's a draw. (Max. 1 overtime)
 - First 4 mins no positive points (only negative points will be counted)
 - Second 4 mins with points (negative and positive points)
 - Overtime 4 mins (negative and positive points)

C. Beginner

- **QUALIFYING ROUNDS = 5 mins** / with 2:30 mins overtime if it's a draw. (Max. 1 overtime)
 - First 2:30 mins no points
 - Second 2:30 mins with points (negative and positive points) - Overtime 2:30 mins (negative and positive points)
- **FINALS = 6 mins** / with 3 mins overtime if it's a draw. (Max. 1 overtime)
 - First 3 mins no positive points (only negative points will be counted)
 - Second 3 mins with points (negative and positive points)
 - Overtime 3 mins (negative and positive points)

D. Novice

- **QUALIFYING ROUNDS = 5 mins** / with 2:30 mins overtime if it's a draw. (Max. 1 overtime)
 - First 2:30 mins no points
 - Second 2:30 mins with points (negative and positive points) - Overtime 2:30 mins (negative and positive points)
- **FINALS = 6 mins** / with 3 mins overtime if it's a draw.

(Max. 1 overtime)

- First 3 mins no positive points (only negative points will be counted)
- Second 3 mins with points (negative and positive points)
- Overtime 3 mins (negative and positive points)

Section IX: POINTS (POSITIVE POINTS)

Each position must be established for 3 seconds or more and competitors must be out of any danger of submission in order for points to be awarded! •

Passing the guard = 3 points - (In order to get the points, the judges will be looking for control, where at least 75% of the opponent's back should be on the mat).

- **Knee on stomach = 2 points** - (Either the inside or outside knee can score, the knee must be in the middle of the stomach and not chest or the sides of the stomach. Opponent can't be on their side. If you score with knee on the stomach and then remove your knee for 3 secs or more and put your knee back on the stomach for 3 secs or more, you will score again. The positioning of the other leg is irrelevant).

- **Mount position = 2 points** - (Both knees must be touching the floor. If there is a size difference between both fighters in Absolute fight and the fighter can not possibly touch his knees on the mat, the referees will decide if there is enough control to score points. Reverse mount will score as well. If your

opponent gets one or both hands trapped under your legs it still scores. Both of your knees must be below the shoulder line. Your opponent's back must be on the floor).

- **Back mount with hooks = 3 points** - (Both hooks and body triangle are acceptable. If you take one hook out or release your body triangle for more than 3 secs and put your hooks or body triangle back in for 3 secs or more, you will score again. Your hooks must not be over any of the shoulders).
- **Takedown (ends Guard or Half Guard) = 2 points** - (Opponent's butt or back needs to be on the mats for 3 secs. If you take your opponent down and they put on a submission you will not be awarded points until you escape the submission threat and solidify for 3 secs).
- **Clean Takedown (ends passed the guard) = 4 points** - (You must be outside the guard and not be in the threat of a submission and 75% or more of your opponent's back must be on the mat. You must solidify the position for 3 secs or more).
- **Sweeps (ends Guard or Half Guard) = 2 points** - (Sweep is considered when two athletes are facing each other, change the position from bottom to top and establish for 3 secs or more. You must not be in the threat of a submission).
- **Clean Sweep (ends passed the guard) = 4 points** - (When facing each other, change the position from bottom to top ending up outside guard, while more than 75% of opponent's back is on the floor and establish for 3 secs or more. You must not be in the threat of a submission).
- Reversals are considered sweeps. If you are being held in side-control or mount and reverse the position from top to

bottom you will be awarded points as well, either 2 points if you end up in guard and 4 points if you end up in side-control.

- Every sweep must be completed in one continuous motion in order to get points awarded.
- Points for a sweep will be awarded only if the fighter initiates the sweep, not if he is being attacked by his opponent and then he ends up on top.
- When changing multiple positions, points will be awarded only for the position that has been established for 3 seconds or more.
- When passing the guard straight to mount or knee on the stomach, points will only be awarded for passing the guard.

Section X: Penalties (NEGATIVE POINTS)

- When a fighter voluntarily jumps in the guard or goes from standing position to a non- standing position by any means and remains down for 3 seconds or more, he will be punished by a minus point during points periods.
- When a fighter disengages from contact, starts backing up and avoids engaging again, he will be punished by minus point.
- A passive fighter will be warned twice and then will be punished by minus point. The referee will warn the passive player by the words "WARNING PASSIVITY" – after the first minus given there are not going to be any more warnings and the minus points will be given right-away if the fighter continues to be passive.
- If a fighter is very passive during the first half of the regular

fights when there are no minuses, the referees will still give him WARNING for passivity and will punish him with a negative point when the second half of the fight starts!

- If a minus is given, the referee will halt the action to inform the athlete and their coach that they received a penalty.
- If two fighters (team-mates) make a fixed fight, they will both be disqualified from the tournament.
- If a fighter disengages from the fight by constantly fleeing the mat, he will be given a minus point.
- If a fighter tries to escape a submission by fleeing the mat more than once, he will be punished by a minus point.
- Minus points can be given for bad language or bad behavior from a fighter or his coach.
- Minus points can be given for not obeying the referees' commands during the fight.
- If a fighter intentionally hits or kicks his opponent, he will be disqualified right away.
- If a fighter tries to initiate any of the ILLEGAL TECHNIQUES, he will be disqualified right away.

Section XI: Other Topics

- If you initiate a submission from mount, side control or in someone's guard and go from top position to bottom position, your opponent will not be awarded sweeping points since you initiated the attack.
- If your opponent goes for a sweep while you are on top and in the middle of the motion you attack him for a submission, if your opponent escapes the submission and holds you down for 3 sec, he will be awarded with points for a sweep,

because he first initiated the motion.

- If an opponent takes you down and you end up in a turtle position for more than 3 sec there are no points for the takedown.
- If you shoot for a takedown and in less than 3 secs you pull guard, you will be penalized with a minus.
- If you shoot for a takedown and in less than 3 secs you go to turtle position breaking the attack, you will be penalized with a minus.
- If both fighters are standing up and one of them puts one or both of his knees on the mat for more than 3 sec(Combat Base), he will be punished by a minus point.
- If you shoot for a takedown attempting hard to finish the takedown for more than 3 secs and then pull guard, you will not be penalized with a minus.
- If a fighter unintentionally gets poked in the eye or hit in the groin area starts bleeding, he will be given 2 minutes to recover and if he cannot continue, he will be out, losing the fight.

Section XII: Divisions

Novice: 0-1 years of grappling experience, suggested for white belts

Beginner: 1-2 years of grappling experience, suggested for blue belts

Intermediate: 2-4 years of grappling experience, suggested for blue, purple belts, and those with previous

wrestling, judo, or mma experience

Advanced: 4 years + of grappling experience, Suggested for brown and black belts.

Section XIII: Weight classes

MENS

- 135lbs
- 145lbs
- 155lbs
- 170lbs
- 185lbs
- 205lbs
- 206+

Women

- 115lbs
- 130lbs
- 145lbs

Not all weight classes may be offered per tournament

Section XIV: Referees

- SGC Referees will perform to the highest standards possible to keep ALL competitors as safe as possible during an event. • SGC referees are required to undergo extensive training to fully understand all rules and regulations.

- SGC Referees reserve the right to stop a match at absolutely any given time he/she feels injury is imminent regardless of skill or belt rank.
- SGC Referee decisions are final and may not be contested by competitors, coaches or spectators during a SGC event.
- SGC Referees will officiate each match according to the rules outlined by this rules manual with unbiased intentions towards any competitor, coach, team or spectator attending any competition.
- Referees are human and can make mistakes. The head referee or even coordinator can over turn a referee's error if it is a very clear call to make.
- Referees are required to wear appropriate uniform while on the mats.