

FMS Sparring Rules: Grappling

-A minimum of 1 Center Referee, and a panel of 2-3 Side Judges to tally points
-Matches will consist of 1-2 rounds, of 2 min with a 30 second rest period in between. Championship matches will be 2-3 rounds. Rounds will be determined by amount and skill of competitors.

-With Gi and No-Gi - Mandatory equipment will be:

With Gi- Clean and complete heavy Judo type uniform. If possible, w/2 tops (one White or off-white color and a Blue color top for each competitor). Also a belt or sash, NO tank tops or T-shirts without jacket are not allowed for Gi-grappling.

No Gi- Clean grappling shorts or judo pants. No top required, but rash guards, tank tops and T-shirts are allowed.

Groin cup (for men), Mouth Piece. Optional equipment: Approved sparring gloves, foot pads, elbow and knee pads, also forearm or shin guards and wrestling shoes permitted.

-No long finger or toe nails, No jewelry (necklaces, rings etc), No torn or un-repaired uniforms

-Legal Scoring Techniques: 1) Successful take downs or throws, 2) Successful immobilization's by superior positions, 3) Controlled joint lock (arm bars, leg bars, shoulder locks, and wrist locks and ankle locks), 4) Controlled choke with or without the aid of the uniform, (without using the hand to close the wind pipe or dangerous neck cranks) and 5) Escapes or reversals

Take downs or throws- When competitor offensively forces opponent to the mat, with the following points structure: 3 points for full throw or sweep that takes both opponents feet off the mat. 2 points for a half-throw that causes 1 foot of the opponent to leave the mat. 1 point for any other successful sweep or throw. 1 point will be taken away if you land in opponents guard with any throw. Jumping in and wrapping legs around opponent to bring him down is NOT considered an offensive takedown. NO points.

Superior position immobilization – Holding opponent in any of the following positions for a minimum of 10 seconds will be awarded **1 point:** Corner Top Position, Side Top Position, Full Mount, Side Mount, Back Mount, Reverse Top Position, Back Reverse Top Position, Guard Position, Leg Tie Position, and Knee on the Stomach Position.

Controlled joint locks- Arm bars, leg bars, shoulder locks, and wrist locks will be awarded **1 point.** If the is technique is cinched in too tight and opponent is in danger the opponent must tap or say the word tap (if unable to physically tap), the match will stop and reset, unless any competitor has tapped 3 times, which means match is over. A tap out is for SAFETY and will be called if the opponent taps, or the corner signals for a tap or if the referee deems for the competitors' safety will call for a tap.

Controlled choke- Whenever a competitor places opponent into a controlled choke with sustained pressure for a minimum of 10 seconds will be awarded **1 point.** If opponent taps out, will be awarded a **“tap out point”**. A total of 3 **“tap out points”** will end match. Serious neck cranks that place opponent in danger are forbidden as well as excessive pressure on an acceptable one.

Escapes or reversals- Whenever a competitor escapes out of a superior position, joint lock or choke, or reversing opponent from a top position to a bottom position (demonstrating control of the position) or when if competitor counters an attempted takedown or throw, will be awarded **1 point**.

- NO sweeps allowed that go against the knee joint.
- NO striking in grappling and especially NO kicks or stomps to opponent on ground! (You will get a warning or DQ !) - NO head butts, elbow or knee strikes. NO eye, neck or joint attacks. No gouging or “fish hooking”. NO biting or scratching
- NO “popping of the joints”. NO uncontrolled, or wild fighting (You will get a warning or DQ !), No drawing of blood (Accidents will be reviewed by the judges).
- NO attacking small joints such as fingers and toes
- NO profanity, no un-sportsman like conduct, and NO disrespect will be allowed or tolerated (This will result in IMMEDIATE Disqualification, and you will not be refunded.
- No running away, out of bounds or stalling (will result in a warning)
- No coaching during rounds. Coaching allowed ONLY before a match or during rest period in between rounds.
- 2 warnings result in deduction of one point and awarded to opponent. 3 warnings result in DQ.
- Ties will be resolved with a “Sudden Death” first clean point wins round. Championship matches will go one extra round before a “Sudden Death” round (if needed).
- Respectful disputes will be made only by fighters’ coach or instructor to center referee, during rest period or at end of match. Final decisions will be made by the Arbitrator.

GRAPPLING - TIE UP/ LOCK UP POSITIONS to start match

From Standing or Kneeling Positions



01- Standard Lock Up Position – Close
Combination limb/ high trunk grab



01- Standard Lock Up Position – Apart
Combination limb/ high trunk grab

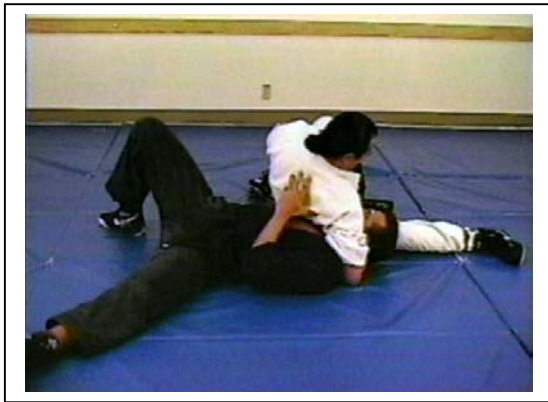


02- Judo Lock Up Position –
Combination limb/ high trunk grab

GRAPPLING - TIE UP/ LOCK UP POSITIONS

From Ground or Rolling Position

1- CORNER TOP POSITION



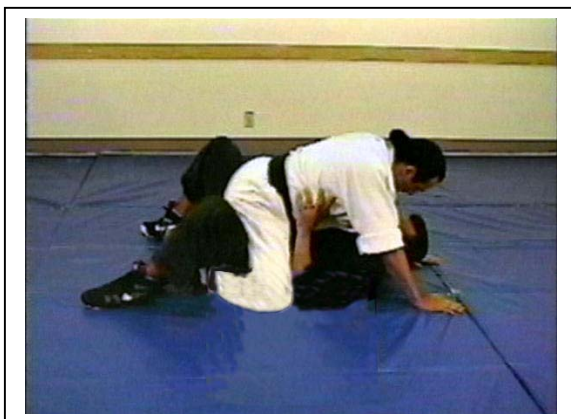
2- SIDE TOP POSITION

- A) Spread Eagle
- B) Frog Squat
- C) Straddle Side Top



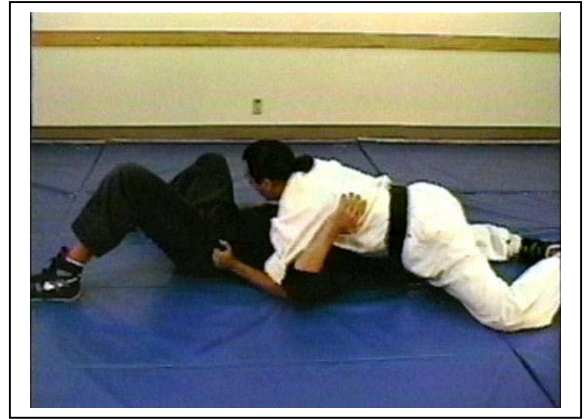
3- FULL MOUNT POSITION (TOP)

- A) High Ride
- B) Low - Chest Down
- C) Knee on Stomach



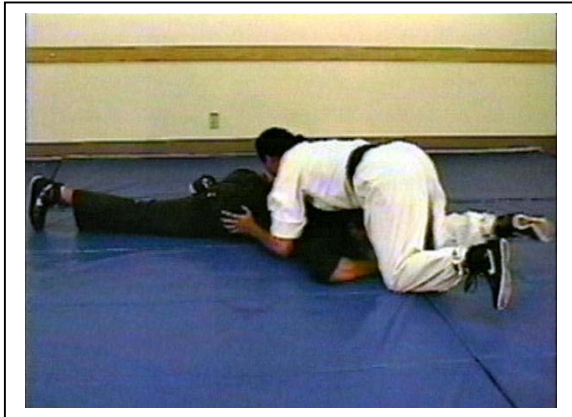
4- REVERSE TOP POSITION

- A) Spread Eagle
- B) Frog Squat
- C) Straddle Side Top



5- BACK REVERSE TOP POSITION

- A) Spread Eagle
- B) Frog Squat
- C) Straddle Side Top



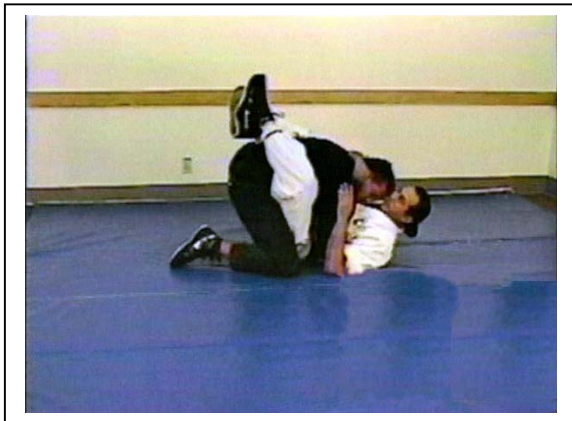
6- BACK MOUNT POSITION

- A) High Ride
- B) Low - Chest Down



7- GUARD (LEG SCISSORS POSITION)

- A) High – Standing
- B) Low - Pull Into Chest
- C) ½ Guard Position



8- LEG TIE POSITION

- A) One Leg - Standing
- B) Both Legs - Standing
- C) One Leg - On Ground
- D) Both Legs - On Ground

