



RULES

FIGHT TIME:

Five minutes plus one overtime

END OF A FIGHT:

In general:

One fighter isn't able to continue with the fight because of injury or any other reason.

The referee decides to disqualify a fighter.

In beginner class referees might decide to stop a fight rather early in order to keep the fighters and their health safe. If you are not OK with this, please register for advanced class.

In regular time:

One of the fighters submits verbally or through double tap on his opponent, himself or the mat. Loud expression of pain is recognized as a verbal submission.

Overtime:

The referee decides which fighter was the most active during the fight. The winning fighter chooses to start from „backmount“ or „spiderweb“ and takes the dominant position.

The referee starts the fight and a timer. The time will be stopped either if there is a submission or when the fighter in the non-dominant position has escaped.

The fighters switch position and the fight is restarted. If the submitting fighter started from the non-dominant position, the fight ends immediately.

Scenarios:

There was exactly one submission: The dominating fighter wins.

There were two submissions: The fighter who was able to dominate the fastest wins the fight.

There was no submission and the round cap is reached: All escape times will be added and the fighter who took the least amount of time to escape wins. In case the time cap was reached as well, a referee decision will take place.



GENERAL RULES:

You may be disqualified for unsportsmanlike conduct. The referees will be shown maximum respect at all times. Their decisions are final and will not be overturned.

No striking, biting, eye gouging (includes chin to eye), head butting, small joint manipulation (finger or toe locks), hair pulling, grabbing the windpipe, or ear pulling will be permitted.

No slamming allowed. Illegal slamming will be defined as slamming your opponent to escape submissions and/or to pass the guard; or standing from the guard and/or jumping from a standing position to slam your opponent. Slamming will result in an automatic DQ. There are no exceptions to this rule. Takedowns are NOT considered slams, but you must deliver your opponent safely to the mat.

No infectious skin diseases (such as ringworm, staph, and MRSA) or open wounds will be permitted. No lubricants, oils, or lotions of any kind will be permitted on any part of the body or clothing.

If the competitors near the edge of the mat, they will be restarted from the same position, unless the referee is unable to duplicate the position for any reason. In case the referee is unable to duplicate the position, the competitors will restart from a standing position.

If a competitor flees the ring when a submission is locked in and the competitor is obviously fleeing to avoid submission, he or she will be automatically disqualified.

NO GI RULES:

The only submissions below the waist legal for beginner and intermediate are straight ankle locks.

Neck cranks, spine locks, bicep/calf slicers (crushers), Heel Hooks, kneebars, Toeholds and flying scissors takedowns are legal ONLY in Advanced/Expert Men's and Women's no-gi divisions.

No grabbing of any clothing, including your own, will be permitted.

Mouthpiece and groin protection are optional, but recommended. All competitors must wear a Rashguard.