

LOCKDOWN

SUBMISSION GRAPPLING SERIES

LOCKDOWN SUBMISSION GRAPPLING SERIES RULES & REGULATIONS

DRESS & EQUIPMENT

- » All competitors must wear a mouthguard.
- » Groin guards are compulsory for kids and colts - optional for adults.

MEN

- » Shorts or lycra elastic pants - without pockets or with pockets entirely stitched shut and reaching at least halfway down the thigh and at most to the knee. Attached metal or plastic of any kind that may hurt the opponent is expressly forbidden on the board shorts.
- » Rashguard or a shirt of elastic fabric (clings to body).

WOMEN

- » Shorts or lycra elastic pants - without pockets or with pockets entirely stitched shut and reaching at least halfway down the thigh and at most to the knee. Attached metal or plastic of any kind that may hurt the opponent is expressly forbidden on the board shorts.
- » Rashguard or a shirt of elastic fabric (clings to body).

FORBIDDEN

- » Any hard or rigid strapping which could cause injury or harm during a match
- » Joint protectors (knee, elbow braces, etc.) that increase body volume to the point of making it harder for an opponent to grip or lock (submit)
- » Full length compression training pants, tops or similar
- » Board shorts or pants with pockets
- » Loose shirts of any kind
- » No gloves of any kind
- » Grease, liniments, oils or other similar substances
- » Foot gear (including wrestling boots)
- » Head gear
- » Hair pins
- » Jewellery and piercings

HYGIENE

- » Athletes' finger and toe nails should be trimmed and short
- » Long hair should be tied up so as not to cause opponents any discomfort
- » Athletes will be disqualified if they are wearing hair dye that stains
- » Athletes presenting skin lesions or any other skin condition shall be directed to the tournament medical staff. Under any circumstances, the medical staff has the final say on whether to allow an athlete to compete or not

Note: Competitors who arrive without the correct attire will not be allowed to compete.

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COMPETITION AREA

The competition area shall be covered with protective matting covering an area no less than 6 meters X 6 metres and/or a MMA arena.

MATCH DURATION

ADULT & COLTS MATCHES WILL BE CONTESTED AS FOLLOWS:

1 x 5-minute round. If there is no determined winner, both competitors will be given a 1-minute break with the subsequent overtime/eliminator round will be 3 minutes.

KIDS MATCHES WILL BE CONTESTED AS FOLLOWS :

1 x 3-minute round. If there is no determined winner, both competitors will be given a 1-minute break with the subsequent overtime/eliminator round will be 2 minutes.

DIVISIONS WITH ONLY TWO COMPETITORS:

In cases of two competitors in a single weight division, the winner of the division will be based on best of three 5-minute rounds (3-minutes for kids)

WEIGH INS

Weigh-ins commences ONE hour prior to the advertised division starting time. Weigh-ins will be open for 50 minutes. If you fail to make weight you will have the opportunity to make it within the time period before the advertised division starting time. Failure to make weight results in your automatic disqualification for the event. You will not be able to move to a different weight division (unless you have already pre-registered in a second nominated weight division).

WEIGHT DIVISIONS, EXPERIENCE & ORDER OF COMPETITION

The competition divisions and order will be divided by weight and experience level of the competitors as decided by the officials. Weight divisions can be combined by the promotion and competitors will be notified prior to the event.

Novice competitors are considered to have under a combined 18 months of submission grappling training (or other grappling disciplines). Intermediate competitors have between 18 to 36 months of submission grappling training and experience. Advanced is 36 months of submission grappling training (or similar disciplines) and experience.

ADULTS MALE & FEMALE	COLTS (14-17)	KIDS (8-10) + (11-13)
Under 62kg	Under 45KG	Under 30KG
Under 65kg	Under 50KG	Under 35KG
Under 70kg	Under 55KG	Under 40KG
Under 77kg	Under 60KG	Under 45KG
Under 84kg	Under 65KG	
Under 93kg	Under 70KG	
Under 105kg	Under 77KG	
105KG+		

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COMPETITION RULES

- » All matches will start from a standing position in the centre of the mat area
- » Both competitors will engage, competitors must engage if directed to do so by the referee
- » Throws, trips, takedowns or sweeps are permitted to take an opponent to the ground
- » The contest will continue on the ground
- » If, in the referee's opinion, the match is stalled on the ground or standing, he will break the competitors and recommence the match from the central standing position
- » The match referee reserves the right to decide if either of the competitors is deliberately attempting to avoid or stall. If the referee believes there is a breach of the rule, he can penalise or if continually occurring, disqualify the offending competitor

PROHIBITED ACTS/ACTIONS

- » Any un-sportsman like conduct from the competitor and their cornermen, as decided by the competition officials (swearing, stalling, disrespect of any kind to officials or opponent)
- » Spitting
- » Slamming or spiking opponent onto their head or neck
- » Any deliberate striking or kicking technique
- » Coaches, trainers or team members entering the contest area
- » Direct digital pressure to any area of the opponent
- » Continually avoiding engagement
- » Disobeying of the referee's orders
- » Grabbing of the opponent's uniform
- » Sitting or kneeling with no grips or control of the opponent

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DETERMINING A WINNER

Match decisions shall be issued in the following forms:

SUBMISSION

- » When an athlete taps twice with his/her hand on the opponent, ground, or his/herself in a clear and apparent manner.
- » When the athlete taps the ground twice with his/her foot, when arms are trapped by opponent. When the athlete verbally withdraws, requesting the match be stopped.
- » When the athlete screams or emits noise expressing pain while trapped in a submission hold.

STOPPAGE

- » When one of the athletes alleges to be suffering from cramps, the opponent shall be declared winner of the match.
- » When the referee perceives that a hold in place may expose the athlete to serious physical injury.
- » When the doctor deems one of the athletes to be unable to continue a match due to injury rendered by the opponent using a legal hold.
- » When an athlete presents bleeding that cannot be contained after being treated by the doctor on 2 (two) occasions, to which each athlete has the right for each injury and should be provided upon the referee's request.
- » When an athlete vomits or loses control of basic bodily functions, with involuntary urination or bowel incontinence.

DISQUALIFICATION

Any competitor committing more than two (2) prohibited acts or actions during his/her bout will be immediately disqualified from that bout and the opponent will be deemed the winner. Competitors and coaches will be warned and notified when a prohibited act or action has been committed by the match referee.

LOSS OF CONSCIOUSNESS

The athlete shall be declared to have lost the match upon losing consciousness due to a legal hold applied by the opponent or due to an accident not stemming from an illegal manoeuvre by the opponent. Note: Athletes who lose consciousness because of head trauma should not be allowed to compete again in the same tournament and should be directed to undergo treatment from medical staff.

REFEREE DECISION

If at the end of a match neither competitor is submitted, the referee will consult with the second judge to determine which competitor was seen as the more aggressive/dominant fighter. The competitor seen as attempting more submissions than defence control shall be deemed the winner, i.e. the competitor deemed to be actively attempting to apply the most submissions.

To determine the winner, the referee should take note of which athlete displayed greater offense during the match and came closest to achieving possible submission-scoring positions (Dominance).

OVERTIME ROUNDS

If the judges cannot decide equally or dispute each other's decision, the competitors shall go to a second round where a winner will be determined based on effective control, aggressive and attempts to finish the bout.

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LACK OF COMBATIVENESS (STALLING)

Lack of combativeness (stalling) is defined by one athlete clearly not pursuing positional progression in a match and also when an athlete impedes his/her opponent from carrying out said progression. When both athletes simultaneously demonstrate a lack of combativeness (stalling) in any position in a match.

When both athletes pull guard at the same time, the referee will start a 20 second countdown. If at end of this 20 second countdown, even if the athletes are moving, one of the athletes does not reach the top position, does not have a submission in hold, or is not imminently completing a point scoring move, the referee will stop the fight and give a penalty to both athletes. In this situation, the referee will restart the combat in standing position. Lack of combativeness (stalling) is not declared when an athlete is defending his/herself from an opponent's attacks from mount, back-control, side-control or north-south positions. Will not be considered lack of combativeness when an athlete is in mount or back position, as long as the characteristics of the technical position are respected.

Examples of situations constituting lack of combativeness (stalling):

- » When an athlete, upon achieving side-control or north-south positions over an opponent, does not seek positional progression.
- » When an athlete in an opponent's closed guard does not seek to pass guard and at the same time prevents the opponent from seeking positional progression from guard.
- » When the bottom athlete playing closed guard wraps his/her arms around the opponent's back or performs any other controlling movement clutching the opponent to him/her without intending to achieve a submission or score.

KIDS DIVISION

Kids matches will be stopped at the referee's discretion at any time during the match if the referee believes it is in the best interest of the child's safety. It is imperative that coaches and parents both understand that the Lockdown staff and crew are here to look out for the children's safety first and foremost. We are not concerned with who wins and loses and will have no tolerance for coaches and parents that cause a commotion due to a referee decision.

DISPUTES

All disputes regarding match results or decisions must be directed to the senior Competition Official (provided by the sanctioning body) by the head trainer or coach of the competitor involved (competitors are not permitted to approach the Senior Competition Official with their concerns without first conferring with their head coach/trainer).

Any dispute must be made before the competitor in question commences his/her next match. If the dispute arises during the competitor's final match, the head trainer/coach should approach the senior Competition Official as soon as practical.

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TECHNIQUE GUIDELINES

KIDS	COLTS	NOVICE	INTERMEDIATE	ADVANCED	TECHNIQUE
✓	✓	✓	✓	✓	Arm Bar (Juji-Gatame/Ude-Gatame)
✓	✓	✓	✓	✓	Kimura/Americana (Ude-Garami)
✓	✓	✓	✓	✓	Rear Naked Choke (Mata Leão/Hadaka Jime)
✓	✓	✓	✓	✓	Omoplata (Ashi-Sankaku-Garami)
✓	✓	✓	✓	✓	Triangle (Sankaku Jime)
✓	✓	✓	✓	✓	Arm triangle (Kata-Gatame)
✓	✓	✓	✓	✓	Guillotine
	✓	✓	✓	✓	Submission techniques stretching legs apart (Electric Chair/Banana Split)
	✓	✓	✓	✓	Straight foot lock (Botinha/Ashi-Hishigi)
	✓	✓	✓	✓	Single leg takedown while the attacking competitor has his head outside his opponents body
	✓	✓	✓	✓	Knee bar (Hiza-Juji-Gatame)
	✓	✓	✓	✓	Wrist lock
		✓	✓	✓	Frontal guillotine choke
			✓	✓	Slam from standing (as long as the opponent lands on the back and not the neck [spiking])
			✓	✓	Jumping Guard
			✓	✓	Choke with spinal lock
			✓	✓	Bicep slicer/Calf slicer
			✓	✓	Knee Reaping (Ashi Garami)
			✓	✓	Toe hold (Ashi-Dori-Garami)
				✓	Scissor Takedown (Imanari Roll/Kawazu Gake)
				✓	Heel hook
				✓	Spinal lock without choke (twisters)
					Locks twisting the knees
					Bending fingers backwards (three or more)
					Suplex takedown technique