

# US Combat Wrestling Rules



The development of combat wrestling by Noriaki Kiguchi, Tokyo, Japan is as innovative and creative as when Dr. Kano organized the safest chokes, throws, and submission holds from Jujitsu and called it Judo over 100 years ago.

**This concept of blending the old traditional arts with the new make the sport Combat Wrestling extremely exciting for both the competitors and the spectators. Combat wrestling combines our present wrestling techniques with the throws, chokes, and submission holds of Jujitsu, Judo, and Sambo. This creates a sport that is extremely competitive, action packed and interesting to watch.**

**Combat Wrestling with its many alternatives and options to score provides the Twenty First Century with an exciting, action packed, competitive, combat sport that as enormous spectator appeal.**

The rules and scoring of Combat Wrestling have been filed at the Library of Congress for copyright protection.

Every tournament of Amateur Combat Wrestling must be conducted in accordance of the rules of the Amateur National Combat Wrestling Association founded in 1993.

## **Contestants:**

Contestants must be 17 years of age or older on the day of the tournament. Entry of high school students is allowed only when accompanied by his parent, guardian, or high school coach.

## **Conditions:**

All contestants must demonstrate sportsmanship and meet the following conditions:

1. Must have at least 3 years of experience in any of the wrestling sports, and be in good health on the day of the tournament.
2. Participants must carry insurance of the organization, and present verification on the day of the tournament.
3. Participant must register his name with the NACAW each year. His entry application form must be signed by parent or spouse.

## **Qualifications:**

Seeding will be determined using the following criteria.

1. Participants who have placed 5th or above in the past NAWCA Championships, or 8th or above in the National Championships of wrestling or other combative arts such as Amateur Wrestling, Sambo, Judo, Shooto or Jujitsu.
2. Participants holding degrees in Judo, Wrestling, Jujitsu etc. Those who placed fifth or higher in local tournaments (prefecture/state).
3. Participants who have completed clinics/seminars on the rules and technique of Combat Wrestling or by recommendation of NWCWA Officials.

## **Weight Classes:**

Men: 58 Kg, 63 Kg, 69 Kg, 76 Kg, 85 Kg, 85 Kg +.

Women: Free Weight Class

**Weigh Ins:**

9:00 am - 9:30 am on the morning of the tournament.

**Tournament Format:**

Ordinary Line Bracket Tournament System. No wrestling for 3rd or 4th place.

**Length of Match:**

5 minute match 1 round of running time.

**Officials, Timers and Score Keepers:**

All contests will be officiated by a three person panel. The Referee, the Mat Judge, and the Mat Chairperson.

The official table will consist of the Mat Judge, Official timer and the Official Scorer and Recorder.

**Conduct of Match:**

1. Contestants must bow before entering the mat area.
2. Contestants must shake hands with opponent's corner coach.
3. Contestants must be well groomed (nails clipped) and free from grease, oil, and sweat before entering the mat area.
4. Maximum of two team personnel in warm ups per corner.
5. No protests or complaints are allowed.

**Rules of Contest:**

1. Ippon, submission either by Joint Hold or Choke Hold.
2. Decision, winner by points.
3. Disqualification by Caution. (Passivity) Three (3) cautions issued to one or both contestants during the match.
4. Disqualification by Violation. (Illegal Hold). Injures opponent with illegal hold.
5. Default. Accidental injured by legal techniques and can not continue.
6. Criteria to determine winner when there is a Draw (Tie in Points).
  1. Most "Catches" during match.
  2. Less "Cautions" during match.
  3. Most "Big Points" during match.
7. Extended Criteria when above procedure does not determine winner.
  1. Sudden Victory, one-three minute period.
  2. Vote by three Officials.
  3. Contestant with the lightest body weight.
  4. Coin Flip.

**Scoring Points:**

1. Ground Wrestling Back Points (can score only one time in a match)
  1. 10 consecutive seconds 1 Point
  2. 20 consecutive seconds 3 Points
  3. 30 consecutive seconds 4 Points
2. Throwing ( must control opponent completely)
  1. Throw High on back, with force as ippon Judo 4 Points
  2. Throw on back but lacking height or force like Waza Ari 3 Points
  3. Top Mount Position: 1 Point
1. In control (horse riding) posture on opponent while he is either on his base or stomach.
4. Bottom Position: 1 Point
  1. Maintaining control of your opponents body or either arm while on your back.

**Stalemate:**

The referee shall stop the match and restart the contestants from the neutral standing position when neither wrestler is able to improve his position down on the mat. This is called a stalemate.

**Caution:**

The referee shall issue a caution to either or both wrestlers when passivity or other obvious infractions. All signals for caution must be recorded by the Mat Judge on the official score card. The match is terminated (ended) when the third caution is recorded.

1. 1st Caution, NO warning.
2. 2nd Caution, given without stopping match.

3. 3rd Caution, disqualification (end of match).

Out of Bounds:

Neutral Position The referee shall stop the match when the supporting points of either wrestler are out of bounds.

Ground Position The referee shall stop the match when more than 50% of the bodies of both wrestlers are outside of the wrestling area.

**Penalties & Illegal Holds:**

The referee recognize and prevent illegal action by the contestants. When a penalty is recognized the referee will stop the match and issue a caution to the wrestler who violated the rules. Three cautions is automatic disqualification.

1. Joint Hold Penalties

Any joint holds in the standing position on the neck, back, fingers, and the finger weave.

2. Choke Hold Penalties

Any choke holds by fingers, hands, (neck-hanging as in pro wrestling).

3. All Hitting Techniques are illegal. No Punching or Kicking allowed

4. Any unnecessary roughness and unsportsmanlike conduct.

Safety and Avoidance of Danger:

The referee may stop the match at any time that he determines thru his judgment that the safety of the contestants is in jeopardy. The Referee shall call "BREAK".

**Injury:**

The referee will try to prevent injury by stopping any potentially dangerous situations. If a contestant becomes injured he will receive 3 minutes injury time to recover.

The referee will determine whether the match is a disqualification for violation or if the match should have ended in submission. NACWA official doctor will determine if injured contestant should continue.

**Contestants Uniform:**

All contestants must wear the NACWA official combat wrestling red and blue reversible shorts with either sambo or wrestling shoes. Men bare upper body (chest up). Women must wear leotard or swim suit along with NACWA red and blue reversible shorts. No head gear allowed.

**Referee:**

Must be licensed by the NACWA and have a Class A,B, or C classification.

The referee has absolute control and authority while before during and after the match.

Protests by anyone are not honored.

Mission of the referee is to officiate every match in accordance with the rules of the sport and true sportsmanship. To award the points and use the correct signals of the sport.

The referee shall Inspect the contestants to determine if the skin is free of grease, oil, and disease. He shall also inspect to insure that the finger nails are clipped short.

Referee signals:

Points--

Show thumb of the correct color for 1 point.

Show the thumb and the index finger of the correct color for 2 pts.

Show the thumb, index finger and the middle finger for 3 points.

Show all four fingers for 4 points.

Catch--

Show the fist of the hand of the correct color for a "Catch".

Break Open the arms and sound the whistle.

Time--

Show the letter "T" with both hands and blow the whistle.

Out of Bounds--

Show both arms extended in the direction, blow the whistle.

Holding--

Hold arm extended at 45 degrees with open hand using correct color.

Winner--

Hold the wrist of the winner and raise the arm

### **Referee Uniform:**

1. Official black and white stripped shirt with black pants either wrestling or sambo shoes.

2. Red and Blue wrist bands. (blue for the right and red for the left wrist).

Notice:

All Japan Combat Wrestling Association (President - Noriaki Kiguchi) has conducted a review on the existing rules of 1997, and has decided to amend a few points as listed below for an improvement for both contestants and spectators as of January 1, 1998.

It will be March 15, 1998 for the first case of applying new rules when AJCWA's 4th National Championships be organized.

### **Summary of Rules (1998)**

1. **Time** for every match is 5 minutes 1 round with running time. But for the eliminations from the 1 round to quarter finals, including the case of round robin, 4 minutes 1 round will be applied.

2. **Issue of Contest**

2.1 Issue of Contest will be made either by Ippon

Referee's decision if choke, lock or joint hold became effective to the critical condition.

Tap-out

Wrestler's decision to give-up

Technical Ippon

More than 12 points of difference resulted when referee stopped the action of both wrestlers

Decision

More than 1 point of difference resulted when 5 minute time-out is advised by the Mat Chairman and

Clock. Remarks: No consideration for pin-fall of Amateur Wrestling.

2.2 In the case that the score was tie, then the winner will be; the wrestler with less cautions the wrestler with more big points.

2.3 In the case that the winner was not clarified yet, then Referee, Judge and Mat Chairman conducts an extra round of maximum 3 minutes, with "sudden victory" system to stop the match when one wrestler leads more than 2 points. Referee will Not take any catch point in the extra round.

2.4 In the case that the extra round reached to 3 minutes, then the wrestler with more than 1 point ahead will become the winner.

2.5 In the case that the extra round reached to 3 minutes yet the score was tie such as 1-1 or 0-0, then the result of vote by Referee, Judge, Mat Chairman will determine the winner.

3. **Holding Point**

1 point after 10 continuous seconds,

3 points after 20 continuous seconds,

4 points after 30 continuous seconds.

These points are applicable only once in every match.

4. **Throwing/Take-down Point**

4 points for throwing with complete turn-over

3 points for throwing

1 point for take-down on the buttock by tuckle

5. **Positioning Point**

1 point for Mount Position

When top wrestler controls the bottom on the chest by horse-riding posture.

1 point for Back Position

When top wrestler controls the bottom either in Back Position of Amateur Wrestler, or Back Mount Position regardless the condition of legs/arms of bottom wrestler.

1 point for Catch Point

When an action is transformed to Joint Hold, but Choke and Lock are excluded.

Remarks: The concept of Bottom Position is abandoned.

6. **Deadlock**

Referee can advise wrestlers to resume for standing position when deadlock in the ground is long enough.

7. **Disqualification**

Disqualification during any of match will be judged by 3 cautions, violation of rules, or withdraw.

8. **Prohibited Techniques**

Any direct attack to the neck, back, lower-back, backbone, fingers, the joint holds in standing position, choke by fingers and hands, and any punching and kicking.

9. **Uniform**

Contestants are requested to wear reversible shorts authorized by AJCWA & USCWA, and change for a color for his designated corner.

10. **Complaints**

AJCWA & USCWA will not take any complaints for judgements and other general matter.