



**FIVE**  
*GI • NOGI GRAPPLING*

**OFFICIAL RULES & COMPETITION  
GUIDELINES**

**June 2013 V1**

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## **DIVISIONS & MATCH DURATIONS**

### **AGE & GENDER DIVISIONS with MATCH DURATIONS:**

<b>JUNIOR KIDS</b>	M & F	4 - 6 years old	3 minutes
<b>SENIOR KIDS</b>	M & F	7 - 9 years old	3 minutes
<b>PRETEENS</b>	M	10 - 12 years old	4 minutes
	F	10 - 12 years old	4 minutes
<b>JUNIOR TEENS</b>	M	13 - 15 years old	5 minutes
	F	13 - 15 years old	5 minutes
<b>SENIOR TEENS</b>	M	16 - 17 years old	5 minutes
	F	16 - 17 years old	5 minutes
<b>ADULTS</b>	M	18 – 29 years old	6 minutes
	F*	18+ years old	6 minutes
<b>ADULTS</b>	M	30 - 39 years old	5 minutes
<b>ADULTS</b>	M	40+ years old	5 minutes

### **Notes:**

\*Female ADULTS will separate into two categories when numbers allow: 18-29 years old and 30+ years.

## **EXPERIENCE LEVELS: NO-GI**

### **JUNIOR KIDS: 4-6 YEARS OLD**

**BEGINNER –** less than 1 year grappling experience

**ADVANCED –** 1+ years grappling experience

### **SENIOR KIDS: 7-9 YEARS OLD**

**BEGINNER –** less than 1 year grappling experience

**ADVANCED –** 1+ years grappling experience

### **PRETEENS: 10-12 YEARS OLD**

**BEGINNER –** less than 1 year grappling experience

**INTERMEDIATE –** 1 - 3 years grappling experience

**ADVANCED –** 3+ years grappling experience

### **JUNIOR TEENS: 13-15 YEARS OLD**

**BEGINNER –** less than 1 year grappling experience

**INTERMEDIATE –** 1 - 3 years grappling experience

**ADVANCED –** 3+ years grappling experience

### **SENIOR TEENS: 16-17 YEARS OLD**

**BEGINNER –** less than 1 year grappling experience

**INTERMEDIATE –** 1 - 3 years grappling experience

**ADVANCED –** 3+ years grappling experience

### **ADULT: (F) 18+ YEARS OLD, (M) 18-29 YEARS OLD, (M) 30-39 YEARS OLD, (M) 40+ YEARS OLD**

**BEGINNER –** less than 1 year grappling experience

**NOVICE –** 1 - 3 years grappling experience

**INTERMEDIATE –** 3 - 5 years grappling experience

**EXPERT –** 5+ years grappling experience

## **EXPERIENCE LEVELS: GI**

### **JUNIOR KIDS: 4-6 YEARS OLD**

**WHITE & GRAY BELT -**

**less than 1 year grappling experience**

**ADVANCED/GRAY & YELLOW BELT -**

**1+ years grappling experience**

### **SENIOR KIDS: 7-9 YEARS OLD**

**BJJ RANK:**

**NON-BJJ SYSTEMS:**

**WHITE & GRAY BELT -**

**less than 1 year grappling experience**

**ADVANCED/GRAY & YELLOW BELT -**

**1+ years grappling experience**

### **PRETEENS: 10-12 YEARS OLD**

**BJJ RANK:**

**NON-BJJ SYSTEMS:**

**WHITE & GRAY BELT-**

**less than 1 year grappling experience**

**GRAY BELT-**

**1 - 3 years grappling experience**

**ADVANCED/YELLOW & ORANGE BELT-**

**3+ years grappling experience**

### **JUNIOR TEENS: 13-15 YEARS OLD**

**BJJ RANK:**

**NON-BJJ SYSTEMS:**

**WHITE & GRAY BELT -**

**less than 1 year grappling experience**

**GRAY, YELLOW or ORANGE BELT -**

**1 - 3 years grappling experience**

**ADVANCED/ORANGE & GREEN -**

**3+ years grappling experience**

### **SENIOR TEENS: 16-17 YEARS OLD**

**BJJ RANK:**

**NON-BJJ SYSTEMS:**

**WHITE BELT -**

**less than 1 year grappling experience**

**WHITE or BLUE BELT -**

**1 - 3 years grappling experience**

**ADVANCED/BLUE OR PURPLE BELT -**

**3+ years grappling experience**

### **ADULT: (F) 18+ YEARS OLD, (M) 18-29 YEARS OLD, (M) 30-39 YEARS OLD, (M) 40+ YEARS OLD**

**BJJ RANK:**

**NON-BJJ SYSTEMS:**

**WHITE BELT -**

**less than 1 year grappling experience**

**BLUE BELT -**

**1 - 3 years grappling experience**

**PURPLE BELT -**

**3 - 5 years grappling experience**

**EXPERT 1 / BROWN BELT -**

**5+ years experience or Brown belt of non-BJJ system**

**EXPERT 2 /BLACK BELT -**

**6+ years experience or Black belt of non-BJJ system**

## **AGE & WEIGHT CATEGORIES**

**\*ALL COMPETITORS ARE NOT REQUIRED TO WEIGH IN WITH GI ON\***

**All competitors must present a valid identification at the time of weigh-in.**

### **Weight Divisions: NO-GI and GI**

#### **JUNIOR KIDS: (M&F) 4-6 YEARS OLD**

Bantamweight	up to 34.9 lbs.
Lightweight	35 – 49.9 lbs.
Welterweight	50 – 64.9 lbs.
Middleweight	65 lbs +

#### **SENIOR KIDS: (M&F) 7-9 YEARS OLD**

Bantamweight	up to 49.9 lbs.
Lightweight	50 – 64.9 lbs.
Welterweight	65 – 79.9 lbs.
Middleweight	80 lbs +

#### **PRETEENS: (F) 10-12 YEARS OLD**

Bantamweight	up to 64.9 lbs.
Lightweight	65 – 79.9 lbs.
Welterweight	80 – 94.9 lbs.
Middleweight	95 lbs +

#### **PRETEENS: (M) 10-12 YEARS OLD**

Bantamweight	up to 74.9 lbs.
Lightweight	75 – 89.9 lbs.
Welterweight	90 – 104.9 lbs.
Middleweight	105 – 119.9 lbs.
Heavyweight	120 lbs +

#### **JUNIOR TEENS: (F) 13-15 YEARS OLD**

Bantamweight	up to 79.9 lbs.
Lightweight	80 – 99.9 lbs.
Welterweight	100 – 119.9 lbs.
Middleweight	120 lbs +

#### **JUNIOR TEENS: (M) 13-15 YEARS OLD**

Flyweight	up to 90.0 lbs.
Bantamweight	90 – 104.9 lbs.
Lightweight	105 – 119.9 lbs.
Welterweight	120 – 139.9 lbs.
Middleweight	140 – 159.9 lbs.
Heavyweight	160 lbs +

#### **SENIOR TEENS: (F) 16-17 YEARS OLD**

Bantamweight	up to 99.9 lbs.
Lightweight	100 – 124.9 lbs.
Welterweight	125 – 149.9 lbs.
Middleweight	150 lbs +

#### **SENIOR TEENS: (M) 16-17 YEARS OLD**

Flyweight	up to 119.9 lbs.
Bantamweight	120 – 139.9 lbs.
Lightweight	140 – 159.9 lbs.
Welterweight	160 – 179.9 lbs.
Middleweight	180 – 199.9 lbs.
Heavyweight	200 lbs +

#### **ADULTS: (F) 18+ YEARS OLD**

Bantamweight	up to 119.9 lbs.
Lightweight	120 – 134.9 lbs.
Welterweight	135 – 149.9 lbs.
Middleweight	150 – 169.9 lbs.
Heavyweight	170 lbs +

## **AGE & WEIGHT CATEGORIES(CONT.)**

### **ADULTS: (M) 18-29 YEARS OLD**

Flyweight	up to 124.9 lbs.
Bantamweight	125 – 139.9 lbs.
Lightweight	140 – 154.9 lbs.
Welterweight	155 – 169.9 lbs.
Middleweight	170 – 189.9 lbs.
Light Heavyweight	190 – 209.9 lbs.
Heavyweight	210 lbs +

### **ADULTS: (M) 30-39 YEARS OLD, (M) 40+ YEARS OLD**

Lightweight	up to 149.9 lbs.
Welterweight	150 – 174.9 lbs.
Middleweight	175 – 199.9 lbs.
Heavyweight	200 lbs +

**\*We reserve the right to combine weight classes to create competitive weight divisions with sufficient competitors.**

## **SCORING & PENALTIES**

### **CRITERIA TO WIN A MATCH:**

Matches will never result in a draw. Matches will be decided by:

**1-SUBMISSION**

**2-POINTS**

**3-REFEREE STOPPAGE / DECISION**

**4-FORFEITURE OF THE MATCH**

**5-DISQUALIFICATION BY FOULS**

**6-MEDICAL / INJURY**

### **SUBMISSION:**

Victory from a Submission technique happens when a competitor forces an opponent into admitting defeat by:

- 1) Tapping with their hand against their opponent or the floor in a visible manner.
- 2) Tapping with their feet on the ground (if he or she does not have the use of their hands).
- 3) Verbally requesting to the referee that the match be stopped.
- 4) If a competitor yells in pain due to the technique being applied.

In KIDS AND PRETEEN matches every effort will be made by the referee to manually support a joint during submission attempts in an effort to help prevent injury.

## POINTS

### POINT SYSTEM: NO-GI & GI

The scoring, by order of the referee, will be tallied on the scoreboard by the scorekeeper with the corresponding points.

Actions such as:

- |   |                 |
|---|-----------------|
| 1) Takedown, Sweep and Knee on the Belly.   | <b>2 Points</b> |
| 2) Locked submission attempts that end out of bounds and are judged impossible to recreate in the center. | <b>2 Points</b> |
| 3) Controlling top position after Double Guard Pull   | <b>2 points</b> |
| 4) Guard Pass.  | <b>3 Points</b> |
| 5) Mount, Back Mount, Back with hooks or Body Triangle.   | <b>4 Points</b> |

*Note: All take-downs, guard passes, sweeps etc. to side control/north-south control, knee on the belly, mounts & back control MUST have established control for a 3 count for a score to be given. Also, any submission attempts must be cleared prior to being able to secure position for count.*

#### Of Note:

- Points WILL NOT be awarded to an athlete who voluntarily abandons a position, in order to again score points regaining the old position for which points have already been awarded
- **No Advantage Points are awarded in FIVE GI.NOGI GRAPPLING matches.**

## REFEREE STOPPAGE / DECISION

The referee has the authority to stop a match when either of the competitors are in danger of serious bodily harm as a result of a submission and award the victory to the competitor applying the submission.

If neither competitor has scored or the score is tied, the referee will decide the winner based on the following criteria in this order of priority:

- Who was closest to attaining submissions?
- Who achieved more dominant positions?
- Who more aggressively pressed the action?
- Who had more dominant control?
- Who had fewer penalties?



**FOULS:**

- 1) UNSPORTSMANLIKE FOULS – May result in immediate DQ.
- 2) SPORT FOULS – Will result in a warning and associated penalties.

**WARNINGS:**

- 1) A verbal warning will be given on the first offense where a competitor is committing a foul or stalling.
- 2) If the competitor commits additional fouls, the referee will issue corresponding penalties.

**PENALTIES:**

Penalties are given to the competitor after committing a foul.

- 1st Offense: Verbal Warning**
- 2nd Offense: +2 points for opponent**
- 3rd Offense: +3 points for the opponent**
- 4th Offense: Disqualification**

**On the fourth offense, the referee will stop the match and disqualify the offender, causing the opponent to automatically be declared the winner.**

**STALLING:**

- 1) When an athlete from any position does not attempt to progress for 20 seconds or more or finish the match when he clearly has the ability to do so.
- 2) When two athletes are stuck in a neutral position and do not commit to advancing or attacking each other once on the ground. (50/50, Double Guard Pull).

**OVERTIME:**

No Overtimes. Overtime exception may be applied only on PRO divisions and special matches.

**FORFEITURE OF THE MATCH:**

A competitor may forfeit a match by:

1. Verbal request from the competitor or competitor's coach to the referee.
2. Not showing up for their bracket or match when called.
3. Medical/Injury (see Medical/Injury stoppage).
4. Equipment or uniform malfunction (see Rules – Uniform Guidelines).

**\* In any of the above cases, entry fees will not be refunded.**

## **UNSPORTSMANLIKE FOULS:**

Unsportsmanlike fouls may result in a competitor's immediate disqualification. The Referee's decision will be based on interpretation of malicious intent. If the foul is not judged a disqualifying foul, it will be handled as a penalty.

### **TYPES OF UNSPORTSMANLIKE FOULS**

#### **1) Striking of any kind**

Using any part of the body (fist, forearm, elbow, shoulder, head, knee, or leg) to cause a concussive blow to one's opponent.

#### **2) Eye gouging of any kind**

Eye gouging is the act of pressing or tearing the eye using the fingers, other body parts, or instruments.

#### **3) Biting or spitting**

Biting in any form is illegal. A referee may not be able to physically observe some actions such as biting. Please make the referee aware if you are being bit. Spitting at an opponent or on the mat in any form is illegal.

#### **4) Groin attacks of any kind**

Any attack to the groin area including, striking, grabbing, pinching or twisting is illegal.

#### **5) Hair pulling**

Pulling of the hair in any fashion is an illegal action. A competitor may not grab a hold of their opponent's hair to control their opponent in any way.

#### **6) Fish hooking**

Any attempt by a competitor to use their fingers in a manner that attacks their opponent's mouth, nose or ears, stretching the skin to that area will be considered "Fish hooking". Fish hooking generally is the placing of fingers into the mouth or your opponent and pulling your hands away from the mouth.

#### **7) Putting a finger or any part of the body into any orifice of an opponent**

A competitor may not place their fingers into an opponent's, nose, ears, mouth, or any body cavity. A competitor may not place their fingers into an open laceration in an attempt to enlarge the cut.

#### **8) No Small joint manipulation**

Grabbing fingers & toes as single digits. Competitors must grab 3 or more digits at a time.

#### **9) Slamming or spiking an opponent to the floor/mat on his head or neck (from within the guard or during a take-down)**

Malicious slamming is considered slamming an opponent with ill will or intent to cause injury.

Spiking is considered to be any take-down where you control your opponent's body directing his feet straight up and his head straight down and forcibly driving the opponent's head into floor/mat.

#### **10) Scissors take-down/ Kani Basami**

#### **11) Back Arch Throws (Back Suplex)**

Arching, straight back throw (Back Suplex) is not permitted, and all back arch throws must arch to the side to be legal.

**12) Clawing, pinching or twisting the flesh**

Any attack that targets the competitor's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal.

**13) Grabbing the clavicle**

Inserting fingers into the clavicle bone cavity.

**14) Use of foul language, cursing, or other immoral acts of disrespect towards the referee, opponents or any of the assisting staff or public****15) Engaging in any unsportsmanlike or malicious conduct****16) Attacking an opponent on or during a break****17) Attacking an opponent who is under the care of the referee or doctor****18) Attacking an opponent after the end of the match****19) Flagrantly disregarding the instructions of the referee**

**A competitor MUST follow the instructions of the referee at all times. Any deviation or non-compliance may result in the competitor's disqualification.**

**20) Interference by the coach or corner**

Interference is defined as any action or activity aimed at disrupting the match or causing an unfair advantage to be given to one competitor. Coaches or corners are not allowed to distract the referee or influence the actions of the referee in any fashion.

**21) Falsely claiming a foul, injury, or purposely dropping or spitting out their mouthpiece or other action designed to stall the match. This includes taking off the GI or allowing the GI to be taken off with the intention of:**

- Stopping the match.
- To allow for rest.
- To avoid the attacks of the opponent.

**22) Applying any submission improperly or attempting a submission that is not allowed in that specific division**

**TYPES OF SPORT FOULS**

**1) Inserting fingers or toes inside the sleeves or pants, or both hands in or on opponent's belt, or foot inside the opponent's belt**

**2) Running away from the action of the match as well as backing out of guard (more than 2 steps) and not engaging their opponent**

**3) Stalling**

A competitor is considered stalling when they are:

- Not seeking to engage while standing
- Holding or not looking to progress the match from standing or on the ground from either the top or bottom position.

#### 4) Sitting to guard without having a physical connection to the opponent

If there is a stoppage of action due to a foul, the action will resume in the same exact position. No position progression can be obtained through a foul action. If position progression was obtained through the action of the foul, the referee will:

- Restart the action in the last position before progression occurred, or
- Restart the competitors standing if it cannot be recreated.

### MEDICAL / INJURY:

A competitor is defeated after losing consciousness by any of these valid moves:

- **Chokes**
- **Take-downs**
- **Accidents in which the opponent has not committed any foul**

- Unless fouled, a competitor that is unable to continue due to an injury after being assessed by medical staff will be considered to have forfeited the match.
- A competitor that is bleeding will be allowed a maximum of 5 minutes to have medical staff address the injury. If a cut or laceration does not stop bleeding or is deemed to interfere with the match, the injured competitor will be considered to have forfeited the match.
- If an injury occurs such that a competitor is unable to continue from incidental or accidental contact, the injured competitor will be considered to have forfeited the match.
- An injury that is caused by a foul that is deemed malicious will result in disqualification of the fouling competitor.
- In case the two competitors are accidentally injured and unable to continue during the final match the result will be determined by:
  - Points, or
  - If no points have been scored, the match will be decided by coin toss in front of the competitors or in their absence in front of the coaches.

## COMPETITOR IDENTIFICATION

### NO-GI

**Referee** – Red wristband on right wrist  
Blue wristband on left wrist

**Competitors** – Red or Blue ankle band

### GI

**Referee** – Red wristband on right wrist  
Blue wristband on left wrist

**Competitors** – Red belt corresponding to Red wristband

The referee will make specific gestures (indicated below) corresponding to specific actions.

For all gestures made the referee will use the hand corresponding to competitor's ankle band color or red belt.

## REFEREE GESTURES, ACTIONS & VERBAL COMMANDS

Referee Duties		Competitor Duties	
	Gesture / Action	Verbal Command	Outcome
<b>Match Start</b>	The referee will check both competitors to see that they are ready. If ready, the referee will signal the beginning of the match by moving his right arm with open hand in vertical motion pointing towards the timekeeper's table.	<b>"FIGHT"</b>	The match has begun.
<b>Scoring Points</b>	The referee will raise their hand and indicate the number or points being awarded for the scoring competitor.		Scorekeeper will add a primary point to the scoring competitor.
<b>Match Interruption</b>	The referee opens both arms in an horizontal motion.	<b>"STOP"</b>	Competitors will stop all movement and hold the position until the referee commands them to move.
<b>"Time Out" During The Match</b>	The referee forms a <b>"T"</b> with both hands.	<b>"TIME"</b>	Timekeeper stops the time clock. Competitors will follow referees direction.
<b>Resuming Match From A Time Out</b>	From either standing or on the ground the referee will signal the resuming of the match by moving his right arm with open hand in vertical motion pointing towards the timekeeper's table.	<b>"FIGHT"</b>	Timekeeper resumes the time clock.  Competitors resume match.
<b>Fouls</b>	The referee will raise his fist palm-out and hold his elbow to a right angle with the hand indicating the color of the offending competitor, and in the opposite hand a single digit to indicate a point deduction as applicable.	<b>"RED or BLUE PENALTY" - Then detail of penalty.</b>  <b>"FIRST" = Warning.</b>  <b>"SECOND PLUS"= Points awarded to opponent.</b>	

## SCORING CRITERIA

TECHNIQUE	DEFINITION	CRITERIA FOR RECEIVING POINTS
<b>TAKE DOWN - 2 Points</b>	Removing an opponent from their feet & putting them to the ground causing opponent to land seated, on their back, front, side or all 4's (controlling the hips from behind) and holds for a count of 3.	<p>A take down that lands outside of the competition area will be valid as long as the take-down action was initiated inbounds.</p> <p>A take-down can score if upon initiation of the technique a competitor has one knee down and the other competitor is standing. If upon initiation one or both competitors have 2 knees down there are no points awarded for a take-down.</p> <p>When a competitor attempts a take-down and the opponent successfully manages to execute a counter that lands him on top position, the competitor who initiated the take-down will receive no points and the competitor who executed the counter will receive 2 points if he controls the top position for a count of 3.</p> <p>Sumi Gaeshi, Tomoe Nage are examples of valid counter techniques.</p>
<b>KNEE ON THE BELLY - 2 Points</b>	The scoring competitor puts their knee on the opponent's stomach clear of the opponent's legs while facing the opponent's head. The second leg of the scoring competitor must be posted on the foot.	<p>Top competitor must establish control of the bottom competitor for 3 seconds.</p> <p>If opponent defends the knee and does not allow the attacking competitor to establish control, no points will be scored.</p>
<b>SWEEP - 2 Points</b>	Exchange of position from bottom to top initiated from the guard.	An athlete progressing from bottom guard position to any top position will awarded 2 points after establishing control for a 3 count.
<b>CONTROLLING TOP POSITION AFTER DOUBLE GUARD PULL - 2 Points</b>	Competitor controlling top position after simultaneous guard pull will be awarded 2 points.	Both competitors must have initiated the guard pull simultaneously. The first competitor that controls top position for a 3 count will be awarded 2 points.
<b>PASSING THE GUARD - 3 Points</b>	The competitor on the top position is able to completely pass the guard of his opponent and establish a side control, knee on the belly, mount or north-south position for a 3 count. Pass to knee on the belly should be 5 points on one 3 second count.	<p>The person on the bottom cannot have any guard established during the 3 count.</p> <p>If a guard-pass control position happens in the course of continuous action, it will be scored a guard pass. But if Turtle position becomes a static position, but eventually ends up in a guard pass control position, it is NOT scored a guard pass.</p>

## SCORING CRITERIA(Cont.)

TECHNIQUE	DEFINITION	CRITERIA FOR RECEIVING POINTS
<b>MOUNT – 4 Points</b>	The scoring competitor sits on the opponent's torso facing his head (clear of the opponent's guard); the opponent can be lying on their stomach, side or back.	<p>The scoring competitor can be on top of only one of the opponent's arms(below the shoulder ), never both arms.</p> <p>The top competitor must have both knees on the ground or one knee and one foot on the ground.</p> <p>If a competitor applies a triangle while in the guard, and in doing so, lands on top of his opponent, it will be considered only a sweep. The moment the competitor releases the triangle and focuses on controlling the mount (below the shoulder), he will get the mount points if he controls for a 3 count.</p>
<b>BACK MOUNT – 4 Points</b>	<p>1). The competitor must be positioned on his opponent's back with both knees on the floor, or one knee down and one knee up, while his opponent's torso is flat on the floor.</p> <p>2). The competitor attaches themselves to their opponents back. Legs must be wrapped around the opponent's waist with their chest against the opponents back. Both feet must be to the inside of the opponents thighs or around the waist in a closed triangle on the side of the body.</p>	<p>Scoring competitor must have:</p> <p>Both legs wrapped around the waist and feet OR a Figure-4 around the waist.</p> <p>Scoring competitor must have their chest against the opponents back, but specific torso control is not required.</p> <p>Points will be awarded if the competitor has a leg trapping one arm below the shoulder.</p>

## HYGIENE AND UNIFORM GUIDELINES

**Competitors must abide by the uniform and hygiene specifications in order to compete. Competitors not complying will be disqualified and the opponent will be declared the winner.**

### COMPETITOR HYGIENE GUIDELINES

- 1) Toe and fingernails must be cut short, filed and clean.
- 2) Competitors with long hair must keep their hair from interfering the opponent or themselves during the match.
- 3) Skin must be dry and non-slippery. No hairspray, gels, treatments, body lotions or creams.

**Any competitor with any open cuts, lacerations or active skin infections**

**(e.g. Ringworm, Staph, Herpes, Chicken Pox, etc.) WILL NOT BE ALLOWED TO COMPETE.**

Competitors knowingly infected with the HIV and Hepatitis B & C viruses are prohibited from participating in any FIVE competitions.

## UNIFORM GUIDELINES

**Prior to competing the uniform inspector will inspect competitor's uniform. If the competitor's uniform does not follow the guidelines, the competitor will be allowed to change the uniform then return to the uniform inspector to inspect the new uniform. All supports and protectors must be approved by uniform inspector.**

**ALL uniforms must be:**

- 1) Properly washed, dry and have no unpleasant odors.**
- 2) In good condition and not exhibiting tears, wearing or mending.**
- 3) Must be White, Blue, or Black in color. No mixing colors permitted.**

## GI UNIFORM GUIDELINES

- 1) GI top bottom edge reaches the competitor's thigh.
- 2) GI sleeves end no more than 2 inches from or past competitor's wrist when the arm is extended straight and parallel to the ground.
- 3) GI pants should end no more than 2 inches above or below the tibial-malleolus (ankle bone).
- 4) Wearing pants, jeans or lycra leggings of any kind under GI pants is prohibited. Competitors must wear shorts under the GI pants, keeping in mind the risk that the GI pants might get torn or removed during competition.
- 5) Competitors will wear a durable, 1½ -2 inches wide belt colored according to the competitor's rank. The belt should be worn over the top, wrap around the waist twice, and be tied using a double knot tight enough to hold the GI top closed. Once tied in a double knot, each end of the belt should hang 8 –12 inches in length.

## NO-GI UNIFORM GUIDELINES

- 1) Competitors must wear rash guards or fitted t-shirts.
- 2) Competitors may wear board shorts, fight shorts, Lycra shorts, grappling leggings or GI pants.
- 3) All shorts & GI pants must have a drawstring and/or secure closure to keep them secured at the waist during the match at all times. No exposed pockets, zippers or buttons, sticky or gripping material.



## UNIFORM RESTRICTIONS

**The following items are NOT ALLOWED in competition:**

- Wrestling shoes in GI division.
- Jock protector, cup or groin protection.
- Any kind of protectors or braces with metal or plastic.
- Offensive slogans or images on competitor uniforms.

**The following items are ALLOWED in competition:**

- Wrestling shoes in NO-GI divisions.
- Head gear/ear protectors that do not contain any metal or hard cover shells.
- Neoprene only supports and protectors.

Uniform patches are permitted. Any patch that is not firmly attached must be removed immediately. If the uniform becomes damaged, the competitor will change the uniform and return to the uniform inspector to inspect the new uniform.

**NO-GI competitors are NOT ALLOWED to grab any part of their opponent's uniform except GI pants**

**NO-GI competitors are NOT ALLOWED grab any part of their own uniform**

## UNIFORM DAMAGE DURING COMPETITION

- If a competitor's uniform should mark/stain the uniform of the opponent or,
- If a competitor's uniform is ripped during a match:

The referee will stop the match and allow the competitor time (not to exceed 5 minutes) to change the uniform, return to the uniform inspector to inspect the new uniform, then return to the match. If the competitor does not change it in the allotted time, they will be disqualified.

## RULES NOT WRITTEN

Any and every situation that cannot be determined by the rules manual will be left to the senior official's discretion.



# ALLOWABLE TECHNIQUES

DIVISIONS TECHNIQUES	KIDS and TEENS under 16 years old	TEENS 16-17 years old	ADULTS White/Blue/Purple Beginner/Novice/ Intermediate	ADULTS Brown/Black Expert
<b>CHOKES</b> (TRIANGLE, REAR NAKED OR GI CHOKES)	✓	✓	✓	✓
<b>Straight Armbars</b>	✓	✓	✓	✓
<b>Kimura/Americana</b>	✓	✓	✓	✓
<b>Standing Guillotine</b>	✗	✓	✓	✓
<b>Groin Stretch</b>	✗	✓	✓	✓
<b>Eziquel Choke</b>	✗	✓	✓	✓
<b>Omoplata</b>	✗	✗	✓	✓
<b>Pulling Head/ Triangle</b>	✗	✗	✓	✓
<b>Straight Ankle Locks</b>	✗	✗	✓	✓
<b>Knee Bar</b>	✗	✗	✓	✓
<b>Back Arch Throws/ Suplex</b>	✗	✗	✓	✓
<b>Wrist Lock</b>	✗	✗	✓	✓
<b>Figure 4 Toe Hold</b>	✗	✗	✗	✓
<b>Bicep and Calf Slicers</b>	✗	✗	✗	✓
<b>Clavical, Spine, Neck Cranks and Face Locks</b>	✗	✗	✗	✗
<b>Heel Hooks</b>	✗	✗	✗	✗
<b>Slamming</b>	✗	✗	✗	✗

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