

# Submission Grappling Series Ruleset

**\*\*Please read carefully and understand these rules before participating\*\***

- You can compete topless/ Women must wear a fitted bra. No loose fitting attire.
- Fitted Rashguards Recommended. ABSOLUTELY no zippers or buttons on any of your gear.
- Mouthguard optional
- Wrestling Shoes are not allowed.
- Cup is Optional

## Illegal Techniques

- Spiking
- Flying Scissor takedown
- Any small joint manipulation
- Suplex style takedown
- Grabbing opponents clothing and/or cage fence
- Absolutely NO biting, spitting, pulling hair, eye gouging, fish hooking.  
(Failure to follow will result in immediate disqualification.)

## Regulation rounds

Submission declared by verbal, physical tapout or if risk of serious injury the referee has the authority to end the match. All decisions are final, NO exceptions!

- 4 minutes for kids
- 5 minutes for blue
- 6 minutes for purple
- 7 minutes brown
- 10 minutes black

(time does not include overtime periods which are 90 seconds)

## Overtime rounds

How do Overtime rounds work? After the regulation round clock runs out, there is 1 sudden death overtime round of :90 seconds. Winner of coin toss gets to decide whether to submit or escape. If you choose to submit and they escape you lose. If you choose to submit but you hold them the whole round without submitting, you win. If you choose to escape and you don't escape they win, they can also submit you and win. Or simply escape and win.

To make things fair, we've implemented the 2 point maximum penalty system. In order to discourage those tempted to stall during the regular regulation period in order to secure a victory during overtime then based on the REFEREES DISCRETION you will be given a penalty point, if you receive 2 penalty points you will be Disqualified from the match. In a rare occasion that both competitors reach the maximum 2 penalty points then the match will end and be considered a no contest allowing the next set of competitors to step on stage and chase the victory.

\*Due to time management we've decided to run with this ruleset and hope you all are as excited to compete, same as we are watching the selected athletes chase victory without allowing it to get to the overtime period and secure the submission first. There are no points in play so let's get after it and see you all soon!