

Rules

Submission Only Grappling is a term that has been thrown around for some time in the grappling community, however, many of the rule sets that submission only grappling events use do not necessarily make them “Submission Only”. The EBI rule set is arguably the closest to “Submission Only”. That said, many see the EBI rule set too heavily favoring overtime, and a few pigeonhole grappling techniques as the deciding factor of who wins and who loses if there is no submission.

Submission Battlegrounds SuperFight events are “Super Fights” that have no points, no stalling, no overtime, and no nonsense with just pure, aggressive, grappling excellence. We call this **Submission Hunting Grappling**.

With Submission Battleground’s Submission Hunting format the favored path to victory is through submission. If there is not a submission when the time runs out, then the decision will go to two qualified judges & the Referee who will make their decision simultaneously to avoid any influencing.

In the case that a submission in a match does not materialize, the criteria the judges and Referee will use to make their decision(s) are as follows.

1. **Aggression.** The athlete who is more relentless in pressing forward, constantly hunting for submissions, and nearly securing them will meet the criteria for a win.
2. **Dominance.** The athlete who clearly displays more dominance (without stalling) over his or her opponent with positional control in the match will meet the criteria for a win. Dominance includes taking down his or her opponent, executing guard passes, and securing back control, side control, mount, or knee on belly and is ACTIVELY and AGGRESIVELY hunting for submissions.
3. **STALLING.** The athlete who stalls and shows no sense of urgency to press forward in a position whether it be in the standing, top, or bottom positions will not be looked upon favorably for a win. The Referee will give a stalling warning to an athlete if the athlete, for longer than 15 seconds, in any position,
 - a. fails to actively engage and or hunt to secure a submission.
 - b. fails to be aggressive in getting out of a bad position.
 - c. holds a position without aggressively hunting for a submission.

Only TWO stalling warnings will be given to an athlete. If the athlete continues to stall after the second warning the Referee will disqualify the athlete.

If both athletes are locked in a stalemate and there is no action on the mat from both athletes, the Referee may restart the athletes from the standing position.

A match will end by submission when an Athlete taps the opponent, oneself, or the mat, with an open hand / foot, or verbally by saying “Tap” or “Stop” If an Athlete goes unconscious the Match will also end by submission.

Our Number One Goal at Submission Battleground is safety! Referees reserve the right to stop a match at any time if he/she feels that injury is imminent. Any Interference from a Coach or Spectator during a match may result in immediate disqualification of the competitor. Professional behavior is always required. Unprofessional behavior directed at a referee or Athlete may result in immediate removal from the event.

Legal and Illegal Techniques Gi & No Gi

(Note: Techniques marked "X" are not allowed. Techniques marked with **** must be agreed upon by both athletes during Registration / Match Making and are only allowed in No Gi Matches.

	Children	Teens	White Belt	Blue Belt	Purple Belt	Brown Belt	Black Belt
Straight Ankle Locks	X	Allowed	Allowed	Allowed	Allowed	Allowed	Allowed
Knee Bars / Toe Holds	X	X	X	Allowed	Allowed	Allowed	Allowed
Heel Hooks	X	X	X	Allowed ****	Allowed ****	Allowed ****	Allowed ****
Knee Reap	X	X	X	Allowed ****	Allowed ****	Allowed ****	Allowed ****
Bicep / Calf Slicers	X	X	X	Allowed	Allowed	Allowed	Allowed
Wrist Locks	X	X	Allowed	Allowed	Allowed	Allowed	Allowed
Shoulder and Arm Locks	Allowed	Allowed	Allowed	Allowed	Allowed	Allowed	Allowed
All Technical Chokes	Allowed	Allowed	Allowed	Allowed	Allowed	Allowed	Allowed
Guillotines	X	Allowed	Allowed	Allowed	Allowed	Allowed	Allowed
Squeezing Windpipe with Hands	X	X	X	X	X	X	X
Smothering (Hand over mouth or nose)	X	X	Allowed ****	Allowed ****	Allowed ****	Allowed ****	Allowed ****
Spinal Locks (Such as Twisters)	X	X	X	Allowed ****	Allowed ****	Allowed ****	Allowed ****
Neck Cranks	X	X	X	Allowed ****	Allowed ****	Allowed ****	Allowed ****
Stretching Submissions (Such as Electric Chair)	X	Allowed	Allowed	Allowed	Allowed	Allowed	Allowed
Jumping Guard & Flying Submissions	X	X	Allowed	Allowed	Allowed	Allowed	Allowed
Slamming other than NO SUPLEXING NO SPIKING NO HEADFIRST SLAMMING	X	X	Allowed	Allowed	Allowed	Allowed	Allowed
SPIKING / HEAD FIRST SLAMMING	X	X	X	X	X	X	X
Scissors Takedowns	X	X	X	X	X	X	X
Intentional Striking	X	X	X	X	X	X	X

Pulling Hair, eye gouging, finger / toe joint manipulation, biting, fish hooking, pinching, spitting, grabbing genitals, greasing, and unsportsman like conduct is not permitted and may result in immediate disqualification.

Engaging in any illegal techniques may result in immediate disqualification.

Uniforms.

Gi

- a. Both male and Female athletes are required to wear a Gi. The Gi (Kimono) may be of any color as long as the pants and jacket are matching.
- b. The Gi must be clean, free from foul odors, and may not have any additional substances applied that can make the fabric slippery.
- c. The length of the sleeves should extend to the wrist bone and may not be shorter than 1.5 inches above the wrist bone.
- d. The length of the pants should extend to the ankle bone and may not be shorter than 1.5 inches above the ankle bone.
- e. The Gi must be of a design and fabric similar to a traditional Brazilian Jiu Jitsu Gi.
- f. Patches and or artwork may not contain profanities and may not inhibit gripping the Gi.
- g. Male Athletes can choose to wear, or not wear a skin tight rash guard underneath the Gi.
- h. Female Athletes must wear a skin tight rash guard underneath the Gi.

No Gi

- a. Female athletes are required to wear Compression Spats, or Compression Shorts of any color that are no shorter than 6" above the knee.
- b. Male athletes are required to wear Compression Spats, or Compression Shorts of any color that are no shorter than 6" above the knee.
- c. Male athletes are required to wear NO GI shorts of any color over their compression Spats / Shorts that do not have zippers, pockets, buttons, or any form of metal / plastic that may harm their opponent.
- d. Female athletes are not required to wear NO GI shorts over their compression spats / shorts. If a female athlete chooses to wear NO GI shorts, the shorts can be of any color but may not have zippers, pockets, buttons, or any form of metal / plastic that may harm their opponent.
- e. Female Athletes are required to wear a long, or short sleeve skin tight rash guard.
- f. Male Athletes are not required to wear a rash guard but may wear one if they choose to.

Divisions

Weigh Ins will take place the evening before the event. Both GI and NO GI Weigh ins will be performed without the Gi.

Making weight is very important. If an Athlete misses his/her weight the athlete may be disqualified and /or replaced by another athlete. There will only be a 1 pound allowance. Please refer to exhibit A of your Athlete agreement for your agreed upon weight for your specific match.



Weight Divisions. Gi / No Gi

Adult Weight Divisions	Males 18 & over. <u>Max Weight</u>	Females 18 & over. <u>Max Weight</u>	Children & Teen Weight Divisions	Children <u>Max Weight</u>	Teens <u>Max Weight</u>
Strawweight	131. lbs.	107.0 lbs.	Strawweight	39 lbs.	100 lbs.
Bantamweight	132 -141 lbs.	108 -118 lbs.	Bantamweight	40 -50 lbs.	101 -110 lbs.
Light Featherweight	142 -151 lbs.	119 -128 lbs.	Light Featherweight	51 -60 lbs.	111 -120 lbs.
Featherweight	152 -161. lbs.	129 -138 lbs.	Featherweight	61 -70 lbs.	121 -130 lbs.
Lightweight	162 -171. lbs.	139 -148 lbs.	Lightweight	71 -80 lbs.	131 - 140 lbs.
Welterweight	172 -181lbs.	149 -158 lbs.	Welterweight	81 -90 lbs.	141 -150 lbs.
Middleweight	182 -191 lbs.	159 -168 lbs.	Middle Weight	91 -100 lbs.	151 -165 lbs.
Heavyweight	192 -205 lbs.	169 -178 lbs.	Medium Heavyweight	101 -110 lbs.	166 -180 lbs.
Super Heavyweight	206 -220 lbs.	179 -200 lbs.	Heavyweight 1	111 -125 lbs.	181 -200 lbs.
Open Weight	No Max lbs.	No Max lbs.	Heavyweight 2	126 -140 lbs.	
			Heavyweight 3 / Open	141 -160 lbs.	No max lbs.

Age Divisions Gi & No Gi

Children 13 and Under

(Children Athletes will be matched by 2-year increments by age, and 2 belt rank increments unless otherwise agreed upon by the Athletes / Athletes parents.)

Teens (1) 14-15

Teens (2) 16-17

(Teen Athletes in the child belt system will be matched by 2 belt rank increments unless otherwise agreed upon by the Athletes / Athletes parents.)

Adults 18-34

Hammers (1) 30-39

Hammers (2) 40-49

Hammers (3) 50 and up

All Adult Athletes, and teen Athletes blue belt and up will be matched by belt Rank and the listed age brackets unless otherwise agreed upon by the Athletes / Athletes parents.

Match Times Gi & No Gi

Title / Main / Co- Main Events	8 minutes
Adults Ages 18-34	6 minutes
Hammers (1) Ages 30-39	6 minutes
Hammers (2) Ages 40 -49	6 Minutes
Hammers (3) Ages 50 and up	6 Minutes
Children / Teens	4 Minutes