

FULL FORCE FIGHT CO.

SUBMISSION ONLY TOURNAMENT

AGES 13 AND UP

GENERAL RULES

If a fighter breaks the rules - they will be warned first and then disqualified by the Referee

- No hair pulling
- No holding individual fingers or toes
- No thumbing
- No striking of any kind
- No eye gouging or fish hooking
- No grabbing the ears
- No scratching and pinching
- No kicking
- No biting
- No touching groin area
- No hands, knees or elbows on face
- No slippery substances allowed on body or clothing

UNIFORM

NO-GI competitors will wear a rash guard with appropriate fight shorts. Full length skins will be allowed (shorts must still be worn over top).

No zippers, metal tabs, pockets or strings.

POINTS

There are no points or advantage points calculated for any positions/moves.

MATCH LENGTH

All Matches – 20min Time Limit. In the case that the match reaches the time limit, both competitors will be considered to have lost the match (double elimination).

SUBMISSION

An athlete must submit their opponent with appropriate technique to win the match.

DIVISION FORMAT

All divisions will be contested in a round-robin format, with separate pools for divisions of larger than 5 competitors. Points will be accumulated for wins and in the case of drawn points, hierarchy will be taken from the results of the match between the two competitors. Contestants will be awarded medals based on the overall points order, or in cases where there are multiple pools in the division they will enter into an elimination bracket as the finals.

Advanced Division 1st & 2nd place finalists will be eligible to enter the Absolute Division (single elimination).

ROLLING OR PULLING A COMPETITOR OFF OF THE MAT

*If an athlete is caught in a submission and PURPOSELY pulls their opponent or rolls off of the mat in an attempt to free themselves from the submission, they will be considered submitted and will lose the match.

**If an opponent is countering a submission and they happen to roll off of the mat but are caught in a deep and completely sunk submission (i.e. a heel hook or an armlock) the referee will reset the position in the center of the ring with the submission INTACT to the submitters liking. The referee will give the competitor caught in the submission the option to tap out before the match is restarted by giving a verbal submission. If the competitor refuses and tap out the match will be restarted with the submission in place.

NOVICE DIVISION (AGES 13 AND UP)

– ALL GENERAL RULES APPLY

The novice division allows for upperbody submission holds (armbars, chokes, figure-fours) etc and it also allows for straight ankle/foot locks. Spinal locks and all other leglocks are prohibited.

These submission attempts will result in IMMEDIATE disqualification.

(Although these techniques are not allowed for the safety of our competitors it is still highly recommended that competitors learn how to defend them at their school.)

- No Slamming from the Guard or Triangle Choke. When a competitor is lifted up from the ground and their head is raised above the standing competitor's waist the referee will advise the holding competitor to uncross their feet. This includes a closed triangle.
- No Wrist Lock of any kind
- No Knee Locks or Knee Bars of any kind.
- No Twisting Leg Locks of any kind (Heel Hooks, Toe Holds, Inverted Heel Hooks and Inverted Toe Holds).
- No Reaping the Knee.
- No Twisting the Knee in an Unnatural Direction.
- No Cervical Lock of any kind.
- No Chin Whips.
- No Knuckles to the Front of the Throat (Knuckles to the side of the neck are OK).
- No Neck Cranks or Frontal Neck Cranks of any kind.
- No Neck Locks of any kind.
- No Scissors Takedown of any kind.
- No Electric Chair Submissions. Banana Splits are OK.
- No Twister Submissions

INTERMEDIATE DIVISION (AGES 16 AND UP)

- ALL NOVICE DIVISION RULES WILL APPLY EXCEPT:
- Wrist Locks of any kind are OK.
- Straight Knee Locks and Knee Bars are OK.
- Reaping the Knee is NOT OK.

ADVANCED DIVISION (AGES 16 AND UP)

- ALL INTERMEDIATE DIVISION RULES WILL APPLY EXCEPT:
- Any Foot Lock, Straight Ankle Lock or Leg Lock are OK (including toe-holds / mata-leo).
- Electric Chair Submissions are OK.
- Twister Submissions are OK.
- Heel hooks are OK.
- Reaping the Knee is OK.