

OFFICIAL KARATE USA GRAPPLING RULES

Time Limits

- Juvenile Divisions (11 and under): 2 minute bouts
- Beginner and Intermediate (12 and older): 3 minute bouts
- Advanced (Brown & Black Belt): 4 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

Methods of Victory

- Higher score than opponent at the end of the bout
- Submission via Armbar or Strangulation (Juvenile and Beginner Divisions), Straight Ankle Lock (Starting at Intermediate), Straight Knee Bar (Advanced and Expert Only)
- First to 10 points (Juvenile 11 and under divisions only)
- Pinning an opponent for 20 seconds without leg entanglement (Juvenile 11 and under divisions only)

Match Scoring

Action	Points
Controlled headlock (11 and Under ONLY)	1
Clean throw or takedown	2
Guard Pass (Must complete to a dominant position)	2
Guard Sweep (Must complete to a dominant position)	2
Minor Pin (Pinning technique other than Mount or Reverse Mount)	2
Major Pin (Mount or Reverse Mount with HOOKS IN)	3

- Competitors must hold a secured pin for a minimum of 3 seconds for the technique to be scored
- Competitors may chain pinning techniques up to two times in a sequence before no score will be given. 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
- Slamming (Hoisting the opponent above the waist and then dropping them in an uncontrollable manner)
- Small Joint Manipulation (must grab at least 4 fingers or toes)
- Striking the Opponent
- Eye Gouging
- Fish Hooking
- Heel Hooks
- Stalling
- Passivity (Non Combativeness)

First Offense	Warning
Second Offense	Point Deduction
Third Offense	Disqualification

- If the offense is deemed malicious by the center or assisting referees, the center referee may choose to deduct a point, or disqualify the offending competitor.
- If the offense is deemed minor in nature (stalling and passivity) the referee may issue up to two warnings before further action is taken.

Disqualifications

- Not reporting to the mat after your name has been called over the PA (60 seconds)
- Unsportsmanlike conduct
- Faking an injury
- Intentionally harming an opponent
- Intentionally disobeying referee's commands

Overturning 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.