



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

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# **INTERNATIONAL**

# **COMBAT GRAPPLING**

# **REGULATIONS**

*Updated in December 2009.*



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## **SECTION ONE – GENERAL RULES**

### **Article 1 – Mission statement**

The World Grappling Committee (WGC) was created under the authority of FILA to foster the physical and mental well being of individuals engaging in the discipline of grappling and combat grappling. The World Grappling Committee's goal is to make grappling and combat grappling exciting and spectator friendly sports and to rule their practice on a worldwide level in order to ultimately gain Olympic status.

### **Article 2 – Philosophy**

Combat grappling is a hybrid sport formed of wrestling, jujitsu and other styles of submission fighting that also incorporates striking and kicking techniques. The philosophy lying behind combat grappling is to provide common grounds to all combat styles and to create a safe amateur form of Mixed Martial Arts. Combat grappling also intends to be a realistic form of self-defense covering all aspects of standing and ground fighting, thus making it perfect and safe to use for military, police, and security training.

### **Article 3 – Objectives**

Based on the FILA Constitution and various regulations, the international rules set forth in the present document constitute the framework within which the sport of combat grappling is conducted and promoted and have as their specific objectives to:

- Define and specify the practical and technical conditions under which a match is to take place.
- Determine the value to be assigned to actions and holds.
- List the situations and prohibitions.
- Determine the technical duties of the refereeing body.
- Establish the competition system, classification, technical points, penalties, eliminations, etc.

### **Article 4 – Application of the Rules and FILA Licence**

The rules defined in the present document shall be in effect for all FILA sanctioned events in order to ensure optimal safety of the athletes and a healthy growth of the discipline.

The FILA licence is mandatory for every international combat grappling competition with more than two participating countries. Every international competition must be reported to FILA and added to its official calendar. The FILA insurance will only apply to competitions that appear in the FILA calendar.



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### **Article 5 – Anti-Doping and Sanitary Conditions**

All athletes participating in FILA sanctioned events agree to submit themselves to the FILA Anti-Doping Regulations and to the World Anti-Doping Code.

Besides, athletes knowingly infected with the HIV/HBV virus are prohibited from participating in combat grappling competitions. Medical staff knowingly infected with the same virus is prohibited from administering healthcare to bleeding combat grapplers.

### **Article 6 – Weight Loss**

As far as weight reduction on the competition site is concerned, FILA has adopted the following rules: the practice of dehydration or excessive caloric restriction, the use of diuretics, emetics, laxatives, and self-induced vomiting are prohibited by FILA. Combat grapplers under 18 are prohibited from the on-site use of saunas/steam rooms or vapor-impermeable suits.

Enforcement of these rules is the responsibility of the tournament committee and its decisions shall be final. A first violation of these rules shall cause the individual(s) in question to be suspended from the competition for which use of the prohibited methods were intended. A second violation shall result in the suspension of the individual(s) from any FILA sanctioned event for one calendar year from time of suspension. The FILA Executive Committee will hear all second violation cases and apply the sanctions defined in the FILA regulations. Any individual assisting a combat grappler in prohibited weight reduction practices shall be held to the same rules and penalties as the athlete in violation.

## **SECTION TWO – COMPETITION PROCEDURE**

### **Article 7 – Competition System**

The competition system follows the system adopted by FILA for the Olympic competitions based on direct elimination with repechage. The pairing is made in order of the numbers drawn. If the number of combat grapplers is not ideal (i.e. 4, 8, 16, 32, 64, etc.), some qualification matches will take place from the bottom of the brackets. The combat grapplers who win their matches continue in the brackets until two undefeated combat grapplers remain. They will dispute the final for the gold and silver medal. The combat grapplers who lost against the two finalists will have repechage matches in two different groups: the first group with the combat grapplers who lost against the 1<sup>st</sup> finalist and the second group with the combat grapplers who lost against the second finalist. The winners of the two repechage groups will both receive a bronze medal. From the 7<sup>th</sup> place, the combat grapplers are ranked according to the following criteria:

- Most victories by knockout
- Most victories by 2 knockdowns
- Most victories by submission
- Most victories by major decision
- Most victories by overtime
- Most victories by decision

*Note: If the place of the combat grapplers cannot be determined with the above criteria, they will be ranked ex aequo.*



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In case a category counts less than 6 competitors, the competition will follow the “Nordic system” with each competitor fighting each competitor. The ranking will be made according to the number of victories. In case of a tie, the classification points will part the combat grapplers and if they are still equal, the winner of their direct fight will be ranked before the other one.

#### **Article 8 – Medical Examination and Uniform Check**

Separate male and female rooms or times shall be provided for medical examination. The athletes shall wear shorts or underwear. The medical staff shall examine them for skin infections and medical conditions such as cuts or contagious disease. It has full authority to decide whether athletes are suitable for competition or not. Once the medical staff has cleared the athletes, they shall proceed to the uniform check table and have their competition uniforms and protection gear controlled by the designated referees. In case their uniforms and protection gear are not compliant with the FILA regulations, the athletes will be given the opportunity to purchase FILA approved gear on the spot.

#### **Article 9 – Weigh-In**

Weigh-in shall be conducted the day before the competition in a restricted area near the competition site. Its access shall be limited to competitors, coaches, referees, and official weigh-in staff. No competitor shall be accepted at the weigh-in if he/she has not undergone the medical examination within the time period stipulated in the programme of the competition concerned.

Athletes shall present their FILA licence and accreditation to the appointed referees in charge of the weigh-in.

Athletes shall wear shorts or underwear and be allowed to check their weight on the scales as many times as they wish within the official weigh-in time frame. No weight tolerance shall be granted at the FILA sanctioned events.

#### **Article 10 – Drawing of Lots**

After the athletes have made weight and the weigh-in official has marked their weight on the weigh-in list, they shall draw a lot number which will be used to determine their position in the bracket. The weigh-in officials shall also enter the lot number onto the weigh-in list. The drawing of lots shall be conducted at the weigh-in table next to the scales, either manually or by computer with the official FILA competition software.



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## **SECTION THREE – MATERIAL STRUCTURE**

### **Article 11 – Competition Levels**

#### **B-Class: Amateur**

All athletes from the age of 12 are allowed to compete in B-class tournaments where the head is forbidden as a target.

#### **A-Class: Semi-professional**

Only athletes aged 18 and up are allowed to compete in A-class tournaments where the head is considered a legal target .

### **Article 12 – Age and Weight Divisions**

All athletes shall be able to provide an official document proving their age and identity. Any athlete found competing in an age group lower than his/her FILA designated age category shall be automatically disqualified from the immediate competition. Those athletes found violating this policy repeatedly may be subject to FILA membership disqualification.

#### **Novice (12-13 years old) – Only B-Class**

- Boys: 40, 45, 50, 55, 60, 65, 75, +75kg
- Girls: 35, 40, 45, 50, 55, +55kg

#### **Schoolboys/girls (14-15 years old) – Only B-Class**

- Boys: 45, 50, 55, 60, 65, 70, 80, +80kg
- Girls: 40, 45, 50, 55, 60, +60kg

#### **Cadets (16-17 years old) - Only B-Class**

- Men: 50, 55, 60, 65, 70, 75, 85, +85kg
- Women: 45, 50, 55, 65, 70, +70kg

#### **Juniors (18-19 years old) – A & B-Class**

- Men: 60, 65, 70, 75, 80, 90, 110 kg, Absolute
- Women: 50, 55, 60, 65, 75 kg, Absolute

#### **Seniors (20 and older\*) – A & B-Class**

- Men: 60, 65, 70, 75, 80, 90, 110 kg, Absolute
- Women: 50, 55, 60, 65, 75 kg, Absolute

*\*Combat grapplers aged 18-19 may compete in senior competitions upon presentation of a medical consent.*

#### **Veterans (35-60 years old) – A & B-Class**

- Men: 65, 70, 75, 80, 90, 110 kg, Absolute
- Women: 55, 60, 65, 75 kg, Absolute



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## Article 13 – Athletes’ Uniform and Appearance

For all FILA sanctioned events, competition uniforms and protection gear shall be **FILA approved**.

### Competition Uniform – No-Gi

Combat grapplers shall appear on the edge of the mat wearing FILA approved board shorts and an optional tight-fitting sleeveless, short sleeve or long sleeve rashguard. The shorts shall not be excessively baggy or have button/snaps that may be unsafe during competition. The first combat grappler called shall wear an overall red uniform and the second combat grappler called shall wear an overall blue uniform.

### Protection gear

B-Class combat grapplers shall wear FILA approved gloves, shin protectors, and mouth guard. Female combat grapplers may also wear a chest protector.

A-Class combat grapplers shall wear FILA approved gloves, head protector, shin protectors, and mouth guard. Female combat grapplers may also wear a chest protector.

### Country’s abbreviation

For all Continental and World Championships, the combat grapplers shall wear the official abbreviation of their country’s name on the back of their competition uniform.

### Advertising on clothing

Combat grapplers may wear sponsors’ names or symbols on their competition uniforms as long as they don’t interfere with the identification of the uniforms’ color and country’s abbreviation.

### Appearance and hygiene

Competition uniforms shall be clean, generally dry and free from any unpleasant odor. Combat grapplers are prohibited from wearing bandages on the wrists, arms or ankles except in the case of injury or on doctor’s orders. Combat grapplers are prohibited from wearing any object that might cause injury to an opponent such as necklaces, bracelets, anklets, toe rings, finger rings, piercing of any kind, prosthesis, etc. Combat grapplers’ fingers and toenails shall be neatly trimmed with no sharp edges. If an athlete’s hair is longer than shoulder length, the athlete shall wear an athletic hair cover. Combat grapplers shall be well groomed and their hair and skin shall be free of any greasy, oily or sticky substance. Combat grapplers may not arrive at the mat perspiring for the beginning of the match. The referees may require a combat grappler to towel off at any time during the match. In the interest of health, hygiene and a sanitary environment for the athletes, these rules shall be strictly enforced.

At weigh-in, a FILA official shall check that all competitors satisfy the requirements of this article. The athletes must be warned that if their appearance or uniform are not correct, they will not be allowed to enter the competition. The combat grapplers who enter the competition area with an appearance that does not conform to the present regulations will be given 2 minutes to change it; otherwise they will lose the match by forfeit.



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### **Article 14 – Competition Area**

For all FILA sanctioned events, FILA approved 10x10 or 12x12 mats containing a 8 to 10-meter circle shall be used. The centre of the mat shall contain a 1 to 3-meter circle that will serve as a starting point for the combat grapplers. From the edge of the outer circle, a minimum of a 2-meter safety zone shall be provided.

### **Article 15 – Medical Service**

The organizer of a FILA event is responsible for providing medical service. The medical staff will be under the authority of the FILA doctor in charge and will be responsible for conducting all medical examinations as well as giving medical surveillance during the entire event. During the competition, the medical staff shall be ready to intervene in the event of an accident or injury and decide whether a combat grappler is fit to continue the match.

The Head medical officer has full authority to stop a match at any time if he deems either combat grappler to be in danger. He may also stop a match if he feels a combat grappler is medically unfit to continue. A combat grappler shall not leave the mat in the event of a serious injury. In such case, the referee shall immediately stop the match and ask the Head medical officer to examine the combat grappler on the mat.





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## **SECTION FOUR – REFEREEING BODY**

### **Article 16 – Composition**

The refereeing body for each match will consist of one mat chairman, one central referee and two side referees. The central referee shall stand on the center circle of the mat facing the table staff, while the two side referees stand facing each other on each side of the mat.

At major competitions, the members of the refereeing body shall in no case be of the same nationality or officiate in matches involving compatriot combat grapplers.

### **Article 17 – Uniform**

The refereeing body shall wear black pants, black polo/T-shirts, and black sports shoes. The refereeing body shall wear a red band on their right wrist and a blue band on their left wrist. The side referees shall hold a red scoring device in their right hand and a blue scoring device in their left hand. In addition, the central referees shall wear surgical gloves.

### **Article 18 – General Duties**

The refereeing body shall perform all the duties set forth in the regulations governing combat grappling competitions and in any special provision that might be established for the organization of a particular competition. The refereeing body is required to use the basic FILA terminology and signals appropriate to their respective roles when conducting the matches. Besides, they are forbidden to speak to anyone during the match, except amongst themselves when they must consult so as to perform their tasks properly.

The refereeing body is responsible for checking the good condition of the mat and the area around it. It is also expected from them to know the sound of the gongs used at each mat and check that the table staff is properly performing its duty.

The refereeing body shall have a strong understanding and experience of the striking arts and be able to immediately assess the impact of any type strikes and stop action if necessary to further ensure the athletes' protection.

### **Article 19 – The Central Referee**

The central referee is responsible for the orderly conduct of the matches that he/she shall direct according to the official FILA rules. He/she shall command the respect of the contestants and exercise full authority over them so that they immediately obey his/her orders and instructions. Similarly, the central referee shall conduct the matches without tolerating any irregular and outside interventions.

The central referee's main duty consists in starting and interrupting the matches, imposing the penalties, and declaring the legitimate winners. He/she is also responsible for awarding the points for the ground/grappling part of the match (takedowns, dominant control positions, escapes, and sweeps).

The verbal commands used by the central referee during the match shall be made in accordance with the International Refereeing Rules. Any time the action has to be interrupted, the central referee shall commend "Stop" and part the combat grapplers by touching them.



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#### Central referee's specific duties:

- Shake the combat grapplers' hand when they enter the mat and before they leave it.
- Inspect the combat grapplers' competition uniform and protection gear and require them to change them within 2 minutes in case they are not compliant with the present Regulations.
- Inspect the combat grapplers' skin for perspiration or any greasy or sticky substance.
- Not get too close to the combat grapplers when they are in standing position, but stay close if they are in ground position.
- Be able to change position from one moment to the next, on the mat or around it, and in particular move onto his/her knees or stomach to obtain a better view of an impending submission.
- Not turn his/her back to the combat grapplers at any point and risk to lose control over the situation.
- Award the points for the ground/grappling actions by raising the hand corresponding to the color of the grappler who scored and by clearly indicating the amount of points with the fingers.
- Verbally stimulate a passive combat grappler without interrupting the match.
- Ensure that the combat grapplers do not rest during the match on the pretense of wiping their bodies, blowing their nose, feigning injury, etc.
- Break action and uphold penalties for violations of the rules or brutality.
- Break action and make the athletes change uniform in case it is torn (the combat grapplers will have maximum 1 minute each time they are requested to change uniform).
- Be ready to stop the combat grapplers who approach the edge of the mat.
- Break action and bring the combat grapplers back into starting position when the action goes out of bounds (i.e. when no body part of either combat grappler is touching the competition area or when any body part of either combat grappler is out of the protection area).
- Break action if the combat grapplers' safety is deemed to be in danger.
- Stop the match in case of injury and make the medical staff intervene.
- Stop the match after a combat grappler has signaled submission either physically (by a tap) or verbally. The referee shall also put a hand on each competitor to further ensure the combat grapplers' safety.
- Stop the match at exactly the right time when necessary.
- Ensure that the combat grapplers remain on the mat until the result of the match is announced.
- Proclaim the winner (by raising the winner's hand) after agreement with the mat chairman.



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### **Article 20 – The Side Referees**

The side judges are required to stand facing each other on the side of the mat and hold the scoring devices in their hands.

#### **Side referees' duties:**

- Control and supervise the mat and the area around it (notably by making sure that there are no unauthorized persons except the coaches near the mat).
- Observe the combat grapplers at all times during the matches and breaks.
- Move along their side of the mat to constantly maximize the visibility of the combat grapplers in action.
- Record the striking points by aid of the scoring devices.
- Bring the scoring devices to the scoring table at the end of the match so that the winner can be determined.
- Reset the scoring devices only once the final match result has been approved by the mat chairman.

### **Article 21 – The Mat Chairman**

The mat chairman sits at the scoring table and supervises the work of the central referee, the side referees, and table staff appointed to each match.

#### **Mat chairman's duties:**

- Control and supervise the mat and the area around it.
- Confirm the penalties and points given by the central referee to the scorekeeper.
- Interrupt the match by throwing a sponge onto the mat to call the central referee and the side referee to the table in case a consultation is needed.
- Give the final scoring in case a video review is requested.
- Add up the points recorded by the two side judges and divide them by 2 to announce the final score of the match.
- Confirm the winner to the central referee so that he can raise the winner's hand.
- Declare overtime in case of a tie in points.
- Report the points onto the score sheet and sign it.
- Confirm the classification points to the scorekeeper according to the scoring chart.



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## **SECTION FIVE – THE MATCH**

### **Article 22 – Duration of the Matches**

#### **B-Class**

- Novice and Schoolboys/girls matches 3 minutes.
- Cadet, Junior and Veteran matches last 4 minutes.
- Senior matches last 5 minutes.

#### **A-Class**

- Junior and veteran last 4 minutes.
- Senior matches last 5 minutes.

### **Article 23 – Call and Start of the Matches**

Both combat grapplers' names shall be called in a loud clear voice to the mat. Combat grapplers shall be called 3 times with at least a 30-second time interval between each call. If after the third call a combat grappler has not checked in at the mat, he/she shall lose the match by forfeit.

When their name has been called, the combat grapplers shall stand in the corner corresponding to their assigned color and wait for the central referee to call them to his/her side. The central referee shall inspect their competition uniform and protection gear and give them 2 minutes to change them in case they are not compliant with the present regulations. In case an athlete does not come back to the mat with a satisfactory uniform or protection gear after 2 minutes, he/she shall lose the match by forfeit. The central referee shall also inspect the combat grapplers to make sure that their skin is not covered with any greasy or sticky substance, or with perspiration. After the central referee has completed his/her inspection, the two combat grapplers greet, touch gloves and begin the match as the referee announces "Action".

### **Article 24 – Level of Contact and Targets**

#### **B-Class**

Punches and kicks to the body are allowed with full contact. Combat grapplers are not allowed to target the:

- Head / Neck / Throat / Knees and below / Kidneys / Along the spine / Groin

#### **A-Class**

Punches and kicks to the body and head are allowed with full contact. Combat grapplers are not allowed to target the:

- Back of the head / Neck / Throat / Knees and below / Kidneys / Along the spine / Groin



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## Article 25 – Scoring for Ground/Grappling Actions

Points will only be awarded if a combat grappler manages to gain a dominant control position for 3 seconds.

To ensure a higher lever of submissions, points for dominant control positions (i.e., side mount, full mount, and back mount) will follow a system of progression, meaning that positions have to be improved to be awarded points. The dominant control position progression will reset if the top grappler loses dominant control and the bottom grappler re-establishes ground/standing neutral position for at least 3 seconds.

### 1-point techniques

- **Takedowns:** When a combat grappler managed to take his/her opponent down and to gain top control for 3 seconds. If, with the takedown, the combat grappler manages to establish a dominant control position, he/she will further receive the corresponding points (i.e.: 1+2 for takedowns landing in side mount, 1+3 for takedowns landing in full mounts, and 1+4 for takedowns landing in back mount).
- **Escape:** When a combat grappler manages to escape from a disadvantaged position (side mount, full mount, or back mount) and go into ground or standing neutral position and maintains the neutral position for 3 seconds.
- **Sweep:** When a combat grappler manages to sweep from a disadvantaged position (side mount, full mount, or back mount) directly into an advantaged position (side mount, full mount, or back mount) and maintains the control for 3 seconds. The points for the position achieved will then be added to the sweep point.
- **Jumping into guard:** Jumping into guard from a standing position without a deliberate attempt of a submission or takedown will not be penalized by a caution, but will award one point to the opponent.

### 2-point technique

- **Side Mount:** When a combat grappler gains control by passing the opponent's leg defenses while keeping the opponent's back to the mat for the count of 3 seconds (including north-south and knee on stomach).

### 3-point technique

- **Full Mount:** When a combat grappler controls the opponent who is lying on the back, from the top (north or south) with both of his/her knees touching the ground on either side of the opponent for the count of 3 seconds.

### 4-point technique

- **Back Mount:** When a combat grappler controls the opponent from the back, with the chest to the opponent's back and the legs hooked inside both of the opponent's legs for the count of 3 seconds.



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## **Article 26 – Scoring for Striking Actions**

### **B-Class**

#### 1-point techniques

- Effective and authorized punch to the body (standing or on the ground)
- Effective and authorized inside or outside kick to the thigh
- Effective and authorized knee to the body (on the ground)

#### 2-point techniques

- Effective and authorized kick or knee to the body (standing)

#### 4-point technique

- Knockdown

### **A-Class**

#### 1-point techniques

- Effective and authorized punch to the body or head (standing or on the ground).
- Effective and authorized inside or outside kick to the thigh
- Effective and authorized knee to the body (on the ground)
- Effective and authorized elbow to the body

#### 2-point technique

- Effective and authorized kick or knee to the body (standing)

#### 3-point technique

- Effective and authorized kick to the head (standing)

#### 4-point technique

- Knockdown



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### **Notes:**

Strikes to the shin are permitted in an attempt to execute a sweep.

Strikes executed while being thrown do not score points.

Simultaneous strikes (clashes) or takedowns do not score points.

Any technique initiated inside the limits of the mat, but landing out of bounds will be considered valid and be awarded with the corresponding points. In contrast, any attack initiated once both athletes are out of bounds may result in a penalty for the attacker.

Any technique initiated at the gong will be considered valid and awarded with the corresponding points. Any attack initiated after the gong has rung will result in a penalty for the attacker.

In case ground fighting reaches a stalemate point, the referees have full authority to interrupt the match and bring the athletes back up to neutral position.

### **Article 27 – Knockdown**

When a combat grappler is knocked down or rendered temporarily incapable to compete due to the execution of an authorized punch, kick or throw, the central referee shall immediately stop the match by announcing “**Stop**” and command the opponent to go to his/her corner and wait for further instructions.

The central referee shall then check the condition of the knocked down athlete and carefully determine if medical assistance is required or not. If no medical assistance is required, the referee shall proceed with the 10-second countdown in order for the knocked down athlete to regain his senses and resume fighting. It is specified that in all knockdown cases, a minimum of 8 count is mandatory before restarting the match.

If the knocked down athlete is not in condition to resume fighting after the 10-second count, or if the Head medical officer declares him/her as medically unfit to continue, the central referee shall then end the match and declare the opponent winner by default.

If an athlete is knocked down twice during the match, the central referee shall stop the match and declare the opponent winner by 2 knockdowns.

If the knocked down athlete has temporarily lost consciousness (i.e. knockout), the Head medical officer shall suspend the athlete for the rest of the tournament. Depending on the severity of the knockout, he shall prescribe a brain scan and/or impose a mandatory pause of 1 to 3 months. His decision should be reported in the athlete’s licence book and sent to FILA for further control.

### **Article 28 – Injury and Blood Time**

The central referee must stop the match and call for injury time if a combat grappler is temporarily injured due to an incidental blow (i.e., eye poke, head collision, etc). When injury time is called, the time keeper is responsible for starting a stop watch and making sure that the total injury time per athlete does not exceed 3 minutes, otherwise the injured athlete will lose the match by default.

In the event of a combat grappler injured or bleeding, the medical staff shall immediately intervene. Proper cleaning utensils and disinfectant solutions must be readily available to them at the mat table. It is the Head medical officer’s duty to determine whether the bleeding and spread of blood have been effectively stopped and whether the athlete may resume fighting or not.



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The match shall only resume once all materials used in blood cleanup are properly disposed of. In the event of a bloodied or torn garment that must be replaced, all athletes must have a back up uniform available by their corner.

If the central referee deems that a combat grappler is feigning injury to avoid submission and/or action, he may disqualify the athlete at fault. Similarly, if an injury occurs as a result of an illegal move, the referee shall disqualify the combat grappler at fault.

In the event of the two combat grapplers being simultaneously injured and incapable to continue the match, the victory is granted to the one who scored the highest number of points. If the score is tied, the refereeing body shall consult and vote to determine the legitimate winner.

### **Article 29 – Interruptions of the Match**

If for any reason the match must be interrupted (i.e., injury/blood time, referees' consultation, etc.), the two combat grapplers shall stand in their respective corners facing the centre of the mat, without talking to anyone or taking liquids, and wait for the referee to call them back to the centre of the mat and resume the match.

### **Article 30 – Decision Criteria**

The central referees have full authority to stop the match if they deem that an athlete is in imminent danger of serious injury or can no longer withstand a strike, kick, submission lock, or choke, even if the said athlete did not submit or tap. The athletes' security shall prevail at all times.

When a combat grappler abandons the fight, either verbally or by tapping on the mat or on the opponent's body with a hand or foot, the opponent is automatically declared winner, no matter the amount of points accumulated or the time of the match.

If a combat grappler on the ground position receives three consecutive fully unprotected punches to the head, the central referee shall stop the match and declare a victory by technical knockout.

If, at the end of the regulation time, neither of the situations described above occurred, the combat grappler who scored the highest number of points shall be declared winner.

### **Article 31 – Overtime**

Overtime begins at the end of regulation time when the score is tied, meaning with a margin of victory of 5 points or less. Victory will be determined by the "first touch" criterion. The athletes will be given three consecutive attempts to score an effective and authorized action (punch, kick, knee, elbow, or takedown). As soon as an action has been properly executed, the two combat grapplers shall be parted by the central referee and wait for him/her to command the next attempts.

The athlete who wins two attempts out of three wins the match.





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### **Article 32 – Protest and Challenge**

No protest may be lodged at the end of a match. A challenge can be called for during the match if the Head Referee or a combat grappler's coach deems that a refereeing mistake has been made, but the result of a match may under no circumstances be modified after victory has been declared on the mat.

The challenge is the action through which a coach is allowed, on behalf of the combat grappler, to stop the action and request the refereeing body to watch the video evidence and reconsider its judgment. It is specified that this possibility is only offered during competitions in which the video control is formally established by FILA and the organizing committee.

The coach who wishes to request a challenge shall throw a soft object and remain seated, immediately after the refereeing body has awarded points or cautions to the contested situation. The mat chairman shall then interrupt the match as soon as the ongoing action is completed. If the combat grappler disagrees with his/her coach's decision, then the match continues.

The refereeing body is then invited to watch the video evidence and render its final decision along with the Head Referee in charge of the tournament who will have the final say in case of disagreement.

Each combat grappler is entitled to 1 challenge per match. If after reviewing the video evidence, the refereeing body modifies its decision, then the challenge can be used again during the match. If the refereeing body confirms its initial decision, the combat grappler loses the challenge and 5 points are awarded to his/her opponent.

### **Article 33 – Match Classification Points**

The classification points that combat grapplers receive for their matches will be used to determine their final ranking.

#### **Victory by Knockout (5 points to the winner – 0 point to the loser)**

A victory by knockout is declared when a combat grappler temporarily loses consciousness out as a result of an authorized punch, kick, or throw from the opponent.

#### **Victory by Technical Knockout (5 points to the winner – 0 points to the loser)**

A victory by technical knockout is declared when a combat grappler in ground position receives three consecutive fully unprotected punches to the head from the opponent.

#### **Victory by 2 Knockdowns (5 points to the winner – 0 points to the loser)**

A victory by 2 knockdowns is declared when a combat grappler endured two knockdowns in a match as a result of an authorized punch, kick, or throw from the opponent.

#### **Victory by Submission (5 points to the winner – 0 points to the loser)**

A victory by submission is declared when a combat grappler admits his/her defeat either verbally or physically (by tapping the mat or the opponent with a hand or foot). A victory by submission can also be declared by the referee if, upon observing a submission attempt, he deems that the combat grappler caught in the submission hold will not be able to escape without harm.



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#### Victory by Disqualification (5 points to the winner – 0 points to the loser)

A victory by disqualification is declared when a combat grappler is banned from the match or competition for any reason.

#### Victory by Forfeit (5 points to the winner – 0 points to the loser)

A victory by forfeit is declared when a combat grappler fails to appear on the mat for the match or does not comply with the present rules as far as competition uniform and protection gear.

#### Victory by Default (5 points to the winner – 0 points to the loser)

A victory by default is declared when a combat grappler cannot continue the match for any reason or is declared unfit to continue by the Head medical officer. A coach may also default the combat grappler by throwing a red or a blue towel onto the mat.

#### Victory by Major Decision (4 points to the winner – 0 point to the loser)

A victory by major decision is declared when the margin of victory is 10 points or more.

#### Victory by Overtime (4 points to the winner – 3 point to the loser)

A victory by overtime is declared when a combat grappler managed to win two “first touch” attempts out of three.

#### Victory by Decision (4 points to the winner – 2 point to the loser)

A victory by decision is declared when the margin of victory is between 10 and 5 points.

## **SECTION SIX – TECHNICAL INFRACTIONS**

### **Article 34 – Passivity**

It is the combat grapplers' duty to maintain action by continuously working on their punching and kicking and/or improving their position to submit their opponent, while making an honest attempt to keep the actions in bounds.

When the referees feel that a combat grappler is exhibiting passivity or stalling, they shall attempt to stimulate him/her by verbal commands (“Red/Blue Open” or “Red/Blue Action”) without interrupting the match. If the athlete continues to remain passive after the verbal commands have been issued, the referees shall indicate the passive combat grappler by raising the fist bearing the right color band and give him/her a caution. Every caution must be reported on the score sheet.

The first warning for passivity is verbal and bears no consequences, the following cautions award 1 point to the opponent up to the third caution which results in the disqualification of the passive combat grappler: Warning > 1st Caution = 1 Point > 2nd Caution = 1 Point > 3rd Caution = Disqualification.



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#### Passivity includes:

- Delaying action by communicating with coach/corner
- Leaving the mat without permission
- Taking too much time to go back to the centre of the mat for restarts
- Misusing timeouts
- Fleeing the mat
- Fleeing the position to avoid stand up or ground fighting
- Turning one's back to the opponent in order to avoid a strike
- False start (i.e., start fighting before the referee's command)

#### Article 35 – Illegal holds and actions

All offenses fall under the referee's authority. If a combat grappler violates the FILA Code of Ethics in a blatant and unsportsmanlike manner, the referee shall disqualify him/her from the match or from the competition. The referee shall report every violator for membership review.

Each offense results in 1 point awarded to the opponent, up to the third offense which leads to disqualification. 1st Caution = 1 Point > 2nd Caution = 1 Point > 3rd Caution = Disqualification.

If a combat grappler is injured by an illegal action and cannot continue the match, the athlete who caused the injury shall be disqualified.

#### Illegal actions include:

- Strikes to the head (for A-Class only), neck, throat, spine, kidneys, neck, joints, groin, knees and below.
- Kicks to the head in ground position (from neither athletes)
- Upward kicks to the opponent from the ground
- Heel kicks and elbows to the head.
- Stomps on the head or neck
- Intentional breaking of bones or joints (i.e. not giving the opponent's enough time to tap in submission situations)
- Head butts, malicious cross faces
- Biting
- Eye, ear, or nose gouging, fish hooking
- Pulling of hair, nose, ears, or attacking the groin
- Spikes (i.e., standing throws onto the head or neck and landing onto the thrower's knee)
- Back splashes from standing position
- Combination of joint locks and throws
- Use of the fingers for throat/trachea choking techniques



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- Cutbacks from attached single leg/whizzer position
- Twisted head, neck, and leg locks
- Inside or outside heel hooks
- Chin ripping
- Crucifix, Full-Nelson, Can opener
- Small joint manipulation
- Holding less than 4 fingers or toes
- Coating the skin with any kind of substance or using gauzes or any kind of protective materials without the authorization of the Head medical officer and in agreement with the referee.
- Intentional grabbing of competition uniform
- Argument/insults towards anybody present in the competition hall
- Pretense of injury
- Indifference of one's safety by not protecting oneself

#### Age restrictions:

Novice and schoolboys/girls are not allowed to make guillotines or foot locks.

#### Article 36 – Ejection Procedures

The World Grappling Committee (WGC) refers to the FILA Code of Ethics and strongly condemns any form of brutality, violence or harassment on the competition site. If an athlete, coach, or spectator goes beyond the acceptable in his/her words, gestures, or actions, it is the central referees' responsibility to judge if that behavior is deemed as a conduct violation. Once the central referees have declared the behavior to be a violation, they shall issue a yellow card to the individual at fault as a warning prior to being ejected. A yellow card will deduct 1 classification point to the team the individual is representing. If the violation continues, a red card will be issued and the individual at fault will be ejected from the competition. A red card will cause 2 classification points to the team. If the central referees feel that the behavior goes well beyond the normal violation, they may skip the yellow card and directly issue a red card.

#### Examples of conduct violations:

- Cursing during the match
- Being aggressive towards the referees
- Threatening the referees
- Physical contact with the referees
- Throwing objects
- Arguing and interrupting the match
- Refusing to stay on the mat for the winner's declaration



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## **SECTION SEVEN – FINAL PROVISIONS**

The present Regulations can be modified at any time if slight improvements are deemed necessary.

In case of a dispute as per their interpretation and application, the English version prevails.

The contestants in combat grappling events agree not to bring any dispute to civil court. Every disagreement will be settled by the World Grappling Committee, the organ of appeal being the FILA Executive Committee. If no settlement is established, the parties can bring the case, at their own expense, to the Court of Arbitration for Sport (CAS), located in Lausanne, Switzerland.