



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Adresse : Rue du Château 6 / 1804 Corsier-sur-Vevey / Suisse **Téléphone :** (41.21) 312 84 26 **Fax :** (41.21) 323 60 73 **E-mail :** fila@fila-wrestling.com **Internet :** www.fila-wrestling.com



INTERNATIONAL GRAPPLING

REGULATIONS

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TABLE OF CONTENTS

SECTION ONE – GENERAL RULES	3
ARTICLE 1 – MISSION STATEMENT	3
ARTICLE 2 – PHILOSOPHY	3
ARTICLE 3 – OBJECTIVES.....	3
ARTICLE 4 – APPLICATION OF THE RULES AND FILA LICENCE	3
ARTICLE 5 – SANITARY CONDITIONS	3
ARTICLE 6 – WEIGHT LOSS	4
SECTION TWO – COMPETITION SYSTEM	4
ARTICLE 7 – COMPETITION SYSTEM.....	4
ARTICLE 8 – MEDICAL EXAMINATION AND WEIGH-IN	4
ARTICLE 9 – DRAWING OF LOTS.....	5
SECTION THREE – MATERIAL STRUCTURE	5
ARTICLE 10 – AGE AND WEIGHT DIVISIONS	5
ARTICLE 11 – GRAPPLERS’ UNIFORM AND APPEARANCE	6
ARTICLE 12 – COMPETITION MAT.....	7
ARTICLE 13 – MEDICAL SERVICE	7
SECTION FOUR – REFEREEING BODY	7
ARTICLE 14 – COMPOSITION	7
ARTICLE 15 – REFEREEING BODY’S UNIFORM.....	7
ARTICLE 16 – GENERAL DUTIES	8
ARTICLE 17 – THE REFEREE.....	8
ARTICLE 18 – THE MAT JUDGE.....	9
SECTION FIVE – THE MATCH	9
ARTICLE 19 – DURATION OF THE MATCH	9
ARTICLE 20 – CALL AND START OF THE MATCH.....	9
ARTICLE 21 – DEFINITION OF GRAPPLING POSITIONS	10
ARTICLE 22 – SCORING FOR ACTIONS AND HOLDS	11
ARTICLE 23 – INJURY AND BLOOD TIME	12
ARTICLE 24 – OVERTIME.....	12
ARTICLE 25 – MATCH CLASSIFICATION POINTS	13
SECTION SIX – TECHNICAL INFRACTIONS	13
ARTICLE 26 – PASSIVITY.....	13
ARTICLE 27 – ILLEGAL HOLDS AND ACTIONS	14
ARTICLE 28 – CODE OF ETHICS AND SPORTSMANSHIP.....	15
ARTICLE 29 – RULES CHANGES AND MODIFICATIONS	15
SECTION SEVEN – GLOSSARY	16



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SECTION ONE – GENERAL RULES

Article 1 – Mission statement

The World Grappling Committee (WGC) was created under the authority of FILA to foster the physical and mental well being of individuals engaging in the discipline of grappling. WGC's goal is to make grappling an exciting and spectator friendly sport and to rule its practice on a worldwide level in order to ultimately gain Olympic status.

Article 2 – Philosophy

Grappling is a hybrid sport formed of wrestling, jujitsu and other styles of submission fighting whose art consists in forcing the opponent to admit he/she cannot escape the maneuver without harm. WGC feels that it is honorable for an athlete to accept his/her own defeat. However, the grapplers must be properly informed of the correct actions and reactions to adopt in the various submission situations. In accordance with the general philosophy of sport, the grapplers are required to honor the values of sportsmanship and fair play and they shall never intentionally injure a fellow sportsman in competition.

Article 3 – Objectives

Based on the FILA Constitution and various regulations, the international rules set forth in the present document constitute the framework within which the sport of grappling is conducted and promoted and have as their specific objectives to:

- Define and specify the practical and technical conditions under which a match is to take place
- Determine the value to be assigned to actions and holds
- List the situations and prohibitions
- Determine the technical duties of the refereeing body
- Establish the competition system, classification, technical points, penalties, eliminations, etc.

Article 4 – Application of the Rules and FILA Licence

The rules defined in the present document shall be in effect for all FILA sanctioned events in order to ensure optimal safety of the athletes and a healthy growth of the discipline.

The FILA licence is mandatory for every international grappling competition with more than two participating countries. Every international competition must be reported to FILA and added to its official calendar. The FILA insurance will only apply to competitions which appear in the FILA calendar.

Article 5 – Sanitary conditions

Athletes knowingly infected with the HIV/HBV virus are prohibited from participating in grappling competitions. Medical staff knowingly infected with the same virus is prohibited from administering healthcare to bleeding grapplers.



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INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Article 6 – Weight loss

As far as weight reduction on the competition site is concerned, FILA has adopted the following rules: the practice of dehydration or excessive caloric restriction, the use of diuretics, emetics, laxatives, and self-induced vomiting are prohibited by FILA. Grapplers under 18 are prohibited from the on-site use of saunas/steam rooms or vapor-impermeable suits.

Enforcement of these rules is the responsibility of the tournament committee and its decisions shall be final. A first violation of these rules shall cause the individual(s) in question to be suspended from the competition for which use of the prohibited methods were intended. A second violation shall result in the suspension of the individual(s) from any FILA sanctioned event for one calendar year from time of suspension. The FILA Executive Committee will hear all second violation cases and apply the sanctions defined in the FILA regulations. Any individual assisting a grappler in prohibited weight reduction practices shall be held to the same rules and penalties as the athlete in violation.

SECTION TWO – COMPETITION SYSTEM

Article 7 – Competition system

The competition system follows the system adopted by FILA for the Olympic competitions based on direct elimination with repechage. The pairing is made in order of the numbers drawn. If the number of grapplers is not ideal (i.e. 4, 8, 16, 32, 64, etc.), some qualification matches will take place from the bottom of the brackets. The grapplers who win their matches continue in the brackets until two undefeated grapplers remain. They will dispute the final for the gold and silver medal. The grapplers who lost against the two finalists will have repechage matches in two different groups: the first group with the grapplers who lost against the 1st finalist and the second group with the grapplers who lost against the second finalist. The winners of the two repechage groups will both receive a bronze medal. From the 5th place, the grapplers are ranked according to the following criteria:

- Most victories by submission
- Most victories by technical superiority
- Most victories by major decision
- Most victories by decision
- Most technical points scored during the whole competition

Note: If the place of the grapplers cannot be determined with the above criteria, they will be ranked ex aequo.

Article 8 – Medical examination and weigh-in

Separate male and female rooms or times shall be provided for medical examination. Medical examination should not last more than one hour. The contestants shall wear their No-Gi regulation competition uniform for medical examination and weigh-in. The medical staff has full authority to decide whether athletes are suitable for competition or not. It shall examine them for skin infections and medical conditions such as cuts or abrasions. Once the medical staff has cleared the athletes, they shall be marked and shall proceed to the weigh-in area.



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INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Weigh-in shall be conducted the day before the competition in a restricted area near the competition site and last no longer than 30 minutes. Its access shall be limited to contestants, coaches, referees, medical assistants, and official weigh-in staff. Contestants shall be allowed to check their weight on the scales as many times as they wish within the official weigh-in time frame.

Article 9 – Drawing of lots

After an athlete has made weight and the weigh-in official has marked his/her weight on the weigh-in list, the athlete draws a lot number which will be used to determine his/her position in the bracket. The weigh-in official shall also enter the lot number onto the weigh-in list. The drawing of lots shall be conducted at the weigh-in table next to the scales, either manually or by computer with the Heracles software.

SECTION THREE – MATERIAL STRUCTURE

Article 10 – Age and weight divisions

All contestants shall be able to provide an official document proving their age and identity. Any athlete found competing in an age group lower than his/her FILA designated age category shall be automatically disqualified from the immediate competition. Those athletes found violating this policy repeatedly may be subject to FILA membership disqualification.

- Novice (11-12 years old)

Boys and girls: 29, 34, 38, 43, 47, 52, 56, 61, 65, 65-76kg

- Schoolboys/girls (13-14 years old)

Boys: 29-32, 35, 38, 42, 47, 53, 59, 66, 73, 73-85kg
Girls: 28-30, 32, 34, 37, 40, 44, 48, 52, 57, 57-62kg

- Cadets (15-16 years old)

Men: 39-42, 46, 50, 54, 58, 63, 69, 76, 85, 85-100kg
Women: 36-38, 40, 43, 46, 49, 52, 56, 60, 65, 65-70kg

- Juniors (17-20 years old)

Men: 50, 55, 60, 66, 74, 84, 96, 120kg
Women: 44, 48, 51, 55, 59, 63, 67, 72kg

- Seniors (20 and older*)

Men: 60, 66, 74, 84, 96, 120kg, Open
Women: 50, 55, 59, 63, 67kg, Open

**Grapplers aged 18 and 19 may compete in senior competitions upon presentation of a medical consent.*

- Veterans (35-56 years old)

Men: 66, 74, 84, 96, 120kg, Open
Women: 55, 59, 63, 67kg, Open



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Article 11 – Grapplers' uniform and appearance

- **Competition uniform – No-Gi (shorts & shirt)**

Grapplers shall appear on the edge of the mat wearing regulation competition grappling or board shorts and a sleeveless, short sleeve or long sleeve rashguard shirt. The shorts shall not be excessively baggy or have button/snaps that may be unsafe during competition. The competition shirt shall be tight fitting. The first grappler called shall put on a red ankle-band and the second a blue ankle-band.

- **Competition uniform – Gi (kimono)**

Grapplers shall appear on the edge of the mat wearing a competition Gi meeting the FILA requirements. The Gi must be made of cotton or similar material and in good condition. It may not be unusually thick or stiff to the point of obstructing the opponent. The jacket must be longer than the hips, but no longer than the thighs. When extending the arms forward, the distance between the sleeves and the wrists must not exceed 5 cm. The pants must be of proper size and reach to the ankles in upright position. The pants may not be unusually tight or loose to the point of affecting the opponent's ability to make holds or move. The Gi may be of any color, but may not contain patterns or symbols that could interfere with scoring. The first grappler called shall wear a red belt and the second grappler called shall wear a blue belt. The belt shall be tied tight around the waist to secure the jacket.

The grapplers shall carry a handkerchief with them during the whole of the match and shall show it to the referee before the start of the match.

The use of light kneepads containing no metal parts is allowed.

For FILA international competitions, the grapplers shall wear a FILA approved competition uniform, their country's emblem on the competition shorts/pants and the abbreviation of their country's name on the back of their competition shirts/jackets. They shall not wear the emblem or abbreviation of a country for which they are not officially competing.

- **Advertising on clothing**

Grapplers may wear a sponsor's name or symbol on their competition uniforms and warm up garments as long as the referee's ability to determine the athlete's competition team is not affected.

- **Ear protection**

Grapplers may wear FILA approved ear protectors that do not contain any metal or hard cover shells. The referee can oblige a grappler whose hair is too long to wear ear protectors or athletic hair cover.

- **Shoes**

Grapplers are not required to wear shoes during the match, but those who choose to shall wear FILA approved shoes. The use of shoes with heels or nailed soles, buckles, or any metallic parts is prohibited. Prior to competition, a FILA official shall examine all equipment that is outside of the established normal attire.

Shoes with laces shall be wrapped with sticky tape so that they do not come undone during the match. Each grappler is responsible for providing the tape himself/herself for the shoes and laces shall be wrapped prior to stepping onto the mat.

- **Appearance**

Grapplers are prohibited from wearing bandages on the wrists, arms or ankles except in the case of injury or on doctor's orders. These bandages shall be covered with elastic straps. Grapplers are prohibited from wearing any object that might cause injury to an opponent such as necklaces, bracelets, anklets, toe rings, finger rings, piercing of any kind, prosthesis, etc. Grapplers' fingers and toenails (if they opt to not wear shoes) shall be neatly trimmed with no sharp edges. If an athlete's hair is longer than shoulder length and/or bangs extend beyond the ears, the athlete shall wear an athletic hair cover.



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Grapplers shall be well groomed and their hair and skin shall be free of any greasy, oily or sticky substance. Males' face shall be either clean-shaven, or if bearded, the beard shall be trimmed and well groomed. Grapplers may not arrive at the mat perspiring for the beginning of the match or for the beginning of the second and third period. The referee may require a grappler to towel off at any time during the match. In the interest of health, hygiene and a sanitary environment for the athletes, these rules shall be strictly enforced.

At weigh-in, a FILA official shall check that each competitor satisfies the requirements of this article. The competitors must be warned that if their appearance is not correct, they will not be allowed to enter the competition. If a grappler enters the mat with an appearance that does not conform to the FILA regulations, he/she will be given one minute to change it, otherwise he/she will lose the match by forfeit.

Article 12 – Competition mat

For all FILA sanctioned events, the mats must be FILA approved and contain a 8 to 9-meter circle surrounded by a protection area. The centre of the mat must contain a 1-meter circle that will serve as a starting point for the grapplers.

Article 13 – Medical service

The organizer of a FILA event is responsible for providing medical service. The medical staff will be under the authority of the FILA doctor in charge and will be responsible for conducting all medical examinations as well as giving medical surveillance during the entire event. During the competition, the medical staff shall be ready to intervene in the case of an accident or injury and decide whether a grappler is fit to continue the match.

The Head medical officer has full authority to stop a match at any time if he deems either grappler to be in danger. He may also stop a match if he feels a grappler is medically unfit to continue. A grappler shall not leave the mat in the event of a serious injury. In such case, the referee shall immediately stop the match and ask the Head medical officer to examine the grappler on the mat.

SECTION FOUR – REFEREEING BODY

Article 14 – Composition

All matches shall be refereed by a single referee and a mat judge who are certified by FILA. The referee's decisions prevail, but in case of doubt he may consult the mat judge. The nomination of the refereeing body for each match is determined by random draw and the replacement of a referee during a match is strictly prohibited except in the case of a serious illness that is medically confirmed.

In FILA sanctioned international events, the members of the refereeing body shall in no case be of the same nationality or officiate in matches involving compatriot grapplers.

Article 15 – Refereeing body's uniform

The referee and the mat judge shall wear black pants, white polo/T-shirts, and black sports shoes. In addition, the referee shall wear a red band on his left wrist and a blue band on his right wrist.



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Article 16 – General duties

The refereeing body shall perform all the duties set forth in the regulations governing wrestling competitions and in any special provisions which might be established for the organization of a particular competition. The referee and the mat judge are required to use the basic FILA vocabulary and signals appropriate to their respective roles when conducting the matches. The referee's main duty consists in starting and interrupting the match, awarding the points and impose the penalties in order to determine the legitimate winner and loser. The referee and the mat judge are forbidden to speak to anyone during the match, except amongst themselves when they must consult so as to perform their tasks properly.

All the points shall be announced to the public by the mat judge, either by hand signal, by means of bats or by an electronic/manual scoreboard. The mat judge's score sheets are used to tally all the holds executed by the two opponents, including the points, cautions, and warnings for passivity which shall be recorded with the greatest accuracy in the order corresponding to the various phases of the match. At the end of the match, the referee and the mat judge shall sign the score sheet. If the match does not end in catch or submission, the mat judge shall make an evaluation of each competitor's actions and give the final result to referee so that he can declare the winner.

Article 17 – The referee

The referee is responsible for the orderly conduct of the match which he shall direct according to the official FILA rules. He shall command the respect of the contestants and exercises full authority over them so that they immediately obey his orders and instructions. Similarly, he shall conduct the match without tolerating any irregular and untimely outside interventions. His whistle shall begin, interrupt and end the match. After the execution of a hold (if it is valid and if it has been executed within the limits of the mat surface), he shall indicate with his fingers the points corresponding to the value of the hold by raising the wrist corresponding to the color of the grappler who scored.

Referee's duties:

- Stimulate a passive grappler without interrupting the match, by standing in such a way as to prevent the grappler from leaving the mat.
- Reprimand a passive grappler.
- Be ready to blow the whistle if the grapplers approach the edge of the mat
- Uphold penalties for violations of the rules or for brutality.
- Interrupt the match at exactly the right time when necessary.
- Indicate whether a hold executed at the edge of the mat is valid.
- Rapidly and clearly order the position in which grappling must be resumed.
- Not get too close to the grapplers when they are in a standing position, but stay close if they are grappling on the mat in a ground position.
- Be able to change his position from one moment to the next, on the mat or around it, and in particular fall flat onto his knees or stomach to obtain a better view of an impending catch.
- Not stand so close to the grapplers that he obstructs the view of the mat judge, particularly if a catch appears imminent.
- Ensure that the grapplers do not rest during the match on the pretense of wiping their bodies, blowing their nose, feigning injury, etc. In such case, he shall stop the match and ask for a caution to be issued to the grappler at fault and 1 point to his/her opponent.
- Break action and bring the grapplers back into starting position when the action goes out of bounds (i.e. when no body part of either grappler is touching the competition area or when any body part of either grappler is out of the protection area).
- Announce a "catch" after observing that a grappler has signaled submission either physically (by a tap) or verbally.



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- For the juniors and below, announce a catch if upon observing a submission attempt he feels that the grappler caught in the submission hold will not be able to escape that hold without harm. When signaling a catch, the referee shall say the word “catch” aloud, raise his hand to secure the agreement of the mat judge, signal the catch and then blow the whistle to announce the end of the match.
- If there is a submission stoppage the referee must immediately put a hand on each competitor. The reason is to notify each athlete to stop grappling. In the event of a submission there may be a matter of seconds that could end in the result of an injury.
- Upon intervention by the mat judge, the referee shall interrupt the match and proclaim victory by technical superiority when the grapplers' scores are 10 points apart. In this situation, he shall wait for the action, either an attack or counter attack, to be complete.
- Ensure that the grapplers remain on the mat until the result of the match is announced.
- Proclaim the winner (by raising the victor's hand) after agreement with the mat judge.
- If the athlete is pulling the garment then the referee shall brush the hand off or verbally warn the athlete.
- The referee may break action if the two competitors have reached a stalemate position.

Article 18 – The mat judge

The mat judge shall follow the course of the match very closely without allowing himself to be distracted in any way. Following each action and on the basis of the referee's indications, he shall write the corresponding points on the score sheet.

Mat judge's duties:

- Keep the official record of the match scoring on score sheet.
- Make sure that the scoreboards are visible to both the spectators and the grapplers.
- Assist in maintaining the proper score and time.
- Make the referee aware of any possible scores, infractions, or submissions.

SECTION FIVE – THE MATCH

Article 19 – Duration of the match

The novice, schoolboys/girls and veteran matches last 4 minutes. The cadet, junior, and senior matches last 5 minutes.

Article 20 – Call and start of the match

Both grapplers' names shall be called in a loud clear voice to the mat. Grapplers shall be called 3 times with at least a 30-second time interval between each call. If after the third call a grappler has not checked in at the mat, he shall be disqualified and default the match.

When their name has been called, the grapplers shall report to the mat scoring table and stand in the corner corresponding to their assigned color. The referee stands in the inner circle and calls the two grapplers to his side and asks them to show their handkerchief. The referee shall inspect each grappler to make sure that his/her skin is not covered with any greasy or sticky substance, or with perspiration. After the referee has completed his inspection, the two grapplers greet, shake hands and begin the match when the whistle blows.



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Article 21 – Definition of grappling positions

- **Neutral Standing Position**

Neutral standing position occurs at the beginning of the regular period. Both grapplers stand opposite one another in the centre of the mat with both feet inside the inner circle. When in neutral position, neither grappler has control. Grappling starts at the signal of the referee's whistle. Neutral position is ordered when: 1) neither grappler has earned advantage in the standing position, but both were taken out of bounds and 2) one grappler forces his opponent out of bounds but does not establish any takedown control.

- **Open Guard Restart Position**

Open Guard Restart occurs at the centre of the mat with the down grappler on his back, the hands resting on his thighs and his feet flat on the mat in the inner circle. The top grappler kneels in front of his opponent's feet and places his hands on the kneecaps of the down grappler. Once the position is approved by the referee, the match restarts at his whistle. The Open Guard Restart is ordered when both grapplers go out of bounds after top control has been established by one grappler. When the action is restarted in the Open Guard position, all the dominant control positions can be scored again.



- **Side Control Restart Position**

Side Control Restart occurs at the centre of the mat with the down grappler on his back (his elbows visibly free and not under his/her opponent's body and his hands placed on the body) and the top grappler in the side control position (elbows and knees on the mat and torso flat on his/her opponent). The Side Control Restart position is ordered when a grappler has been awarded points for side mount or full mount and then action goes out of bounds while maintaining control over his/her opponent. When the action is restarted in the Side Control position, then only full mount and back mount points can be scored.





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- **Back Control Restart Position**

Back Control Restart occurs at the centre of the mat with the down grappler on his/her knees and the top grappler in the back control restart position. The top grappler will have the Over/Under Lock around his/her opponent's arm and head with the front knee on the mat and the back leg up. The Back Control Restart position is ordered when a grappler has been awarded points for the Back Mount and then action goes out of bounds while maintaining control over his/her opponent. When the action is restarted in the Back Control position, then the top grappler may no longer score points in the dominant control position progression.



Note: If a grappler forces the action out of bounds in an attempt to escape a submission, he/she will be called for a "catch" and lose the match. Out of bounds consist when both athletes' entire bodies completely pass the outside edge of the bounds line.

Article 22 – Scoring for actions and holds

Points will only be awarded if a grappler manages to gain a dominant control position for 3 seconds (either from standing or on the ground).

Dominant control positions (2, 3 and 4 points)

- **Side Mount** (2 points): When a grappler gains control by passing his opponent's leg defenses while keeping his opponent's back to the mat for the count of 3 seconds.
- **Full Mount** (3 points): When a grappler controls his opponent who is lying on the back, from the top with both of his knees touching the ground on either side of the opponent for the count of 3 seconds.
- **Back Mount** (4 points): When a grappler controls his opponent from the back, with his chest to the back of his opponent and his legs hooked inside of his opponent's legs for the count of 3 seconds.

Note: The dominant control position progression will reset if the top grappler loses dominant control and the bottom grappler re-establishes ground/standing neutral position for at least 3 seconds.

Takedown (1 point)

When from standing neutral position, a grappler takes down his/her opponent and gains top control for 3 seconds.

Escape (1 point)

When a disadvantaged grappler manages to escape and go into neutral or top position, he/she will be awarded with 1 point if he/she maintains the neutral position for 3 seconds.



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Article 23 – Injury and blood time

The referee must stop the match and call for injury time if a grappler is temporarily injured due to an incidental blow (i.e. eye poke, head collision, etc). If the athlete is injured due to the strain and damage of legal competition, they cannot use injury/blood time to stop the match. Injury/blood time per match cannot exceed 2 minutes per athlete. If the referee feels that a grappler is feigning injury to avoid a submission and/or action, he may call a “catch”. All effort will aim at maintaining the action without interruptions.

In the event of a grappler bleeding, the referee shall stop the match and make the medical staff intervene. It the Head medical officer's duty to determine whether the bleeding and spread of blood have been effectively stopped and whether or not the athlete may continue competition. Besides, all blood must be cleaned from mats, uniforms and bodies with the proper medical solution. Competition cannot resume until all materials used in blood cleanup are properly disposed of in a container designated for contaminated materials and until the medical solution has dried.

In the case of a bloodied or torn garment that must be replaced, all athletes must have a back up uniform available mat side.

It is the responsibility of the athlete's coach to clean up any blood or bodily fluids from the athlete or mat.

Article 24 – Overtime

Overtime begins at the end of regulation time when the score of the match is tied. All cautions and infractions accumulated during regulation time are carried over to the overtime period. Overtime lasts 1 minute for all age divisions and the victory is determined by “sudden death”, meaning that the first grappler who scores wins the match.

The period starts in open guard position. The grappler who is given the choice of the position, either top or bottom, will be determined by the following criteria:

1. Most passivity infractions
2. Lowest value of points *
3. RED grappler

If no point is scored after the end of the overtime period, the grappler who was not given the choice of the position receives 1 point and wins the match, because his/her opponent did not manage to score when being advantaged by the choice of the position.

** Example for the lowest value of points: If the score is tied 3:3 with the red grappler who scored a 3-point full mount and the blue grappler who scored a 1-point takedown and a 2-point side mount, the choice of the position will be given to the blue grappler, because he scored lower value actions than the red grappler.*



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Article 25 – Match classification points

The classification points that grapplers receive for their matches will be used to determine their final ranking and their team ranking in Dual Meet Competitions.

- **Victory by submission (6 points)**

A technical submission occurs when the referee upon observing a submission attempt feels that the grappler caught in the submission hold will not be able to escape without harm. In some cases tapping out the opponent or mat may not be possible physically and the verbal submission command “catch” shall be used to signify the tap out.

- **Victory by default (6 points)**

A victory by default occurs when a grappler is unable to continue the match for any reason.

- **Victory by disqualification (6 points)**

A victory by disqualification occurs when a grappler is banned from the competition for any reason.

- **Victory by forfeit (6 points)**

A victory by forfeit occurs when a grappler fails to appear on the mat for the match.

- **Victory by technical superiority (5 points)**

A technical superiority occurs when a grappler has scored a 10-point advantage over his/her opponent. When the technical superiority has been met, the winning grappler may choose to forgo the decision and continue the match in order to go for a submission. If the grappler fails to submit his/her opponent, he/she will be awarded the points for “major decision”.

- **Victory by major decision (4 points)**

A major decision occurs when the margin of victory is 5 points or more

- **Victory by decision (3 points)**

A decision occurs when the margin of victory is less than 5 points.

- **Overtime loss (2 points)**

Note: 1 match classification point will be awarded to the loser if he managed to score 1 or more technical points during the match.

SECTION SIX – TECHNICAL INFRACTIONS

Article 26 – Passivity

It is the grapplers’ duty to maintain action by continuously working to improve their position or submit their opponent and make an honest attempt to keep the actions in bounds.

When the referee feels that a grappler is exhibiting passivity or stalling, he shall attempt to stimulate him/her by verbal commands (“Open Red/Blue”) without interrupting the match. If the grappler continues to remain passive after the verbal commands have been issued, the referee shall indicate the passive grappler by raising the arm bearing the right color band and give him/her a caution. Every caution must be reported on the score sheet.



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

The first caution for passivity is verbal and bears no consequences, the next cautions award 1 point to the opponent up to the third caution which results in the disqualification of the passive grappler.

- 1st caution – 1 point
- 2nd caution – 1 point
- 3rd caution – disqualification

Passivity includes:

- Holding on in an attempt to neutralize or prohibit action or advancement
- Delaying action by communicating with coach/corner
- Not trying to improve position or create action
- Deliberately falling to the ground to avoid action or engagement
- Taking too much time to go back to the centre of the mat for restarts
- Misusing timeouts

Fleeing the Mat

When a grappler intentionally uses the out of bounds line to avoid being scored on, he/she is considered passive and receives the appropriate passivity infraction. If an athlete flees the mat repeatedly in an attempt to avoid a submission, the referee shall call a “catch”.

Fleeing the position

Neutral: If a grappler deliberately butt-scoots to avoid neutral action, the referee will stop the match and the athlete at fault shall receive the appropriate passivity infraction. The action restarts in neutral position.

Ground: If a grappler deliberately avoids the ground game by standing up and completely disengaging, the athlete at fault shall receive the appropriate passivity infraction. The action restarts in the Open Guard restart position.

False start

If a grappler starts grappling before the whistle blows, he shall receive a passivity caution.

Incorrect starting position

A grappler who assumes an incorrect starting position to gain advantage or to demonstrate flagrant disregard for the referee’s instructions falls under the false start rule.

Leaving the mat without permission

A grappler shall receive permission from the referee before leaving the mat during a match. Failing to do so, he/she shall be issued a caution for passivity.

Article 27 – Illegal holds and actions

All offenses fall under the referee’s authority. If a grappler violates the FILA Code of Ethics in a blatant and unsportsmanlike manner, the referee shall disqualify him/her from the match or from the competition. The referee shall report every violator for membership review.

The first offense results in 1 point awarded to the opponent, the second offense results in 2 points awarded to the opponent, and the third offense leads to disqualification. If a grappler is injured by an illegal hold and cannot continue the match, the athlete who caused the injury shall lose the match.



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Illegal holds include:

- Intentional breaking of bones or joints
- Punching, kicking, knees, forearms, elbows, head butts, malicious cross faces
- Eye gouging, pulling of hair, fishing hooking, biting, or attacking the groin
- Slams and spikes. At no time may a grappler intentionally slam or spike his/her opponent into the mat. No slams in defense of submission attempts will be tolerated.
- Back splashes from standing back control
- Combination Joint locks/Throws
- Closed hand with use of the fingers to throat/trachea choking techniques
- Cutbacks from attached single leg/whizzer position
- Inside or outside heel hooks (does not include lace leg/lunduke leglocks)
- Chin ripping
- Crucifix
- Full-Nelson
- Can opener
- Pulling fingers and small joint manipulation. A grappler shall attack no less than 4 fingers or toes when attempting to break a hold (i.e. no thumb locks allowed).
- Intentional grabbing of competition uniform (No-Gi only)
- Argument/insults towards the opponent or the referee

Age restrictions:

Novice and schoolboys/girls are not allowed to make guillotines or foot locks/toe holds. Cadet and junior are not allowed to make foot locks/toe holds.

Article 28 – Code of Ethics and sportsmanship

The World Grappling Committee refers to the FILA Code of Ethics and strongly condemns any form of brutality, violence, or harassment (in particular sexual) on the competition site. Grapplers are expected to treat each other, referees, staff, coaches, and spectators with respect. Any individual who violates these principles shall be dismissed from the competition and submitted to a FILA membership review. All unsportsmanlike conduct shall be reported to the Head official and to the tournament director for final decisions on course of action.

Any coach, athlete or spectator who violates this code of ethics shall first be given a yellow card. Their second offence shall result in a red card and ejection from the event.

Besides, all contestants agree to submit themselves to the FILA Anti-Doping Regulations and to the World Anti-Doping Code.

Article 29 – Rules changes and modifications

The present Rules were approved by the World Grappling Committee and will not undergo any modifications until the end of 2012. In case of a dispute regarding their interpretation and application, it is specified that the English version prevails.

The contestants in grappling events agree not to bring a dispute to civil court. Every disagreement will be settled by the World Grappling Committee, the organ of appeal being the FILA Executive Committee. If no settlement is established, the parties can bring the case, at their own expense, to the Court of Arbitration for Sport (CAS), located in Lausanne, Switzerland.



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES
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SECTION SEVEN – GLOSSARY

Age divisions: Divisions in which grapplers are placed according to their date of birth on the current calendar year.

Cadet: Age division for grapplers aged 15-16.

Call to the match: The beginning of the match when both grapplers' names have been called to their specific mat to compete.

Catch: When the referee upon observing a submission attempt feels that the grappler caught in the submission hold will not be able to escape that hold and is in immediate physical danger.

Decision victory: When the margin of victory in a match is less than 5 points.

Default victory: When a grappler is unable to continue the match due to an injury. Any injury that occurs as a result of an illegal move shall lead to disqualification of the grappler that performed the action.

Disqualification: When a contestant is banned from competition for any of the specified reasons.

Drawing of lots: The random selection of numbers by contestants at weigh-in to determine their position in the competition brackets.

Event coordinator: A representative of the WGC in charge of supervising and coordinating the sanctioned event. Also has final decision regarding all controversial matters.

Fleeing a hold: When a grappler avoids contact with his/her opponent to prevent the initiation or execution of a hold.

Fleeing the mat: When a grappler intentionally uses the out of bounds line to avoid being scored on or submitted.

Forfeit: When a grappler fails to appear on the mat for his/her scheduled match.

Ground Position Progression: The ground position progression from lowest to highest rank: side mount>full mount>back mount.

Head medical officer: The person in charge of the medical staff at a sanctioned event.

Mat Judge: The person in charge of assisting the referee and keeping score.

Junior: Age division for grapplers aged 17-20.

Mandatory rest: The rule that a grappler must have at least 30 minutes resting time before competing in his/her next match.

Major decision victory: When the margin of victory in a match is 5 points or more.

Medical examination: The examination before the weigh-in of an event where contestants are checked by the medical staff for contagious diseases or skin conditions.

Medical forfeit: When a grappler cannot begin or continue the match due to physical injury or illness.



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Neutral standing position: Neither grappler has control. It occurs at the centre of the mat with both grapplers' feet in the inner circle.

Novice: Age division for grapplers aged 11-12.

Overtime: The end of regulation time when the score is tied.

Passivity: Being passive or stalling during a match is penalized by caution and point infractions.

Referee: The person who conducts the match, starts and stops the action, determines restart positions and signals the decisions on points to the mat judge.

Schoolboys: Age division for grapplers aged 13-14.

Score sheet: sheet on which the points for actions and holds, along with penalties and infractions are recorded and tallied at the mat side-scoring table.

Senior: Age division for grapplers aged 18 and over.

Submission victory: When a grappler is put in a situation in which he/she, sensing impending physical danger will notify their opponent either vocally or physically indicating the stoppage of the match.

Technical superiority: When a grappler has a 10-point advantage over his/her opponent.

Weight divisions: Divisions in which competitors are placed according to their weight in kilograms.