

IKA Tournament Grappling Rules

Time Limits

- Juvenile Divisions (11 Years Old and Under) will have 3 minute bouts
- Beginner and Intermediate will have 4 minute bouts
- Advanced (Black and Brown Belt) will have 5 minute bouts

Proper Competitor Attire

- All competitors wearing a gi must have sleeves that cover at least ½ of the forearm, pants that cover ½ the shin. Sleeves and pants must loose enough that four fingers can be inserted into the cuffs.
- All competitors must have a mouth piece and male competitors must have groin protection.
- No Gi competitors must have a minimum of grappling shorts and t-shirt/rash guard to compete.
- Athletic shorts, Grappling Shorts, Board shorts, that cover a majority of the thigh will be allowed, NO SPEEDOS.

Proper Referee Attire

- Set of Red and White or Red and Green Wristbands
- Properly worn Gi or Shorts and T-shirt for No Gi Division
- One set of rules on hand

Methods of Victory

- Points at Time Limit
- Submission via Armbar or Strangulation (Juvenile and Beginner Divisions), Straight Ankle Lock (Starting at Intermediate), Straight Knee Bar (Advanced and Expert Only)

Points

- 4 Points - Mount and Reverse Mount
- 3 Points - Guard Pass or Guard Sweep that ends in the attacking competitor in a dominant position
- 2 Points - Any Throw or Takedown, Scarf Hold, Cross Body (Side Mount), Smother Hold (North South)
- 1 Point - Knee on Belly
- Advantage Point - Submission Attempt that is fully locked in but opponent does not tap, can also be awarded at the center referee's discretion.
- All pins must be held and secured for 3 seconds. For points to be awarded for mount and reverse mount, the attacking competitor must have hooks secured.

Last Revision: February 2009

Rules for Pin Transitioning (Clock Game)

Referees may give multiple points for a competitor successfully switching from one pin to another (Example: Competitor A pins Competitor B with Cross Body, "A" is awarded two points then switches to the Smother Hold and receives another two points.) After two consecutive successful pins, points will not be awarded for switching.

Rules for Overtime Periods

If the competitors are tied, the match will go into Sudden Death Rules. One round, first point wins.
Time Limits - Juvenile: 60 Sec, Teens and Adults: 90 Sec.

Note: Center Referee reserves the right to stop the bout due to any medical situation.

Penalties

- Face Contact
- Slams (Hoisting the opponent above the waist and then dropping them in an uncontrollable manner)
- Individually grabbing of the fingers/toes
- Striking the opponent.
- Eye Gouging
- Fish Hooking
- Heel Hooks

Disqualifications

- Not reporting to the mat after your name has been called over the PA (90 sec.)
- Unsportsmanlike Conduct
- Faking an Injury
- Intentionally harming an opponent
- Intentionally disobeying referee's commands.

Overturing Decisions

If a dispute arises over a center referee's decision, a coach may ask to have the motion reviewed by the Tournament Director. The competitor's coach or coach's representative, and the center referee must be present for the call to be reviewed. All three parties will give their testimony and the Tournament Director will give a ruling. The decision of the Tournament Director is final.