

11th Annual Greater Rochester Martial Arts Championships

1 point / 3 – 2 – 1 Tournament Rules Summary

KIDS DIVISIONS: 10:00 A.M. SHARP **ADULT GI DIVISIONS:** 12:00 A.M.

ADULT NO GI DIVISIONS: Will start after all GI divisions are complete

- NOTE:*
1. All Competitors must weigh in one hour before their division starts.
 2. If you miss your division or get injured, there is no refund
 3. Players from the same school will not be matched up until it's unavoidable.

TIME LIMITS:

Round 1 – 3 minute round with no points awarded. Submissions only win this round / match.

Round 2 – 2 minute round with points awarded. High points win this round / match.

Round 3 – Sudden death round. 1st takedown wins this round / matches.

Illegal Techniques are as follows: Any intentional use of an illegal technique or show of poor sportsmanship will result in immediate disqualification or ejection of the competitor or SPECTATOR.

No COACHING ALLOWED other than person with coaches Pass

1. Absolutely, No Slamming an opponent on any takedowns!
2. No heel hooks, no neck cranks, no twisting knee locks. Straight knee bars and ankles locks are legal.
3. No attacks to the front of the windpipe (i.e. finger in throat), eyes (elbows, palms, fingers, etc.)
4. No attacks to the groin.
5. No fish hooks, no hair pulling, no toe or finger olds or biting. No hands, elbows or knees to the face.
6. No Striking of any kind.
7. Pulling guard and / or falling do not count as a win / loss.

Scoring System is as follows: (Single point per single technique awarded.)

All matches start in standing position. If player moves out of bounds in a definite position (i.e. guard, mount, etc.) players will be placed back to the center of the ring and restart in same position. If players are standing when they go out of bounds, they will restart facing each other in standing position.

How to win a match

1. Submission (in 1st or 2nd round), Points (in 2nd round), Takedown (in 3rd round)
2. Verbal (opponent screams or yells), Physical tap (on opponent or on the ground)
3. Judges call (if judge feels potential harm is to come to a player)

Points: Points are awarded in 2nd round only. Count only starts after players have hit the ground.

1. 1 point if the takedown takes the match from a standing position, then another point for going directly to a position of advantage on the ground.
2. 1 point if the takedown takes the match from a standing position, to a neutral position.
3. All mounts must be held for a minimum of 5 seconds in order to get 1 point awarded.
4. Gaining a position of advantage: 1 point (top mount, side mount, north/south, head/head hold down, scarf hold, back mount "with or without hooks")
5. Escaping a position of advantage: 1 point (going from a disadvantage position to a neutral position)
6. Reversal of position: 1 point (going directly from a disadvantage to an advantage position) 1 point if advantage position is held for 5 seconds.
7. Sweeps: 1 point (if it goes directly to a mount position, then held for 5 seconds for the additional 1 point) (if it goes to a mount position, but held less than 5 seconds, then only 1 point for the sweep is awarded)
8. Knee on the chest: This a set up technique (no points are awarded)
9. Pulling guard from a standing position does not constitute a point (no points are awarded).

Deduction of Points:

1. 1 Point will be deducted in Gi & No-GI Divisions for running away.
2. 1 Point will be deducted in No-Gi Division when going to your back from standing position.