



Ground grappling

RULES

- Match where is not allowed to strike.
- The fighters must wear a judo suit, ju jitsu gear, or similar.
- Knee, elbow and ankle protector are allowed.
- The match area is a tatami 6x6 mt. Moreover one meter for side in different colour.
- The match is on 4' running time in class B and 6' running time in class A.
- In equal match time can be extended with 2' or 3' overtime (class B or A)
- Fighters start with left knee on the ground.
- It is forbidden to stand up if it is not for a immediate wrestling technique.
- Levers on the fingers are not allowed.
- Allowed techniques : Levers, suffocations, chokes and compressions.
- It is not possible to introduce fingers in mouth, eyes and nose; throw the airs and ears



- If a fighter surrenders the match is finished.

- For to winner:

- 1) more time in vantage position; *****
- 2) more technique;
- 3) to end in vantage position;
- 4) to end no tired;
- 5) do not have penalty.

***** It is considered vantage position every position over the opponent except the “Back mounting position” that is considered always a vantage position.

Every good position has to last not less of 5” and no more 10”. After 10”, if the fighter do not change, the judge stop the fight and to begin again in the initial position.

Weight class: Men	Kg. 56 – 60 – 65 – 71 – 78 – 86 – 95 – Over
Weight class Women	Kg. 46 – 50 – 55 – 61 – 68 - Over

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New rules: *Variations to the rule arranged: (integration to the rule) Follonica 2007*

Ø In case of also gone out of the tatami out of the square of contour during a match of Ground grappling, the time it is granted for a rapids to finish (5”) after this stops him I' I meet and they start again from the initial position.

If a fighter go out voluntarily there is an official warning. The second time there is disqualification.

The judge can stop the fighter in every time in case of dangerous situation and assign the victory for evident superiority.

Ø At the end of the time three judges formulate three judgments with red and blue flag.