



RULES AND MAIN PROVISIONS FOR CONDUCTING

**GRAPPLING COMPETITIONS
UNDER AIGA VERSION**

**DEVELOPED BY
AIGA REFEREE PANEL
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RULES AND MAIN PROVISIONS FOR CONDUCTING

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MAIN PROVISIONS

AIGA (AMATEUR INTERNATIONAL GRAPPLING ASSOCIATION) GRAPPLING IS A TYPE OF COMBAT SPORT COMBINING TECHNIQUES FROM VARIOUS WRESTLING DISCIPLINES WITH MINIMAL RESTRICTIONS ON THE USE OF JOINT LOCKS AND CHOKES. COMPETITIONS UNDER AIGA RULES INVOLVE SEEKING WAYS TO DOMINATE THE OPPONENT USING VARIOUS TECHNICAL ACTIONS IN STANDING AND GROUND FIGHTING POSITIONS, AIMING FOR COMPLETE CONTROL OVER THE OPPONENT WITH SUBSEQUENT ACKNOWLEDGMENT OF DEFEAT.

1.1 COMPETITION FORMAT UNDER THE AIGA RULES

1.1.1 REGISTRATION FOR THE TOURNAMENT STARTS AND ENDS AT A TIME PREDETERMINED BY THE ORGANIZERS.

1.1.2 COMPETITIONS UNDER AIGA RULES ARE HELD IN A TOURNAMENT FORMAT, WHERE ONLY THE WINNERS ADVANCE TO THE NEXT ROUND.

1.1.3 TOURNAMENT BRACKET MUST BE READY ONE DAY BEFORE THE COMPETITION.

1.1.4 WEIGH-INS ARE CONDUCTED IN A DESIGNATED AREA EITHER ONE DAY BEFORE THE COMPETITION.

1.1.5 DURING THE WEIGH-IN PROCEDURE, THE PARTICIPANT HAS THE RIGHT TO STAND ON THE SCALES ONLY ONCE.

1.1.6 PARTICIPANTS MUST BE WEIGHED IN SHORTS AND A T-SHIRT/RASHGUARD.



1.2 EQUIPMENT OF THE COMPETITION VENUES

1.2.1 THE COMPETITION AREA CONSISTS OF A WRESTLING MAT WITH A MINIMUM WORKING ZONE OF 10X10 METERS, WITHOUT FENCING OR A CAGE.

1.2.2 PRESENCE OF A SCREEN FOR DISPLAYING TIME AND POINTS IS DESIRABLE. IN THE ABSENCE OF A SCREEN, A STOPWATCH AND A FLIP SCOREBOARD FOR DISPLAYING POINTS TO THE COMPETITORS AND SPECTATORS ARE MANDATORY.

1.2.3 IT IS MANDATORY TO HAVE AT LEAST ONE STANDARD-SIZED CARPET FOR ATHLETES TO WARM UP. .

1.2.4 FOR OFFICIATING THE MATCHES, EACH MAT MUST HAVE A CENTRAL REFEREE AND AT LEAST ONE OR TWO ASSISTANT REFEREES.

1.3 OBLIGATIONS OF THE PARTICIPANTS

ALL PARTICIPANTS OF THE AIGA GRAPPLING COMPETITIONS ARE OBLIGED TO:

- * STRICTLY OBSERVE THE RULES AND REGULATIONS OF THE COMPETITION. COMPLY WITH THE REQUIREMENTS OF THE JUDGES AND REFEREES.**
- * TO BE RESPECTFUL TOWARDS ALL PARTICIPANTS OF THE COMPETITION: REFEREES, ORGANIZERS, MATCH OPPONENT, AS WELL AS SPECTATORS.**
- * TO FOLLOW THE PRINCIPLES OF SPORTSMANSHIP AND FAIR PLAY.**
- * UNDER NO CIRCUMSTANCES SHOULD INTENTIONAL HARM BE CAUSED TO THE OPPONENT'S HEALTH.**
- * BE NEAT, HAVE A CLEAN UNIFORM FOR COMPETITION, AND PERFORM WITH SHORT-CROPPED NAILS ON THE HANDS AND FEET.**



1.4 UNIFORM OF THE PARTICIPANTS OF THE COMPETITION

ATHLETES MUST ADHERE TO THE COMPETITION RULES REGARDING ATTIRE AND INDIVIDUAL REQUIREMENTS. IF A COMPETITOR FAILS TO COMPLY WITH THE RULES HEREIN, HE WILL NOT BE ALLOWED TO PARTICIPATE IN THE MATCH. AFTER NOTIFYING THE PARTICIPANT OF THE NON-COMPLIANCE OF HIS APPEARANCE WITH THE ESTABLISHED REQUIREMENTS, HE IS GIVEN THE OPPORTUNITY TO CHANGE CLOTHES WITHIN 2 MINUTES. IF AN ATHLETE DOES NOT MEET THIS TIME LIMIT AND EXCEEDS IT BY LESS THAN ONE MINUTE, HE RECEIVES A MINUS POINT. IF THE CHANGING TIME EXCEEDS ONE MINUTE, THE PARTICIPANT IS DISQUALIFIED.

1.4.1 ONLY ATHLETES ARE ALLOWED TO PARTICIPATE IN
THE COMPETITION WHO ARE DRESSED:

- * IN SHORTS;
- * RASHGUARD/T-SHIRT (COMPETING WITH A BARE TORSO IS NOT ALLOWED;
FOR CERTAIN EVENTS, ORGANIZERS MAY REQUIRE ATHLETES TO WEAR
A RED OR BLUE RASHGUARD CORRESPONDING TO THEIR CORNER, AS PER
THE COMPETITION REGULATIONS);
- * ELASTIC UNDERGARMENTS THAT HUG THE LEGS (TIGHTS).

DRESS REQUIREMENTS:

RASHGUARD/T-SHIRT: MEN AND WOMEN ARE REQUIRED TO WEAR A TIGHT-FITTING T-SHIRT OR RASHGUARD COVERING THE TORSO, AND THE LENGTH OF THE T-SHIRT MUST BE UP TO THE SHORTS.

SHORTS: THE LENGTH OF THE SHORTS SHOULD BE AT LEAST UP TO THE MIDDLE OF THE THIGH (NO MORE THAN 10 CM ABOVE THE KNEE). POCKETS ARE NOT ALLOWED, THEY SHOULD NOT HAVE BUTTONS, PLASTIC OR METAL ZIPPERS.

TIGHTS: ELASTIC TIGHTS THAT HUG THE LEGS SHOULD BE BELOW THE KNEES.

WEARING KNEE AND ANKLE SUPPORTS IS ALLOWED, PROVIDED THAT THE SUPPORT DOES NOT CONTAIN METAL AND/OR PLASTIC ELEMENTS.



MAIN PROVISIONS



1.4.2 IT IS PROHIBITED TO USE SHOES, HATS, HAIR CLIPS, JEWELRY, SHELLS (GENITALS PROTECTIVE EQUIPMENT) OR OTHER PROTECTIVE EQUIPMENT MADE OF HARD MATERIALS THAT MAY CAUSE INJURY TO AN OPPONENT OR THE PARTICIPANT HIMSELF.

1.4.3 LONG HAIR SHOULD BE TIED WITH A SOFT ELASTIC BAND OR BRAIDED. HIJAB (MUSLIM HEADSCARF) IS ALLOWED.

1.4.4 THE NAILS ON THE HANDS AND FEET OF THE PARTICIPANTS MUST BE CUT SHORT.



1.5 COACHES

1.5.1. ONLY ONE COACH MAY BE PRESENT WITH THE ATHLETES ON THE COMPETITION MAT.

1.5.2. DURING THE MATCH, THE COACH REMAINS WITHIN THE BOUNDARIES OF THE MAT AND MAY ASSIST (COACH) THEIR ATHLETE.

1.5.3. A COACH IS A ROLE MODEL, AND HIS BEHAVIOR MUST BE CONSISTENT WITH MORALITY, THE CODE AND NORMS OF PERSONAL CONDUCT IN THE MARTIAL ART.

1.5.4. THE COACH MUST BE DRESSED APPROPRIATELY (IN A TRACKSUIT OR FORMAL UNIFORM). ATHLETES WEARING SHORTS AND RASHGUARDS ARE NOT ALLOWED ON THE COMPETITION MAT TO ASSIST ANOTHER ATHLETE. DURING SPECIFIC EVENTS, A PARTICULAR DRESS CODE MAY BE ENFORCED.

1.5.5. IF A COACH DISPLAYS INAPPROPRIATE BEHAVIOR TOWARDS REFEREES, ORGANIZERS, ATHLETES, SPECTATORS, OR ANYONE ELSE, THE REFEREE HAS THE RIGHT TO REMOVE HIM FROM THE OFFICIAL AREA FOR THE REMAINDER OF THE MATCH.

1.5.6. THE ORGANIZERS OR THE HOST PARTY ALSO HAVE THE RIGHT TO PROHIBIT THE PRESENCE OF ANY UNDESIRABLE INDIVIDUALS IN THE COMPETITION AREA



JUDGING SERVES AS THE HIGHEST EXECUTIVE BODY WITHIN THE ORGANIZATIONAL COMMITTEE OF TOURNAMENTS OF ANY SIGNIFICANCE HELD UNDER THE AUSPICES OF AIGA. SHOWING RESPECT TO THE JUDGES OF ALL LEVELS IS THE DUTY OF EVERYONE PRESENT AT SPORTING EVENTS, INCLUDING ATHLETES, REPRESENTATIVES OF SPORTS ACADEMIES, SPECTATORS, AND OTHERS.

2.1 REFEREE PANEL.

THE REFEREE PANEL COMPOSITION INCLUDES THE CHIEF REFEREE, CENTRAL REFEREE, AND MAT REFEREES.

THE CHIEF REFEREE OF THE COMPETITION HOLDS THE HIGHEST REGULATORY AUTHORITY.

2.2 REFEREES GENERAL DUTIES.

THE REFEREE PANEL PERFORMS THE DUTIES OF ORGANIZING AND SERVICING THE COMPETITION IN ACCORDANCE WITH THE PROVISIONS OF THESE RULES. THE CENTRAL REFEREES AND THE MAT REFEREES USE THE TERMINOLOGY AND SIGNALS APPROVED BY THESE RULES IN ACCORDANCE WITH THEIR DUTIES TO REGULATE THE COURSE OF THE COMPETITION. THE CENTRAL REFEREE AND THE MAT REFEREE HAVE THE RIGHT TO CONSULT EXCLUSIVELY WITH THE CHIEF REFEREE OF THE COMPETITION. INTERFERENCE INTO THE WORK OF THE REFEREE PANEL OF ATHLETES OR REPRESENTATIVES OF THEIR TEAMS IS CONSIDERED DISRESPECTFUL TO THE REFEREE PANEL AND ENTAILS DISQUALIFICATION.



2.3 UNIFORM OF REFEREES

2.3.1 THE REFEREE UNIFORM CONSISTS OF A BLACK POLO SHIRT WITH AIGA BRANDED LOGOS ON THE CHEST, AS WELL AS THE WORD "REFEREE" WRITTEN IN LARGE LETTERS ON THE BACK. IT ALSO INCLUDES BLACK TROUSERS OR LEGGINGS WITHOUT STRIPES OR SIMILAR DECORATIVE ELEMENTS.

2.3.2 THE REFEREE SHOES: BLACK ATHLETIC SHOES WITH SOFT BLACK SOLES OR BLACK SOCKS. IT IS NOT ALLOWED TO WEAR COLORED SHOES OR SHOES WITH HARD SOLES.

2.3.3 THE MAT REFEREES WEAR A RED ARMBAND ON THE RIGHT WRIST AND A BLUE ONE ON THE LEFT.





2.4 REFEREE LEVELS

AIGA REFEREES HAVE THE FOLLOWING LEVELS:

1-JUDGE C

2-JUDGE B

3-JUDGE A

4-REFEREE B

5-REFEREE A

2.4.1 THE REQUIREMENTS FOR THE REFEREE ARE AS FOLLOWS:

- 1.TO FOLLOW THE RULES AND REQUIREMENTS OF THE AIGA ASSOCIATION.**
- 2.TO HAVE AN APPROPRIATE CERTIFICATE OF COMPLETION OF TRAINING**
- 3. TO HAVE GOOD HEALTH AND THE APPROPRIATE AGE.**



2.4.2 REQUIREMENTS FOR EACH LEVEL

JUDGE C

1. AWARDED BASED ON THE RESULTS OF THE EXAMINATION.
2. AGE OF NO LESS THAN 19 YEARS OLD.
3. ACTED AS A JUDGE/REFEREE IN HIS COUNTRY FOR AT LEAST 1 YEAR.
4. JUDGED AT LEAST 3 COMPETITIONS IN THE RELEVANT DISCIPLINE RECOGNIZED BY THE INTERNATIONAL AMATEUR GRAPPLING ASSOCIATION (AIGA), COMPLETED CERTIFIED REFEREE TRAINING COURSES.

JUDGE B

1. AWARDED BASED ON THE RESULTS OF THE EXAMINATION.
2. AGE OF NO LESS THAN 21 YEARS OLD.
3. ACTED AS A JUDGE / REFEREE IN HIS COUNTRY, AT THE CONTINENTAL CHAMPIONSHIPS, HAVING THE CATEGORY OF "JUDGE C", FOR AT LEAST 1 YEAR.
4. OVER THE PAST YEAR HAS JUDGED AT LEAST 3 COMPETITIONS IN THE RELEVANT DISCIPLINE RECOGNIZED BY THE INTERNATIONAL AMATEUR GRAPPLING ASSOCIATION (AIGA), AND COMPLETED CERTIFIED REFEREE TRAINING COURSES.

JUDGE A

1. AWARDED BASED ON THE RESULTS OF THE EXAMINATION.
2. AGE NO LESS THAN 23 YEARS OLD.
3. ACTED AS A JUDGE / REFEREE IN HIS COUNTRY, AT THE CONTINENTAL CHAMPIONSHIPS, HAVING THE CATEGORY "JUDGE B", FOR AT LEAST 2 YEARS.
4. OVER THE PAST 2 YEARS HAS JUDGED AT LEAST 6 COMPETITIONS RECOGNIZED BY THE INTERNATIONAL AMATEUR GRAPPLING ASSOCIATION (AIGA), AND COMPLETED CERTIFIED REFEREE TRAINING COURSES.



REFEREE B

1. AWARDED BASED ON THE RESULTS OF THE EXAMINATION.
2. AGE NO LESS THAN 25 YEARS OLD.
3. ACTED AS A JUDGE / REFEREE IN HIS COUNTRY, AT THE CONTINENTAL AND WORLD CHAMPIONSHIPS, HAVING THE CATEGORY OF "REFEREE A", FOR AT LEAST 3 YEARS.
4. OVER THE PAST 3 YEARS HAS JUDGED AT LEAST 10 INTERNATIONAL COMPETITIONS RECOGNIZED BY THE INTERNATIONAL AMATEUR GRAPPLING ASSOCIATION (AIGA), AND COMPLETED CERTIFIED COURSES TO IMPROVE REFEREE QUALIFICATIONS.

REFEREE A

1. AWARDED BASED ON THE RESULTS OF THE EXAMINATION.
2. AGE NO LESS THAN 30 YEARS OLD.
3. ACTED AS A REFEREE IN HIS COUNTRY, AT THE CONTINENTAL AND WORLD CHAMPIONSHIPS, HAVING THE CATEGORY OF "REFEREE B", FOR AT LEAST 5 YEARS.
4. OVER THE PAST 5 YEARS HAS JUDGED AT LEAST 15 INTERNATIONAL COMPETITIONS RECOGNIZED BY THE INTERNATIONAL AMATEUR GRAPPLING ASSOCIATION (AIGA), AND COMPLETED CERTIFIED COURSES TO IMPROVE REFEREE QUALIFICATIONS.

- THE LEVEL OF JUDICIAL CERTIFICATION DETERMINES THE TYPE AND LEVEL OF COMPETITIONS THAT A JUDGE CAN SERVE.

THE CHIEF REFEREES OF THE AIGA MEMBER COUNTRIES WILL BE AWARDED

- THE JUDGE A CATEGORY. FURTHER GROWTH AND CATEGORY AWARDS ACCORDING TO THE PROCESS OUTLINED BELOW.



2.4.3 CERTIFICATE APPLICATION PROCESS

1. FOLLOW THE PROCEDURES AND RULES DESCRIBED IN THIS MANUAL.
2. THE HEADQUARTERS OF EACH AIGA MEMBER COUNTRY WILL PROVIDE RELEVANT INFORMATION ON QUALIFIED CANDIDATES FOR THE AIGA EXAMINATION, WHICH WILL REVIEW THE MATERIALS AND ISSUE PERMITS.

ASSESSMENT OF QUALIFICATIONS

1. THE TITLE OF INTERNATIONAL REFEREES A, B AND JUDGES A IS APPROVED AND AWARDED BY THE INTERNATIONAL AMATEUR GRAPPLING ASSOCIATION (AIGA).
2. THE QUALIFICATIONS OF JUDGES B AND JUDGES C ARE ASSESSED THROUGH TRAINING AND EXAMINATIONS ORGANIZED BY THE HEADQUARTERS OF THE AIGA MEMBER COUNTRIES. THE RELEVANT MATERIALS ARE SUBMITTED TO THE INTERNATIONAL AMATEUR GRAPPLING ASSOCIATION (AIGA).
3. THE QUALIFICATIONS OF JUDGES A, REFEREE A AND REFEREE B ARE UNIFORMLY ORGANIZED AND EVALUATED BY THE INTERNATIONAL AMATEUR GRAPPLING ASSOCIATION (AIGA).



2.5 REFEREE QUALITY

THE REFEREE MUST:

- ▶ HAVE GOOD PROFESSIONAL ETHICS. JUDGES MUST STRICTLY ADHERE TO THE RULES, ABIDE BY THE LAWS, AND MAINTAIN DISCIPLINE. IN THEIR JUDICIAL WORK, THEY MUST ADHERE TO PRINCIPLES OF FAIRNESS, AVOID FAVORITISM, WORK IN GOOD FAITH WITHOUT SEEKING PERSONAL GAIN, SUPPORT EACH OTHER AND COOPERATE HARMONIOUSLY. THE JUDGES MUST FOLLOW THE INSTRUCTIONS. WHEN COMMUNICATING WITH THE LOCAL EVENT STAFF, JUDGES SHOULD RESPECT THE VARIOUS CUSTOMS, CULTURES AND BELIEFS. DURING THE COMPETITION, THEY SHOULD REFRAIN FROM COMMENTING ON THE RESULTS OF MATCHES AND NOT SHARE VIDEOS UNRELATED TO THE COMPETITION.
- ▶ STRICTLY OBSERVE THE AIGA COMPETITION RULES, AND CORRECTLY UNDERSTAND THE PENALTY STANDARDS AND SCORING CRITERIA. THIS ENSURES THAT ATHLETES COMPETE HONESTLY AND FAIRLY UNDER EQUAL CONDITIONS.
- ▶ CONSTANTLY IMPROVE PROFESSIONAL COMPETENCE. REFEREES MUST BE FAMILIAR WITH AND MASTER THE GRAPPLING TECHNIQUE. THEY SHOULD STUDY NEW SITUATIONS AND PROBLEMS THAT MAY ARISE DURING MATCHES, CONSTANTLY ENRICH THEIR PRACTICAL EXPERIENCE AND DEEPEN THEIR THEORETICAL KNOWLEDGE.
- ▶ OBSERVE THE PRINCIPLE OF IMPARTIAL REFEREEING. THE MAT REFEREES AND THE SIDE REFEREES MUST MAINTAIN ABSOLUTE NEUTRALITY AND AVOID UNNECESSARY CONTACT WITH THE PARTICIPANTS, COACHES, AND RELATED PERSONNEL OF THE COMPETING TEAMS.

REFEREES WHO FAIL TO PERFORM THEIR DUTIES PROPERLY, DEMONSTRATE A LACK OF PROFESSIONALISM, FAIRNESS, AND IMPARTIALITY, COMMIT CLEAR VIOLATIONS OF PROVISIONS AND RULES, MAKE OBVIOUSLY INCORRECT DECISIONS, OVERLOOK OR ANNUL THEM, OR ACCEPT BRIBES MAY, DEPENDING ON THE SEVERITY OF THE SITUATION, FACE CRITICISM, CORRECTIVE MEASURES, SUSPENSION FROM OFFICIATING, DEMOTION, OR REVOCATION OF THEIR REFEREEING QUALIFICATIONS.



2.6 REFEREE PANEL COMPOSITION AND DUTIES

THE COMPOSITION AND DUTIES OF THE REFEREE PANEL: THE CHIEF REFEREE, THE CENTRAL REFEREE AND THE MAT REFEREE. THE REFEREE PANEL PERFORMS THE DUTIES OF ORGANIZING AND SERVICING THE COMPETITION IN ACCORDANCE WITH THE PROVISIONS OF THESE RULES. THE CENTRAL REFEREES AND THE MAT REFEREE USE THE TERMINOLOGY AND SIGNALS APPROVED BY THESE RULES IN ACCORDANCE WITH THEIR DUTIES TO REGULATE THE COURSE OF THE COMPETITION. THE CENTRAL REFEREE AND THE MAT REFEREE HAVE THE RIGHT TO CONSULT EXCLUSIVELY WITH THE CHIEF REFEREE OF THE COMPETITION. INTERFERENCE IN THE WORK OF THE REFEREE PANEL OF ATHLETES AND REPRESENTATIVES OF THEIR TEAMS IS REGARDED AS DISRESPECTFUL TO THE REFEREE PANEL AND ENTAILS THE DISQUALIFICATION OF THESE PARTICIPANTS, UP TO THE DISQUALIFICATION OF THE ENTIRE TEAM.

2.6.1 THE CHIEF REFEREE.

THE CHIEF REFEREE OF THE COMPETITION HOLDS THE HIGHEST REGULATORY AUTHORITY. THE CHIEF REFEREE MUST:

1. DURING THE PREPARATION FOR THE COMPETITION

- ▶ ASSUME FULL RESPONSIBILITY FOR REFEREEING DURING THE COMPETITION.
- ▶ ACCEPT AND KNOW THE COMPETITION RULES, AS WELL AS THE RELEVANT ADDITIONAL PROVISIONS.
- ▶ CHECK THE COMPETITION VENUE, EQUIPMENT, PROTECTIVE GEAR AND INVENTORY.
- ▶ EXPLAIN THE ROLES OF REFEREES.
- ▶ MAKE A SCHEDULE FOR REFEREES' WORK.
- ▶ CHECK THE PREPARATORY WORK OF EACH GROUP.
- ▶ DEVELOP A COMPETITION PROGRAM AND WORK PLAN.

KNOW THE RULES OF THE COMPETITION, CONVENE REFEREES' MEETINGS, ORGANIZE THE TRAINING OF REFEREES ON THE RULES, UNIFY THE SCORING CRITERIA AND PROVIDE EXPLANATIONS ON ANY DIFFICULT ISSUES THAT ARISE DURING THE COMPETITION.

- ▶ TO ORGANIZE THE DRAW IN A TIMELY MANNER (ONCE THE BRACKETS ARE ANNOUNCED, THEY CANNOT BE CHANGED).
- ▶ ORGANIZE A WEIGH-IN CEREMONY;



2. DURING THE COMPETITION

- ▶ **TO MANAGE AND CONTROL THE WORK OF EACH REFEREE GROUP.**
- ▶ **TO RESOLVE ALL ISSUES RELATED TO THE COMPETITION.**
- ▶ **TO MAKE FINAL DECISIONS ON TECHNICAL AND PROCEDURAL ISSUES ARISING ON THE MATS.**
- ▶ **TO COOPERATE WITH THE ARBITRATION COMMITTEE, WHICH INCLUDES THE CENTRAL MAT REFEREES.**

IF ANY REFEREE IS FOUND TO HAVE VIOLATED THE COMPETITION RULES OR COMMITTED A SERIOUS MISCONDUCT, THE HEAD REFEREE HAS THE RIGHT TO REPORT THIS TO THE INTERNATIONAL AMATEUR GRAPPLING ASSOCIATION (AIGA) FOR DISCIPLINARY ACTION.

3. AFTER THE COMPETITION

- ▶ **CONDUCT A FULL JUDICIAL SUMMARY AND REPORT IT TO THE JUDICIAL COMMITTEE.**
- ▶ **CONDUCT A POST-COMPETITION ANALYSIS AND SUBMIT SUGGESTIONS FOR IMPROVING THE REFEREEING WORK.**
- ▶ **PREPARE AND SUBMIT ALL PROTOCOLS TO THE INTERNATIONAL AMATEUR GRAPPLING ASSOCIATION (AIGA).**



2.6.2 THE CENTRAL REFEREE

THE CENTRAL REFEREE IS THE MAIN BODY IN MAKING DECISIONS ON A CERTAIN MAT. HE CLOSELY MONITORS THE COURSE OF THE COMPETITIVE BOUT, EVALUATES THE TECHNICAL ACTIONS OF THE ATHLETES, AND ALSO RECORDS THE REMARKS ANNOUNCED BY THE MAT REFEREE.

THE CENTRAL REFEREE HAS THE HIGHEST AUTHORITY AND POWER DURING THE MATCH. THE DECISIONS MADE BY THE CENTRAL REFEREE BASED ON THE RESULTS OF EACH MATCH ARE INDISPUTABLE.

THE DECISIONS ANNOUNCED (ACCEPTED) BY THE CENTRAL REFEREE BASED ON THE RESULTS OF EACH MATCH MAY BE OVERTURNED ONLY IN THE FOLLOWING CASES:

- ▶ IF THE RESULTS ON THE SCOREBOARD WERE INCORRECTLY REGISTERED.
- ▶ IF THE ATHLETE, DECLARED THE WINNER, DEFEATED THE OPPONENT USING A PROHIBITED TECHNIQUE OR TACTICS THAT WAS NOT NOTICED BY THE REFEREE.
- ▶ IF AN ATHLETE HAS BEEN UNLAWFULLY DISQUALIFIED FOR USING AN AUTHORIZED SUBMISSION OR TECHNICAL ACTION. IF THE MATCH IS INTERRUPTED AND DISQUALIFICATION OCCURS BEFORE THE ATTACKED OPPONENT SUBMITS, THE MATCH MUST BE RESUMED FROM THE CENTER OF THE COMPETITION AREA IN THE SAME POSITION HOWEVER, IF THE PARTICIPANT WHO WAS SUBJECTED TO A SUBMISSION OR TECHNICAL ACTION SUBMITS BEFORE THE INTERRUPTION OF THE MATCH AND DISQUALIFICATION, THE ATTACKING PARTICIPANT WILL BE DECLARED THE WINNER.

** THE POINTS AND PENALTIES GIVEN BY THE REFEREE BASED ON HIS SUBJECTIVE INTERPRETATION OF TECHNICAL ACTIONS ARE NOT SUBJECT TO CHANGE.*

IN ORDER TO CHANGE THE ANNOUNCED (ACCEPTED) DECISION ON THE MATCH, THE FOLLOWING CONDITIONS MUST BE MET:

- ▶ THE CENTRAL REFEREE MUST CONSULT WITH THE CHIEF REFEREE OF THE COMPETITION. NEVERTHELESS, THE FINAL DECISION ON WHETHER TO CHANGE THE RULING OR NOT REMAINS WITH HIM.
- ▶ THE CHIEF REFEREE OF THE COMPETITION SHOULD CONSULT WITH THE SECRETARIAT WHETHER THE RESULT OF THE MATCH HAS ALREADY BEEN TAKEN INTO ACCOUNT, AND MAY ALLOW THE RESULT OF THE MEETING TO BE CHANGED ONLY IF SUBSEQUENT MEETINGS OF THIS WEIGHT CATEGORY HAVE NOT BEEN HELD.



THE CENTRAL REFEREE ENSURES:

- ▶ TIMEKEEPING OF TIME.
- ▶ CALCULATION OF ASSESSMENTS OF ATHLETES' TECHNICAL ACTIONS AND COMMENTS.
- ▶ THE ANNOUNCEMENT OF THE WINNER OF THE COMPETITIVE BOUT TO THE REFEREE ON THE COURT IN CASE THE MEETING ENDED IN A DRAW.

** IF THE MATCH ENDS IN A DRAW WITH AN EQUAL NUMBER OF POINTS, THE CENTRAL REFEREE APPOINTS "OVER TIME" ADDITIONAL TIME EQUAL TO THE TIME WITHOUT POINTS (DEPENDING ON THE AGE CATEGORY). IF "OVER TIME" ENDS IN A DRAW, THE JUDGE MUST CHOOSE THE WINNER OF THE PARTICIPANT WHO WAS MORE OFTEN CLOSER TO THE EVALUATED POSITION OR THE APPLICATION OF "SUBMISSION", TAKING INTO ACCOUNT THE MAIN TIME AND "OVER TIME". THERE IS ONLY ONE "OVER TIME" APPOINTMENT PER MATCH.*

2.6.3 MAT REFEREE.

THE MAT REFEREE IS RESPONSIBLE FOR ENSURING THAT A COMPETITIVE MATCH IS CONDUCTED IN ACCORDANCE WITH THE PROVISIONS OF THESE RULES AND THE COMPETITION REGULATIONS. THE MAT REFEREE GIVES COMMANDS AND INSTRUCTIONS THAT MUST BE FOLLOWED IMPLICITLY BY THE MATCH PARTICIPANTS. THE MAIN DUTIES OF THE MAT REFEREE ARE TO ANNOUNCE THE BEGINNING AND END OF THE COMPETITION MATCH, STOP THE MATCH, RETURN THE ATHLETES TO THE SAME POSITION WHEN LEAVING THE MAT AREA IN THE CENTER OF THE MAT, MAKE COMMENTS, AND ANNOUNCE THE WINNERS. THE MAT REFEREE IS OBLIGED TO ENSURE THAT THE PARTICIPANTS OF THE MATCH ARE WITHIN THE COMPETITION AREA.

IN COMPETITIONS FOR THE UNDER 11 AGE CATEGORY, THE MAT REFEREE MUST MONITOR THE EXECUTION OF THE "TRIANGLE" CHOKE OR CLOSED GUARD AND PROTECT THE PARTICIPANT'S SPINE WHILE BEING POSITIONED BEHIND THE FIGHTER WHO HAS BEEN LIFTED OFF THE MAT.

THE MAT REFEREE MAY CONFER WITH THE CENTRAL REFEREE.



JUDGING

SPECIAL DUTIES OF THE MAT REFEREE:

- TO CALL ATHLETES TO THE CENTER OF THE MAT WITH A GESTURE AT THE BEGINNING OF THE COMPETITION BOUT.



- TO CHECK ATHLETES' UNIFORMS FOR COMPLIANCE WITH CLAUSE 1.4 SET FORTH IN THESE RULES AND REQUIRE THEIR REPLACEMENT WITHIN 2 MINUTES, IN CASE OF NON-COMPLIANCE (IF A COMPETITOR DOES NOT MEET THE TIME LIMIT AND EXCEEDS IT TO 1 MINUTE, HE IS PENALIZED -1 POINT, IF MORE THAN A MINUTE, HE IS DISQUALIFIED).



JUDGING

- TO VERBALLY ANNOUNCE "FIGHT" AND TO GESTURE THE BEGINNING OF THE MATCH.



- TO ENCOURAGE PASSIVE WRESTLERS TO BE ACTIVE, AND TO MAKE APPROPRIATE COMMENTS.



AN ATHLETE DISPLAYING PASSIVITY DURING THE MATCH WILL BE WARNED WITH THE WORD "ACTION," AFTER WHICH A 20-SECOND COUNTDOWN WILL BEGIN. IF THE ATHLETE FAILS TO CHANGE POSITION OR SHOW ACTIVITY WITHIN THOSE 20 SECONDS, THEY WILL BE PENALIZED WITH A NEGATIVE POINT (-1).



JUDGING

AN ATHLETE SHOWING PASSIVITY DURING THE MATCH WILL BE WARNED WITH THE WORD "ACTION," AFTER WHICH A 20-SECOND COUNTDOWN WILL BEGIN. IF THE ATHLETE CHANGES POSITION OR STARTS DEMONSTRATING ACTIVITY BEFORE THE 20 SECONDS EXPIRE, THE COUNTDOWN WILL STOP, AND THEY WILL NOT RECEIVE A NEGATIVE POINT (-1).



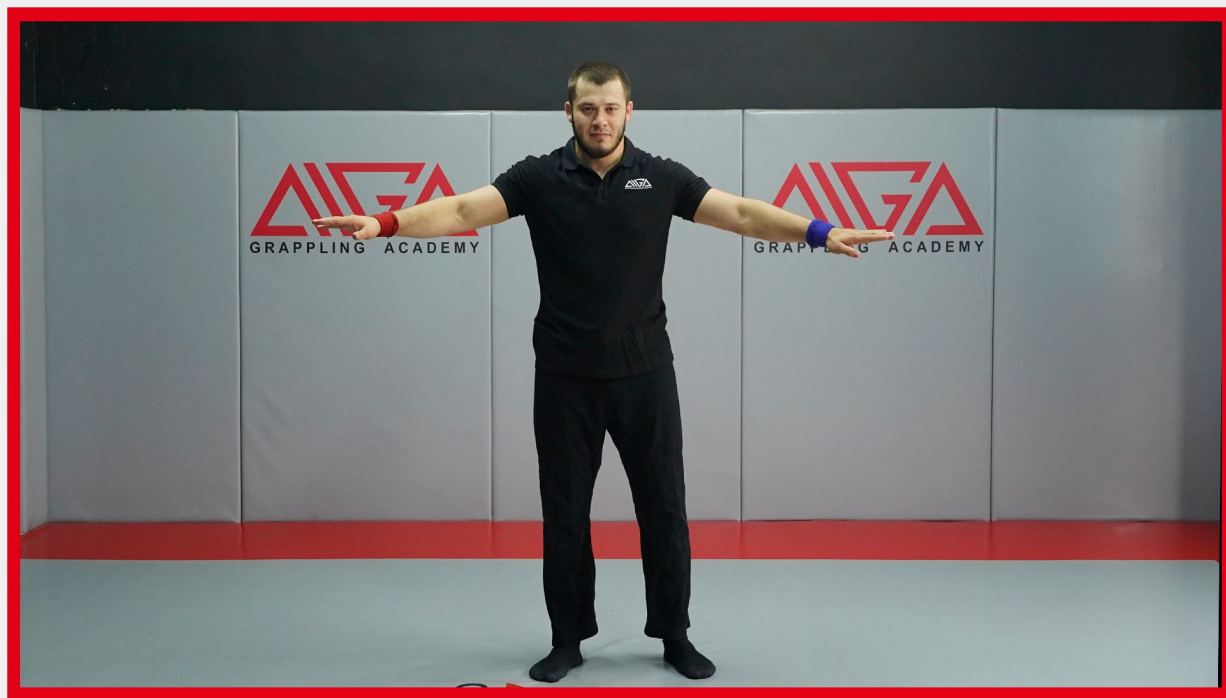
DISQUALIFY ATHLETES FOR DISRESPECTFUL BEHAVIOR TOWARDS REFEREES, ORGANIZERS, SPECTATORS, FOR USING PROHIBITED TECHNIQUES, UNSPORTSMANLIKE CONDUCT, ETC. (THE MAT REFEREE MAY DISQUALIFY AN ATHLETE ONLY AFTER CONSULTING WITH THE CENTRAL REFEREE).





JUDGING

STOP THE MATCH WITH THE "STOP" COMMAND TEMPORARILY OR PERMANENTLY IN THE FOLLOWING CASES:



IF BOTH ATHLETES HAVE LEFT THE MATCH AREA. IN THIS CASE, THE ATHLETES ARE REQUIRED TO MAINTAIN THEIR CURRENT POSITION AND WAIT FOR THE INSTRUCTIONS OF THE MAT REFEREE. THE MAT REFEREE MUST RETURN THE CONTESTANTS TO THE MIDDLE OF THE MATCH AREA TO CONTINUE THE BOUT IN THE SAME POSITION THEY WERE IN WHEN HE STOPPED THE BOUT WITH THE "STOP" COMMAND. IF THE

- ▶ COMPETITORS WERE IN A STANDING POSITION WITHOUT ANY FIXED POSITION, THEY START THE FIGHT AGAIN FACING EACH OTHER. IF THE COMPETITOR HAD A FIXED HOLD WITH ONE HAND OR TWO HANDS BEFORE THE REFEREE SAID "STOP", THE ATHLETES WILL TAKE THE SAME POSITION IN THE CENTER OF THE MAT. TO CONTINUE THE BOUT, THE REFEREE MUST COMMEND "FIGHT".

AT ANY TIME WHEN THE MAT REFEREE DEEMS IT NECESSARY TO STOP (FOR EXAMPLE,

- ▶ TO CORRECT THE UNIFORM, TO MAKE AN ASSESSMENT, IN CASE OF SUSPICION OF DANGER OR INJURY).

- ▶ IF ONE OR BOTH PARTICIPANTS ARE INJURED, LOSE CONSCIOUSNESS, OR SHOW SIGNS OF ILLNESS.

- ▶ IN CASE OF THE OPPONENT'S SURRENDER (BY CLAPPING OR VERBALLY).

- ▶ IF THE TIME OF THE MATCH IS OVER.

**** COMPETITORS MUST NOT STOP THE MATCH WITHOUT THE REFEREE'S COMMAND. IF ONE OF THE PARTICIPANTS STOPPED WITHOUT THE REFEREE'S COMMAND, AFTER WHICH A TECHNICAL ACTION OCCURRED ON THE PART OF THE OPPONENT, IT WILL BE EVALUATED IN ACCORDANCE WITH THE RULES HEREIN.***



IN AIGA GRAPPLING COMPETITIONS, THROWS, TAKEDOWNS, JOINT LOCKS, CHOKES, REVERSALS, AND OTHER OFFENSIVE AND DEFENSIVE TECHNIQUES ARE PERMITTED.

3.1 START AND THE END OF THE MATCH

3.1.1 THE PARTICIPANTS ARE CALLED TO THE MAT LOUDLY AND CLEARLY. IF A PARTICIPANT DOES NOT APPEAR IN THE COMPETITION AREA WITHIN 2 MINUTES AFTER HIS OPPONENT IS ALREADY ON THE MAT, THE FAILED PARTICIPANT WILL BE DISQUALIFIED FOR NON-APPEARANCE.

3.1.2 ATHLETES INVITED TO THE MAT WEAR A DISTINCTIVE BANDAGE ON THEIR LEG AND TAKE THEIR PLACES ACCORDING TO THE COLOR OF THE DISTINCTIVE BANDAGE.

3.1.3 AFTER THE PRESENTATION, THE PARTICIPANTS, AT THE GESTURE OF THE REFEREE, CONVERGE IN THE CENTER OF THE MAT FOR THE MATCH. THEN, AT THE COMMAND OF THE MAT REFEREE "FIGHT", THEY BEGIN THE MATCH.

3.1.4 THE MATCH ENDS AFTER A CERTAIN TIME BY AN AUDIBLE SIGNAL AND BY THE "STOP" COMMAND OF THE MAT REFEREE.

3.1.5 AT THE END OF THE MATCH, THE ATHLETES RETURN TO THEIR PLACES WHERE THEY STARTED THE MATCH.

3.1.6 TO ANNOUNCE THE RESULTS OF THE MATCH, THE REFEREE RAISES THE WINNER'S HAND. AFTER THAT, THE ATHLETES MUST LEAVE THE MAT.





3.2 COURSE OF THE MATCH

3.2.1 THE MATCH TIME STARTS UPON THE MAT REFEREE'S COMMAND "FIGHT."

3.2.2 THE TIME OF BREAKS IS NOT INCLUDED IN THE NET (ACTUAL) TIME OF THE MATCH.

3.2.3 DURING THE MATCH, PARTICIPANTS ARE NOT ALLOWED TO LEAVE THE MAT OR APPROACH THE COACH WITHOUT THE PERMISSION OF THE REFEREE.

3.2.4 IF THE ATHLETES GO BEYOND THE BOUNDARIES OF THE MAT DURING THE MATCH , THE MAT REFEREE MOVES THE FIGHT TO THE CENTER OF THE MAT, LEAVING THE ATHLETES IN THE SAME POSITION IN WHICH THEY LEFT THE MAT. IF THE ATHLETES WERE IN A STANDING POSITION, THEY CONTINUE TO FIGHT IN A STANDING POSITION FROM A FRONTAL POSITION.

3.2.5 IF NECESSARY, THE PARTICIPANT, WITH THE PERMISSION OF THE REFEREE MAY LEAVE THE MAT TO PUT THE UNIFORM IN ORDER. IN THIS CASE, 2 MINUTES ARE ALLOWED, IF THE ATHLETE EXCEEDS THE ALLOTTED TIME, HE WILL BE PUNISHED.

3.3 INJURY, ILLNESS OR ACCIDENT

3.3.1 IF THE FIGHT IS STOPPED DUE TO INJURY TO ONE OR BOTH COMPETITORS, THE REFEREE MAY GIVE THE INJURED COMPETITOR(S) A MAXIMUM OF 2 MINUTES TO RECOVER. THE TOTAL RECOVERY TIME FOR EACH PARTICIPANT IN EACH MATCH SHOULD BE NO MORE THAN 2 MINUTES.

3.3.2 THE TIME OF BREAK DUE TO INJURY BEGINS TO BE COUNTED BY THE CENTRAL REFEREE.

3.3.3 IF ONE OF THE PARTICIPANTS IS UNABLE TO CONTINUE THE MATCH, THE REFEREES MUST MAKE A DECISION BASED ON THE FOLLOWING:

▶ **IF THE INJURED PARTICIPANT IS TO BLAME FOR THE INJURY, THE INJURED PARTICIPANT LOSES THE MATCH.**

▶ **IF IT IS IMPOSSIBLE TO DETERMINE THE CAUSE OF THE INJURY, THE INJURED PARTICIPANT LOSES THE MATCH.**

▶ **IF THE CAUSE OF INJURY IS CAUSED BY A PROHIBITED ACTION OF A PARTICIPANT, THEN THE PARTICIPANT WITHOUT INJURY WILL BE DISQUALIFIED AND LOSES THE MATCH.**



3.3.4 IF ONE OF THE PARTICIPANTS FEELS UNWELL DURING THE MATCH AND CANNOT CONTINUE MATCH, HE LOSES THE MATCH

3.3.5 THE OFFICIAL COMPETITION DOCTOR DECIDES WHETHER THE INJURED PARTICIPANT CAN CONTINUE THE MATCH OR NOT.

3.3.6 IF THE PARTICIPANT HAS LOST CONSCIOUSNESS OR IS DISORIENTED, THE MATCH MUST BE STOPPED.

3.3.7 IF ONE OF THE PARTICIPANTS CLAIMS TO SUFFER FROM SEIZURES, HE LOSES THE MATCH, AND HIS OPPONENT MUST BE DECLARED THE WINNER OF THE MATCH.

3.3.8 IN CASE OF VOMITING OR LOSS OF CONTROL OVER THE BASIC FUNCTIONS OF THE BODY, WITH INVOLUNTARY URINATION OR INTESTINAL INCONTINENCE BY ONE PARTICIPANT DURING THE MATCH OR BEFORE, THE RESULTS ARE ANNOUNCED BY THE REFEREE, HE LOSES THE MATCH.

3.4 WAYS TO ACHIEVE VICTORY

3.4.1 A CLEAN WIN DUE TO THE OPPONENT'S SURRENDER:

- IF ONE OF THE COMPETITORS SUBMITS BY TAPPING THE OPPONENT, THE MAT, OR VERBALLY SUBMITS (FOR EXAMPLE: "TAP", "I SUBMIT", "MATE", "STOP", ETC.);**
- A LOUD SCREAM OR CRYING DURING A SUBMISSION IS CONSIDERED A SUBMISSION.**

3.4.2 BY POINTS.

3.4.3 BY REFEREE'S DECISION.

*** IF THE MATCH ENDS IN A DRAW WITH AN EQUAL NUMBER OF POINTS, THE CENTRAL REFEREE WILL DESIGNATE AN "OVER TIME" EQUAL TO THE TIME WITHOUT POINTS (DEPENDING ON THE AGE CATEGORY). IF THE "OVER TIME" ENDS IN A DRAW, THE REFEREE MUST CHOOSE THE WINNER AS THE PARTICIPANT WHO WAS CLOSER TO AN EVALUABLE POSITION OR SUBMISSION MORE FREQUENTLY, CONSIDERING BOTH THE MAIN TIME AND "OVER TIME." ONLY ONE "OVER TIME" IS ALLOWED PER MATCH.**



3.4.4 DUE TO DISQUALIFICATION:

- IF A COMPETITOR GROSSLY VIOLATES THE RULES, HE WILL BE DISQUALIFIED BY THE REFEREE.
- WHEN THE OPPONENT IS REMOVED FROM THE MATCH (DUE TO NON-APPEARANCE, INJURY, ETC.).
- * IF THE REFEREE CONSIDERS THAT THE COMPETITOR IS UNABLE TO DEFEND HIMSELF OR HIS LIFE AND HEALTH ARE IN DANGER, HE HAS THE RIGHT TO STOP THE FIGHT AND DECLARE THE WINNER. THE DECISION MADE BY THE REFEREE IS NOT DISPUTED.

3.5 ESTIMATED TECHNICAL ACTIONS AND POSITIONS

2 POINTS	3 POINTS	4 POINTS
TAKEDOWN	PASSING THE GUARD	CLEAN TAKEDOWN
SWEEP	BACK CONTROL	CLEAN SWEEP
MOUNT		
KNEE ON BELLY		

3.5.1 TAKEDOWN — WHEN ONE OF THE ATHLETES, BEING ON HIS FEET AND HAVING BOTH FEET ON THE GROUND (ON THE MAT), PERFORMS A MOVEMENT AS A RESULT OF WHICH THE OPPONENT, WHO IS ON HIS FEET, LANDS ON HIS BACK, SIDE OR IN A SITTING POSITION, WHILE THE ATHLETE PERFORMING THE TAKEDOWN CONTROLS THE OPPONENT FROM ABOVE WITHOUT LESS THAN 3 SECONDS.





CONTENT OF MATCH

IF AN ATHLETE TAKES THEIR OPPONENT TO THE GROUND IN A "TURTLE" POSITION (KNEES AND HANDS ON THE MAT) OR BELLY-DOWN, POINTS WILL BE AWARDED WHEN THE ATHLETE ASSUMES A TOP POSITION AND ESTABLISHES CONTROL OVER THE OPPONENT'S HIPS. AT THE SAME TIME, AT LEAST ONE OR BOTH OF THE OPPONENT'S KNEES MUST BE ON THE GROUND (MAT) FOR 3 SECONDS.



THE ATHLETE WHO INITIATES THE TAKEDOWN BEFORE THEIR OPPONENT PULLS INTO
▶ A DEFENSIVE POSITION SHOULD BE AWARDED POINTS ACCORDING TO THE RULES FOR TRANSITIONING TO THE GROUND.

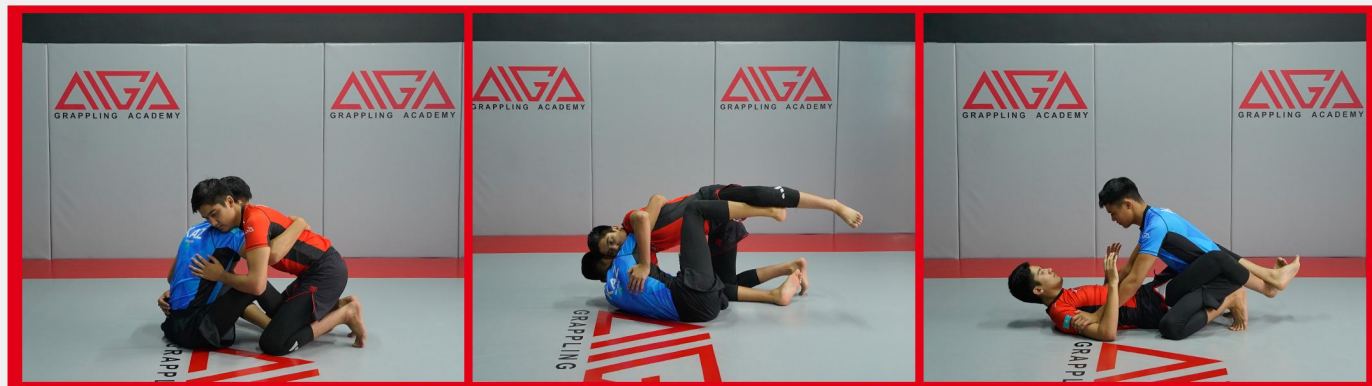
IF ONE ATHLETE HOLDS THE OPPONENT'S LEG AND THE OPPONENT PULLS INTO
▶ A DEFENSIVE POSITION, THE ATHLETE WITH THE LEG GRAB IS AWARDED POINTS FOR THE TAKEDOWN.

IF ONE OF THE PARTICIPANTS EXECUTES A TAKEDOWN WITH A GRIP ON ONE
OR BOTH LEGS, AND THE OPPONENT THEN PERFORMS A COUNTER-MOVE (ANOTHER
▶ TAKEDOWN) AND ESTABLISHES TOP CONTROL FOR 3 SECONDS, ONLY THE LAST ATHLETE WHO EXECUTED THE COUNTER-MOVE WILL BE AWARDED POINTS.

THE ATHLETE WHO BEGINS A TAKEDOWN AFTER THEIR OPPONENT
▶ HAS STARTED PULLING INTO A DEFENSIVE POSITION WILL NOT BE AWARDED POINTS FOR THE TAKEDOWN.

AN ATHLETE WHO DEFENDS HIMSELF FROM A SWIPE AND BRINGS HIS OPPONENT
BACK TO THE GROUND BEFORE THEY HAVE STOOD FOR 3 SECONDS DOES
▶ NOT RECEIVE POINTS FOR A TAKEDOWN. HOWEVER, IF BOTH ATHLETES WERE STANDING FOR 3 SECONDS AND THE ATHLETE ON TOP BRINGS THE OPPONENT BACK DOWN, THIS WILL BE COUNTED AS A TAKEDOWN.

3.5.2 A SWEEP IS A TECHNIQUE IN WHICH AN ATHLETE IN A LOWER POSITION TURNS HIS OPPONENT OVER AND ENDS UP ON TOP, USING MAINLY HIS LEGS AND/OR ARMS.



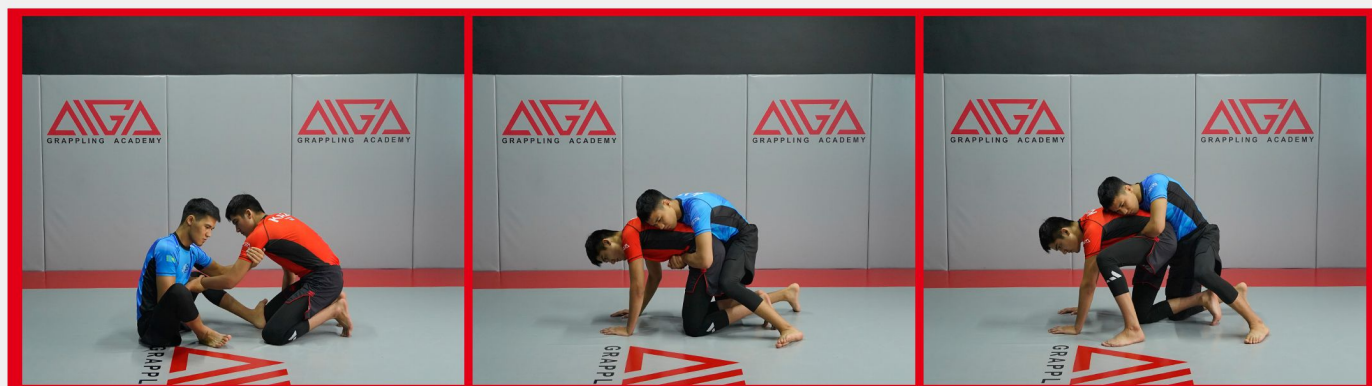
IN ORDER FOR A SWEEP TO BE RATED WITH POINTS, IT MUST BE CARRIED OUT AS ONE CONSECUTIVE ACTION.

POINTS FOR A SWEEP WILL BE AWARDED ONLY IF THE ATHLETE INITIATED THE COUP, AND NOT WHEN HE, BEING IN THE BOTTOM POSITION, TURNS OUT TO BE ON TOP AS A RESULT OF AN ATTACK FROM AN OPPONENT.

IF AN ATHLETE INITIATES A SUBMISSION WHILE ON TOP (IN MOUNT, SIDE CONTROL, GUARD, ETC.), BUT DURING THE EXECUTION HE ENDED UP IN THE BOTTOM POSITION, HIS OPPONENT WILL NOT BE AWARDED POINTS FOR THE SWEEP.

IF AN ATHLETE INITIATES A SWEEP FROM BELOW POSITION, AND THE ABOVE ATHLETE BEGINS TO ATTACK WITH A PAINFUL TECHNIQUE DURING THE ACTION, THE ATHLETE WHO INITIATED THE SWEEP WILL BE AWARDED POINTS ONLY AFTER HE FREES HIMSELF FROM THE PAINFUL GRIP AND HOLDS THE POSITION FROM ABOVE FOR 3 SECONDS.

WHEN AN ATHLETE, FROM THE BOTTOM IN A FACE-TO-FACE POSITION WITH THE OPPONENT, REVERSES THEM AND THE OPPONENT ENDS UP IN A "TURTLE" POSITION (KNEES AND HANDS ON THE MAT) OR BELLY-DOWN, TO RECEIVE TWO POINTS FOR THE SWEEP, THE ATHLETE MUST TAKE THE TOP POSITION AND ESTABLISH CONTROL OVER THE OPPONENT'S HIPS. IN THIS CASE, AT LEAST ONE OF THE OPPONENT'S KNEES MUST BE ON THE GROUND (MAT) FOR AT LEAST 3 SECONDS.





CONTENT OF MATCH

3.5.3 MOUNT (TOP POSITION) IS A POSITION IN WHICH AN ATHLETE SITS ON TOP OF HIS OPPONENT AND BOTH OF HIS KNEES TOUCH THE GROUND (MAT). IF THERE IS A DIFFERENCE IN BODY SIZE BETWEEN THE ATHLETES, AND THE ATHLETE FROM ABOVE CANNOT FULLY KNEEL ON THE GROUND, THE JUDGES ASSESS WHETHER THERE IS SUFFICIENT CONTROL TO AWARD POINTS.



THE ATTACKING ATHLETE MAY USE ONE OR BOTH OF THE OPPONENT'S ARMS BETWEEN THEIR THIGHS TO MAINTAIN THE POSITION. HOWEVER, FOR THE POSITION TO BE AWARDED POINTS, THE ATHLETE MUST BE POSITIONED BETWEEN THE OPPONENT'S SHOULDER LINE AND HIP LINE. IN ADDITION, BOTH SHOULDER BLADES OF THE LOWER ATHLETE MUST BE PRESSED TO THE GROUND (MAT).



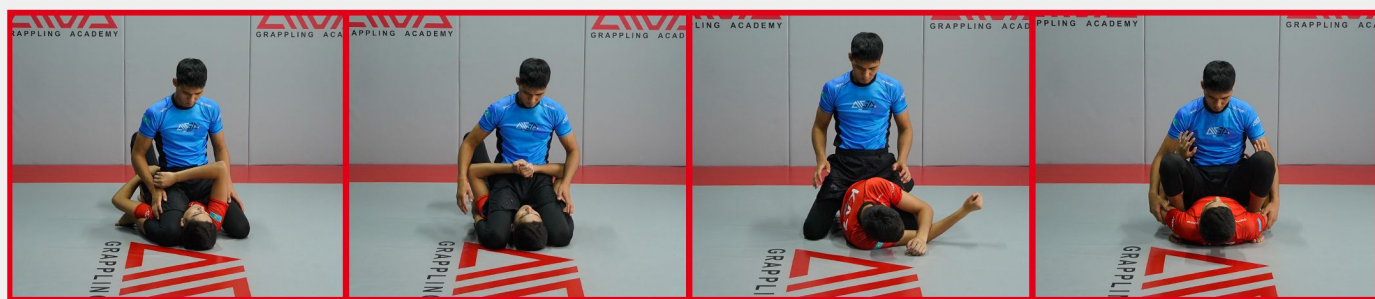


CONTENT OF MATCH

THE REVERSE MOUNT POSITION IS ALSO EVALUATED BY WITH POINTS.



BELOW ARE SOME EXAMPLES OF SITUATIONS
FOR WHICH POINTS ARE NOT AWARDED.





CONTENT OF MATCH

3.5.4 KNEE ON BELLY IS A POSITION IN WHICH THE TOP ATTACKING ATHLETE PLACES ONE OF HIS KNEES ON THE OPPONENT'S BELLY. THE POSITION WILL BE EVALUATED, REGARDLESS OF WHICH KNEE IS PLACED ON THE BELLY. HOWEVER, THE KNEE SHOULD BE EXACTLY ON THE BELLY. IF AN ATHLETE PLACES A KNEE ON THE CHEST, ON THE EDGE OF THE BELLY, OR ON THE RIBS OF AN OPPONENT WHO IS LYING ON HIS SIDE, NO POINTS WILL BE AWARDED FOR THE POSITION.



WHEN THE KNEE ON BELLY, THE POSITION OF THE SECOND LEG DOES NOT MATTER FOR EVALUATING THE POSITION.

IF AN ATHLETE WAS AWARDED POINTS FOR THE KNEE ON BELLY POSITION, BUT THEN REMOVED HIS KNEE FROM HIS BELLY FOR 3 SECONDS OR MORE, AND LATER PUTS IT BACK ON THE BELLY FOR 3 SECONDS OR MORE, POINTS WILL BE AWARDED AGAIN.

BELOW ARE SOME EXAMPLES OF SITUATIONS FOR WHICH POINTS ARE NOT AWARDED.





CONTENT OF MATCH

3.5.5 THE GUARD PASS IS A TECHNICAL ACTION IN WHICH AN ATHLETE ON TOP BYPASSES THE LEGS AND PELVIS OF A LYING OR SITTING OPPONENT. THE ATHLETE MUST BE POSITIONED ABOVE THE OPPONENT'S HIP LINE (IN POSITIONS SUCH AS SIDE CONTROL, NORTH-SOUTH, MOUNT, KNEE ON BELLY), PRESSING A SIGNIFICANT PORTION OF THE OPPONENT'S BACK (APPROXIMATELY 75%) TO THE MAT AND MAINTAINING CONTROL FOR 3 SECONDS.



IF THE ATTACKING ATHLETE, WHILE PASSING THE GUARD, IS UNABLE TO SECURE THE OPPONENT IN SUCH A WAY THAT A SIGNIFICANT PORTION OF THEIR BACK IS PRESSED TO THE GROUND FOR 3 SECONDS, THEY WILL NOT BE AWARDED POINTS FOR THE PASS.



IN THE CASE OF GUARD PASS AND ACHIEVING THE MOUNT POSITION OR KNEE ON BELLY, POINTS WILL BE AWARDED ONLY FOR THE GUARD PASS.





CONTENT OF MATCH

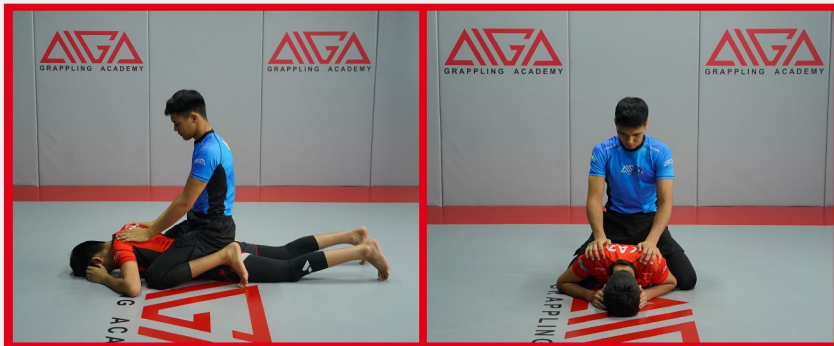
3.5.6 BACK CONTROL — IN THIS POSITION, THE ATHLETE CAPTURES THE OPPONENT'S BACK, WRAPPING HIS LEGS AROUND HIM. IN ORDER FOR THE POSITION TO BE EVALUATED, THE ATHLETE MUST TUCK HIS LEGS INTO THE INNER SIDES OF THE OPPONENT'S THIGHS (LEGS CAN BE CROSSED) OR CLOSE THE OPPONENT'S TORSO INTO A TRIANGLE AND CONTROL IT FOR AT LEAST 3 SECONDS. AT THE SAME TIME, THE FEET SHOULD NOT BE HIGHER THAN THE LEVEL OF THE OPPONENT'S SHOULDERS.



TO EARN POINTS FOR BACK CONTROL WHEN THE OPPONENT IS LYING FACE DOWN ON THE GROUND, THE FOLLOWING CONDITIONS MUST BE MET:

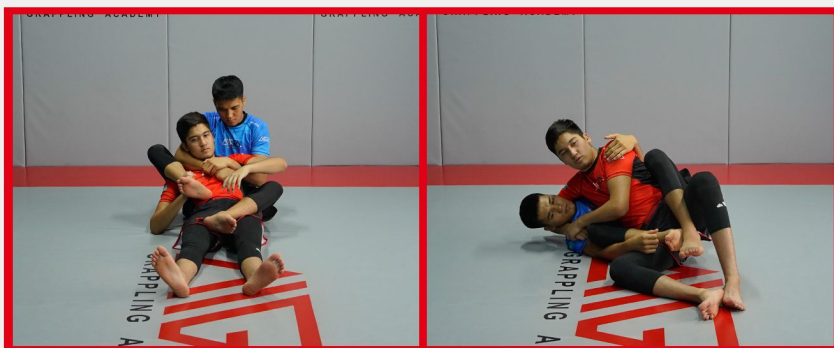
- **THE OPPONENT IS IN A PRONE POSITION WITH THEIR LEGS EXTENDED AND TOUCHING THE GROUND.**
- **THE ATHLETE IN THE DOMINANT (TOP) POSITION MUST BE SEATED BEHIND THE OPPONENT'S BACK.**
- **THE TOP ATHLETE MUST CONTROL THE OPPONENT BY KEEPING BOTH KNEES ON THE GROUND, AS PLACING HOOKS (LEGS IN FRONT OF THE HIPS) IS NOT POSSIBLE.**

THIS CONTROL MUST BE STABLE AND MAINTAINED FOR 3 SECONDS TO CONFIRM THE DOMINANT POSITION AND AWARD POINTS.



IF AN ATHLETE FROM BEHIND RELEASES ONE OF HIS HOOKS OR RELEASES THE TRIANGLE FOR 3 SECONDS OR MORE, AND THEN REGAINS CONTROL BY RETURNING THE "HOOK" OR TRIANGLE AND HOLDING THEM FOR 3 SECONDS OR MORE, HE WILL RECEIVE REPEATED POINTS FOR THE BACK CONTROL POSITION.

BELOW ARE SOME EXAMPLES OF SITUATIONS FOR WHICH POINTS ARE NOT AWARDED.





CONTENT OF MATCH

3.5.7 A CLEAN TAKEDOWN IS A FALL OR A THROW TO THE GROUND, WHICH ENDS WITH A DEFENSE PASS WITH THE OPPONENT'S CONTROL FOR AT LEAST 3 SECONDS. AT THE SAME TIME, MOST OF THE OPPONENT'S BACK (APPROXIMATELY 75%) SHOULD BE PRESSED TO THE GROUND.



3.5.8 A CLEAN SWEEP IS A FLIP THAT ENDS WITH A DEFENSIVE PASS WITH AT LEAST 3 SECONDS OF CONTROL. MOST OF THE OPPONENT'S BACK (75%) SHOULD BE SPREAD OUT ON THE GROUND.



REVERS ARE CONSIDERED AS SWEEPS. IF AN ATHLETE IS BELOW IN SIDE CONTROL OR IN THE MOUNT POSITION AND TURNS OVER AN OPPONENT, HE WILL RECEIVE POINTS DEPENDING ON WHICH POSITION HE MOVES TO. IF HE IS IN THE GUARD, HE RECEIVES 2 POINTS, IF IN THE SIDE CONTROL OR IN THE MOUNT POSITION, HE RECEIVES 4 POINTS.



CONTENT OF MATCH

3.5.9 IF SEVERAL POSITIONS ARE CHANGED, POINTS WILL BE AWARDED ONLY FOR THE POSITION THAT WILL BE HELD FOR 3 SECONDS. POINTS FOR EACH POSITION ARE AWARDED WHEN IT IS CONTROLLED FOR AT LEAST 3 SECONDS, PROVIDED THAT THE ATTACKING ATHLETE IS NOT CAUGHT IN A SUBMISSION OR CHOKE BY THE OPPONENT. IF THE ATTACKING ATHLETE IS CAUGHT IN A SUBMISSION OR CHOKE, IN ORDER TO RECEIVE POINTS FOR A TECHNICAL ACTION OR POSITION, THEY MUST ESCAPE THE SUBMISSION THREAT AND CONTROL THE OPPONENT FOR 3 SECONDS.

DIVISIONAL CLASSIFICATION ACCORDING TO AIGA RULES

4.1 AGE AND WEIGHT CATEGORIES.

4-5 YEARS OLD		6-7 YEARS OLD		8-9 YEARS OLD		10-11 YEARS OLD	
BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
-15 KG	-15 KG	- 18 KG	- 18 KG	- 22 KG	- 22 KG	- 26 KG	- 26 KG
- 18 KG	- 18 KG	- 21 KG	- 21 KG	- 25 KG	- 25 KG	- 29 KG	- 29 KG
- 21 KG	- 21 KG	- 24 KG	- 24 KG	- 28 KG	- 28 KG	- 32 KG	- 32 KG
- 24 KG	- 24 KG	- 27 KG	- 27 KG	- 31 KG	- 31 KG	- 35 KG	- 35 KG
- 27 KG	- 27 KG	- 30 KG	- 30 KG	- 35 KG	- 35 KG	- 39 KG	- 39 KG
- 30 KG	- 30 KG	- 34 KG	- 34 KG	- 39 KG	- 39 KG	- 43 KG	- 43 KG
- 33 KG	- 33 KG	- 38 KG	- 38 KG	- 43 KG	- 43 KG	- 47 KG	- 47 KG
+33 KG	+33 KG	+ 38 KG	+ 38 KG	+ 43 KG	+ 43 KG	- 51 KG	- 51 KG
						+ 51 KG	+ 51 KG
12-13 YEARS OLD		14-15 YEARS OLD		16-17 YEARS OLD		+18	
BOYS	GIRLS	YOUNG MEN	YOUNG WOMEN	YOUNG MEN	YOUNG WOMEN	MEN	WOMEN
- 30 KG	- 28 KG	- 37 KG	- 35 KG	- 45 KG	- 40 KG	- 60 KG	- 45 KG
- 34 KG	- 32 KG	- 41 KG	- 39 KG	- 50 KG	- 44 KG	- 65 KG	- 50 KG
- 38 KG	- 36 KG	- 45 KG	- 43 KG	- 55 KG	- 48 KG	- 70 KG	- 55 KG
- 42 KG	- 40 KG	- 50 KG	- 47 KG	- 60 KG	- 52 KG	- 76 KG	- 60 KG
- 47 KG	- 44 KG	- 55 KG	- 51 KG	- 66 KG	- 56 KG	- 83 KG	- 66 KG
- 52 KG	- 48 KG	- 60 KG	- 55 KG	- 72 KG	- 61 KG	- 91 KG	- 73 KG
- 57 KG	- 52 KG	- 66 KG	- 59 KG	- 78 KG	- 66 KG	- 100 KG	+ 73 KG
- 63 KG	- 56 KG	- 72 KG	- 63 KG	- 84 KG	- 71 KG	+ 100 KG	
+63 KG	+ 56 KG	+ 72 KG	+ 63 KG	+ 84 KG	+ 71 KG		

4.2 MATCH DURATION

BOYS AND GIRLS	BOYS AND GIRLS	BOYS AND GIRLS	BOYS AND GIRLS	BOYS AND GIRLS	YOUNG MEN AND YOUNG WOMEN	JUNIOR MEN AND JUNIOR WOMEN	MEN AND WOMEN (ADULT BEGINNERS/ INTERMEDIATE)	MEN AND WOMEN (ADULT ADVANCED)	MEN AND WOMEN (MASTERS)
4-5 YEARS OLD	6-7 YEARS OLD	8-9 YEARS OLD	10-11 YEARS OLD	12-13 YEARS OLD	14-15 YEARS OLD	16-17 YEARS OLD	+ 18 YEARS OLD	+ 18 YEARS OLD	+30 YEARS OLD
2 min./1 min. without points	2 min./1 min. without points	3 min./1 min. without points	3 min./1 min. without points	3 min./1 min. without points	4 min./2 min. without points	5 min./2 min. without points	5 min./2 min. without points	6 min./2 min. without points	5 min./2 min. without points

NO POINTS ARE AWARDED FOR THE FIRST PERIOD OF TIME (AS OF THE TABLE), AT THE BEGINNING OF THE ROUND, ONLY NEGATIVE POINTS AND TAKEDOWNS ARE SCORED. SCORING FOR OTHER POSITIONS AND TECHNICAL ACTIONS BEGINS IMMEDIATELY AFTER THE "WITHOUT POINTS" TIME AND CONTINUES UNTIL THE END OF THE ROUND.

4.3 CATEGORIZATION BY SKILL LEVEL.

ACCORDING TO THE AIGA RULES, THE COMPETITION FORMAT PROVIDES FOR THE DIVISION OF ATHLETES INTO DIVISIONS BASED ON SKILL LEVEL:

- ▶ BEGINNERS;
- ▶ INERMEDIATE;
- ▶ ADVANCED.

4.3.1 CATEGORIZATION BY LEVEL:

BEGINNER ATHLETES - ATHLETES WHO HAVE LESS THAN (APPROXIMATELY) 2 YEARS OF EXPERIENCE IN GRAPPLING, BRAZILIAN JIU-JITSU, JUDO, SAMBO, FREESTYLE WRESTLING, GRECO-ROMAN WRESTLING, OR OTHER TYPES OF WRESTLING.

IN COMPETITIONS HELD FOR BEGINNER ATHLETES, THE FOLLOWING INDIVIDUALS ARE NOT ALLOWED TO PARTICIPATE:

- ▶ HOLDERS OF JIU JITSU COLORED BELTS;
- ▶ CHAMPIONS OF TOURNAMENTS IN WRESTLING MARTIAL ARTS, MMA, PANKRATION, COMBAT SAMBO AND HAND-TO-HAND COMBAT.

IF IT IS FOUND THAT AN ATHLETE IS REGISTERED IN A CATEGORY THAT DOES NOT CORRESPOND TO HIS LEVEL, HE WILL BE DISQUALIFIED FROM THE COMPETITION.

INTERMEDIATE ATHLETES - ATHLETES WHO HAVE EXPERIENCE IN GRAPPLING, BRAZILIAN JIU-JITSU (CHILDREN: GRAY AND YELLOW BELTS, ADULTS: BLUE AND PURPLE BELTS), JUDO, SAMBO, FREESTYLE WRESTLING, GRECO-ROMAN WRESTLING, AND OTHER TYPES OF WRESTLING FROM 2 TO 5 YEARS;

ADVANCED ATHLETES ARE ATHLETES WHO HAVE MORE THAN 5 YEARS OF EXPERIENCE IN GRAPPLING, BRAZILIAN JIU-JITSU (CHILDREN: ORANGE AND GREEN BELTS, ADULTS: BROWN AND BLACK), JUDO, SAMBO, FREESTYLE WRESTLING, GRECO-ROMAN WRESTLING AND OTHER TYPES OF WRESTLING.



5.1 DISCIPLINARY GROSS VIOLATIONS

THE FOLLOWING ARE A SUBJECT TO BE PUNISHED BY AUTOMATIC DISQUALIFICATION. ATHLETES WHO, IN THE REFEREE'S OPINION, HAVE COMMITTED A DISCIPLINARY GROSS VIOLATION WILL BE AUTOMATICALLY DISQUALIFIED WITHOUT DISCUSSION.

5.1.1 USING OF OBSCENITIES OR OBSCENE GESTURES BY AN ATHLETE TOWARDS THE OPPONENT, THE SECRETARIAT, OFFICIALS, REFEREES, OR SPECTATORS BEFORE, DURING, OR AFTER THE MATCH.

5.1.2 DEMONSTRATING HOSTILITY TOWARDS HIS OPPONENT, THE SECRETARIAT, OFFICIALS, JUDGES OR SPECTATORS BEFORE, DURING OR AFTER THE MATCH.

5.1.3 IF A PARTICIPANT BITES, PULLS BY THE HAIR, HITS OR PRESSES IN THE GROIN OR EYES, OR INTENTIONALLY STRIKES, CAUSING ANY KIND OF INJURY.

5.1.4 IF A PARTICIPANT EXPRESSES DISRESPECT TOWARDS HIS OPPONENT OR THE SPECTATORS VERBALLY OR BY GESTURES DURING A MATCH OR VICTORY CELEBRATION.

5.1.5 IF TWO ATHLETES ARE CAUGHT IN A CONTRACTUAL MATCH, THEY WILL BOTH BE DISQUALIFIED.

5.2 TECHNICAL VIOLATIONS

THIS SECTION INDICATES THE LIST OF PROHIBITED ACTIONS, FOULS, AND RESTRICTIONS, AS WELL AS THE PENALTIES.

5.2.1 MINOR PROHIBITED ACTIONS ARE PENALIZED WITH NEGATIVE POINTS.

PENALTY SHOOTOUT RULES:

FOR VIOLATION OF THE RULES, THE PARTICIPANT IS AWARDED PENALTIES, WHICH LEAD TO PENALTY POINTS OR DISQUALIFICATION.

PENALTY SHOOTOUT STAGES:

- 1. FIRST PENALTY: -1 POINT.**
- 2. SECOND PENALTY: -1 POINT.**
- 3. THIRD PENALTY: -1 POINT.**
- 4. FOURTH PENALTY: -1 POINT.**
- 5. FIFTH PENALTY: DISQUALIFICATION.**

**SPECIAL CONDITIONS FOR CHILDREN UNDER THE AGE GROUP
"14-15 YEARS" (INCLUSIVELY):**

- FOR THE FIFTH FOUL, THE PARTICIPANT IS AWARDED -1 POINT.**
- FOR THE SIXTH FOUL, THE "VIOLATOR" IS DISQUALIFIED.**



THE PROCEDURE FOR FIXING A FOUL:

IF THE REFEREE NOTICES A VIOLATION, HE POINTS TO THE PARTICIPANT WHO IS BEING PUNISHED BY RAISING HIS HAND WITH A CLENCHED FIST TO SHOULDER LEVEL.

THE FOLLOWING ACTIONS ARE CONSIDERED LIGHT PROHIBITED ACTIONS:

5.2.1.1 PASSIVITY OR AVOIDING THE FIGHT. IF THE REFEREE NOTICES THAT ONE OR BOTH PARTICIPANTS ARE NOT TRYING TO SUCCEED IN A BOUT WHILE STANDING FOR 20 SECONDS, THE REFEREE STOPS THE MATCH, SCORES A PENALTY TO ONE OR BOTH PARTICIPANTS, AND GIVES THE COMMAND "ACTION".

5.2.1.2 IF ONE OF THE PARTICIPANTS AVOIDS THE FIGHT AND STEPS BACK, AVOIDING THE BOUT, HE WILL BE WARNED BY THE MAT REFEREE, IN CASE OF REPEATED WARNING, HE WILL BE PENALIZED WITH A MINUS POINT (-1).

5.2.1.3 IF A PARTICIPANT IS RELEASED FROM THE GRIP OF AN OPPONENT WHO HAS APPLIED A TIGHTENING IN THE STALLS, BUT DOES NOT TRY TO ENTER INTO A FIGHT IN THE STALLS, HE WILL BE WARNED BY THE MAT REFEREE, IN CASE OF REPEATED WARNING, HE WILL BE PUNISHED WITH A MINUS POINT (-1).

5.2.1.4 AN ATHLETE DISPLAYING PASSIVITY IN THE GROUND FIGHT WILL BE WARNED WITH THE WORD "ACTION," AFTER WHICH A 20-SECOND COUNTDOWN WILL BEGIN. IF THE ATHLETE DOES NOT CHANGE THEIR POSITION OR SHOW ACTIVITY WITHIN 20 SECONDS, THEY WILL BE PENALIZED WITH A NEGATIVE POINT (-1).

** PASSIVITY OR TIME-WASTING REFERS TO THE REFUSAL TO PURSUE THE GOAL OF PROGRESSING DURING THE MATCH AND HINDERING THE OPPONENT'S PROGRESS. PARTICIPANTS DEFENDING AGAINST SUBMISSIONS WILL NOT BE PENALIZED FOR PASSIVITY.*

5.2.1.5 IF AN ATHLETE AVOIDS THE FIGHT BY STEPPING OUT THE MAT OR PUSHING HIS OPPONENT OUT OF THE FIGHTING ZONE WITHOUT ANY TECHNICAL ACTIONS, HE WILL BE WARNED. IN THE CASE OF A REPEATED WARNING, HE WILL BE PENALIZED WITH A NEGATIVE POINT (-1).

5.2.1.6 IF AN ATHLETE, WHILE TRYING TO ESCAPE FROM A SUBMISSION HOLD, STEPS OUT OF THE MAT MORE THAN ONCE, HE WILL BE PENALIZED WITH A NEGATIVE POINT (-1). IN CASE OF INTENTIONALLY LEAVING THE MAT DURING A SUBMISSION HOLD, THE ATHLETE WILL BE DISQUALIFIED.

5.2.1.7 PLACING THE HAND OR FOOT TO PUSH AGAINST THE OPPONENT'S FACE.

5.2.1.8 IF A PARTICIPANT GRABS HIMSELF OR AN OPPONENT BY THE UNIFORM IN ANY WAY.

5.2.1.9 DELAY THE MATCH DUE TO LACK OF PREPARATION OR FREQUENT AND PROLONGED CORRECTION OF THE FORM.

5.2.1.10 WHEN AN ATHLETE INTENTIONALLY MOVES INTO A GUARD POSITION, OR MOVES FROM A STANDING POSITION TO A SITTING OR LYING POSITION IN ANY WAY AND REMAINS IN THIS POSITION FOR 3 SECONDS OR MORE, HE WILL BE PENALIZED WITH A MINUS POINT. THIS RULE APPLIES TO THE SECOND TIME PERIOD WHEN POINTS ARE AWARDED. IN THE FIRST PERIOD OF TIME, THE ATHLETE WILL RECEIVE A NEGATIVE SCORE ONLY IF HE MOVES TO THE GUARD POSITION WITHOUT CAPTURING THE OPPONENT.

IF BOTH ATHLETES ARE STANDING, AND ONE OF THEM LOWERS ONE OR BOTH KNEES TO THE MAT FOR MORE THAN 3 SECONDS, HE WILL BE PENALIZED WITH A MINUS POINT (-1).

IN ALL CATEGORIES, EXCEPT FOR THE AGE CATEGORIES OF 16-17 YEARS OLD ADVANCED ATHLETES, AS WELL AS ADULT ATHLETES OF INTERMEDIATE AND ADVANCED LEVELS, IT IS PROHIBITED TO JUMP INTO THE GUARD OR ATTEMPT TO PERFORM A PAINFUL TECHNIQUE IN THE JUMP WHEN THE OPPONENT IS IN THE RACK. IF ANY OF THE PARTICIPANTS COMMITS SUCH AN ACTION, THE REFEREE STOPS THE MATCH, PUNISHES THE ATHLETE WITH A MINUS POINT, AND THEN RESUMES IT FROM THE MIDDLE OF THE COURT IN A STANDING POSITION. IF AN ATHLETE INJURES AN OPPONENT WHILE JUMPING INTO THE GUARD, HE WILL BE DISQUALIFIED.

5.2.1.11 FOR CHILDREN UNDER 14-15 YEARS OF AGE (ALL LEVELS), 16-17 YEARS OF AGE AND +18 BEGINNERS/INTERMEDIATE, LATERAL PRESSURE ON THE KNEE BY OVERLAPPING THE OPPONENT'S THIGH WITH THE FOOT, KNOWN AS KNEE REAPING, WILL BE PENALIZED WITH A MINUS POINT.

5.2.1.12 IF THE PARTICIPANT'S UNIFORM DOES NOT MEET THE ESTABLISHED REQUIREMENTS, HE WILL BE NOTIFIED OF THE VIOLATION AND WILL BE GIVEN THE OPPORTUNITY TO CHANGE CLOTHES WITHIN 2 MINUTES. IF AN ATHLETE FAILS TO MEET THIS TIME LIMIT AND EXCEEDS IT BY LESS THAN ONE MINUTE, HE RECEIVES A MINUS POINT. IF THE CHANGING TIME EXCEEDS A LIMIT OF ONE MINUTE, THE PARTICIPANT IS SUBJECT TO DISQUALIFICATION.

5.2.1.13 TALKING, COMMENTING, OR EXCHANGING GESTURES WITH SOMEONE IS PENALIZED WITH A NEGATIVE SCORE (EXCEPT REQUESTS FOR MEDICAL ASSISTANCE).

5.2.1.14 IGNORING THE REFEREE'S COMMANDS.

5.2.1.15 PENALTIES MAY BE IMPOSED FROM THE BEGINNING OF THE MATCH.

5.2.1.16 AFTER THE FIRST NEGATIVE SCORE, VERBAL WARNINGS ARE NO LONGER ANNOUNCED, BUT ANOTHER NEGATIVE SCORE IS IMMEDIATELY GIVEN.

5.2.1.17 IF AN ATHLETE RECEIVES A MINUS SCORE (-1), THE REFEREE MUST NOTIFY HIM OR HIS COACH ABOUT IT.

5.2.2 GROSS PROHIBITED ACTIONS

THE FOLLOWING ARE A SUBJECT TO BE PUNISHED BY AUTOMATIC DISQUALIFICATION. PARTICIPANTS WHO PERFORM GROSS PROHIBITED ACTIONS THAT ARE NOTICED BY THE JUDGE WILL BE AUTOMATICALLY DISQUALIFIED WITHOUT DISCUSSION.

5.2.2.1 PERFORMING ANY ACTIONS WITH THE OBVIOUS INTENTION OF INJURING AN OPPONENT.

5.2.2.2 FINGER CONTACT WITH THE OPPONENT'S EYES.

5.2.2.3 APPLYING PRESSURE TO THE OPPONENT'S TRACHEA.

5.2.2.4 DELIBERATE PROVOCATION OF AN OPPONENT'S REACTION, AS A RESULT OF WHICH THE OPPONENT FINDS HIMSELF IN A PROHIBITED POSITION, RESULTING IN DISQUALIFICATION.

5.2.2.5 USE OF ANY SLIPPERY OR MOISTURIZING SUBSTANCES (CREAMS, OILS, OINTMENTS).

5.2.2.6 IF A COMPETITOR USES A TECHNIQUE THAT IS PROHIBITED IN THE CATEGORY IN WHICH HE PERFORMS (SET FORTH IN ITEM 5.4 OF THE TABLE OF PERMITTED AND PROHIBITED TECHNIQUES), HE WILL BE DISQUALIFIED.

5.3 TABLE OF PERMITTED AND PROHIBITED TECHNIQUES						43
	4-5 YEARS OLD (ALL RANKS)	14-15 YEARS OLD BEGINNERS	14-15 YEARS OLD ADVANCED	16-17 YEARS OLD ADVANCED	+18 ADVANCED	TECHNIQUES
	6-7 YEARS OLD (ALL RANKS)	14-15 YEARS OLD INTERMEDIATE	16-17 YEARS OLD BEGINNERS	+18 INTERMEDIATE		
	8-9 YEARS OLD (ALL RANKS)		16-17 YEARS OLD INTERMEDIATE	MASTERS INTERMEDIATE		
	10-11 YEARS OLD (ALL RANKS)		+18 BEGINNERS			
	12-13 YEARS OLD (ALL RANKS)		MASTERS BEGINNERS			
1	X					SUBMISSION TECHNIQUES STRETCHING LEGS APART
2	X					FRONT CHOKE WITHOUT OPPONENT'S ARM, APPLYING PRESSURE ON THE SPINE USING A TRIANGLE WITH THE LEGS
3	X	X				EZEQUIEL CHOKE
4	X	X				STRAIGHT FOOT LOCK
5	X	X				GUILLOTINE
6	X	X				OMOPLATA
7	X	X				PULLING THE HEAD TOWARDS YOURSELF WITH YOUR HANDS WHILE EXECUTING A TRIANGLE CHOKE
8	X	X				ARM TRIANGLE
9	X	X				BUGGY CHOKE
10	X	X				BLOCKING THE OPPONENT'S AIRWAY BY COVERING HIS NOSE OR MOUTH WITH YOUR PALMS.
11	X	X	X			NO OPPOSITE RNC (REAR NAKED CHOKE) EXERTING PRESSURE ON THE NECK
12	X	X	X			STRAIGHTENING THE LEGS IN A CLOSED GUARD WITH COMPRESSION OF THE RIBS
13	X	X	X			WRIST LOCK.
14	X	X	X			BICEP SLICER
15	X	X	X			CALF SLICER
16	X	X	X			KNEE BAR
17	X	X	X			TOE HOLD
18	X	X	X			APPLYING KNEE REAPING DURING A LEG SUBMISSION.
19	X	X	X			IN STRAIGHT FOOT LOCK, TURNING IN THE DIRECTION OF FOOT NOT UNDER ATTACK.
20	X	X	X	X		SCISSOR TAKEDOWN
21	X	X	X	X		SLAMS ARE ONLY ALLOWED IF YOU ARE IN A SUBMISSION HOLD. IF YOUR OPPONENT RELEASES THE SUBMISSION HOLD WHILE YOU ARE ABOUT TO EXECUTE A SLAM, YOU MUST ALSO STOP YOUR SLAM.

22	X	X	X	X		CAN OPENER
23	X	X	X	X		HEEL HOOK
24	X	X	X	X		OUTSIDE TOE HOLD
25	X	X	X	X		TWISTER.
26	X	X	X	X	X	NO CROSSFACE GUILLOTINE TWISTING THE CHIN.
27	X	X	X	X	X	ROLLING FORWARD IS NOT ALLOWED WHILE THE OPPONENT IS IN THE BACK CONTROL POSITION.
28	X	X	X	X	X	APPLYING SUBMISSION HOLDS TO INDIVIDUAL FINGERS OR TOES.
29	X	X	X	X	X	FULL NELSON.
30	X	X	X	X	X	NO SPIKING YOUR OPPONENT ON THEIR HEAD WHILE ATTEMPTING A TAKEDOWN

THE IMAGES SHOWN IN THE LIST ARE EXAMPLES OF PROHIBITED TECHNIQUES AND DO NOT REPRESENT A COMPLETE SET OF PROHIBITED TECHNICAL SITUATIONS AND VARIATIONS.

