



YMCA

We build strong kids,
strong families, strong communities.



Grappling Division

Matches:

13 years and under: 2 - 1 ½ minute rounds

14 years and older: 2 - 2 minute rounds

Starting Position:

Everyone starts standing.

If, after 20 seconds they are still standing, the referee will start them from their knees.

Points: ***Very Important***

Takedowns:

2 points for a sweep or throw (at least one foot off the ground)

1 point for a muscled takedown

Hold downs:

A hold down is from top mount, side mount or on the opponent's back with feet hooked in.

13 years and under: 1 point for a 5 sec hold down

14 years and over: 1 point for a 10 sec hold down

Escapes:

1 point for a clear escape from a hold down

Referee Intervention:

If referee intervention is required to stop a match because a competitor looks close to injury but they have not tapped, 4 points will be awarded and the match will restart from a standing position.

Stalemates:

Restart after 30 seconds from the standing position.

Overtime:

30 second overtime round if there is a tie.

Brockville and Area YMCA

345 Park Street, Brockville, ON K6V 5Y7 | tel. 613 342-7961 | fax 613 342-8223 | www.brockvilley.com

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Submissions:

Joint locks (arms and legs) allowed.

Choke holds allowed.

White/Yellow Belt divisions ages 13 and under – NO CHOKE HOLDS.

Tap-Out:

Automatic win.

Illegal Techniques:

No striking of any kind.

No head butts, eye gouging, hair-pulls or groin strikes.

No finger chokes, finger locks or toe locks.

No direct pressure to the trachea, eyes, nose or mouth.

No intentional force to pressure points in the head and facial area.

No boots or shoes. (Ankle wraps okay due to injury)

No excessive force on any technique.

No suplexes, slamming or throws with excessive force.

No intentional stopping or stalling the match.

No unsportsmanlike conduct.

Any of the above tactics executed intentionally may result in immediate disqualification.

Warnings:

Illegal technique = 1 warning.

will

2 warnings = Loss of 2 points.

3 warnings = Disqualification.

Any situation not covered by the above rules

be dealt with by the chief referee.

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