

# Combat Grappling

A bout may be won by:

- a) a Pin
- b) by injury, withdrawal, default, disqualification of the opponent.
- c) by technical superiority
- d) by points
- e) by Submission

## **1 point:**

- to the wrestler who brings his opponent to the ground by passing behind him, and while in this position holding him down with control (three points of contact: two arms and one knee or two knees and one arm or the head or two arms and the head)
- to the attacking wrestler whose opponent flees the hold, the mat, refuses to start, commits illegal actions or acts of brutality.
- to the wrestler whose opponent regularly refuses to take an ordered hold

## **2 points:**

- to the attacking wrestler whose opponent rolls onto his shoulders

## **3 points:**

- small throws from standing or the floor that places your opponent in Danger

## **5 points:**

- High Throw from Standing position that places your opponent in danger

## **Total Victory:**

- Pin your opponent on the ground with both shoulders on the ground for count of 3
- Submission by Strangle, Choke, Arm-Leg-Ankle Lock

- 1) All competitions must be done on safe padded mat are in a safe environment
- 2) All Competitors must be insured for Personal Accident
- 3) Competitors wear Shorts & T Shirt, Shorts must be a single colour No Bermuda Style shorts, and alternatively leotards can be worn. Wrestling boots are optional. Clothing must be clean
- 4) Competitors must be clean and nails trimmed
- 5) The contest will be 4 minute duration with extra time if required
- 6) All Matches start in the standing position
- 7) Tap out or shouting is a sign of submission
- 8) If there no winner at the end of Time a further 2 minutes will be fought with Judges brought in. If at the end of the time extension the wrestler who has been the most active by the judges will be declared the winner.
- 9) Falling with an arm or leg lock is forbidden
- 10) Wrestlers shake hands to start and finish match
- 11) If there is Passive Wrestling, wrestlers will be placed in the start position
- 12) Competitors must not apply a technique which is designed to inflict injury on their opponent

As the sport develops then more rules may be applied