



Grappling

Official Rules Book

in cooperation with



UNITED WORLD
WRESTLING

Referee Responsibilities

**The Referee is the highest authority on the mat!
Failure to adhere to his/her commands will result in penalties assessed, disqualification, event ejection and or probation from future DMMAV events.**

- **DMMAV** Referees are among the absolute best trained Submission Grappling / Brazilian Jiu-Jitsu officials worldwide.
- **DMMAV** Referees will perform to the highest standards possible to keep all competitors as safe as possible during an event.
- **DMMAV** Referees reserve the right to stop a match at absolutely any given time he/she feels injury is imminent regardless of skill or belt rank.
- **DMMAV** Referee decisions are final and may not be contested by competitors, coaches, or spectators during the event.
- **DMMAV** Referees will officiate each match according to the rules outlined by the DMMAV grappling rules manual with unbiased intentions towards any competitor, coach, team, or spectator attending any event.

Competitor, Coach & Spectator Responsibilities

- Competitors, coaches, and spectators are expected to maintain a professional manner suitable for any family environment.
- Competitors, coaches, and spectators will be always respectful of the Referee's authority on and off the mat. Any disrespectful conduct, verbal abuse, or failure to follow the commands of the Referee will result in penalties assessed, disqualification, event ejection and or probation from future events.
- Competitors, coaches and spectators must always wear shoes during an event except when physically stepping on the fight surface mats when the shoes must be removed. Failure to follow this very hygienic safety requirement will result in disqualification or ejection from the competition with NO monetary reimbursement.
- Competitors are required to wait at the mat boundaries until the referee invites the competitor on the mats at the time of his/her competition.
- Coaches and spectators may NEVER step on the mats during a competition. Stepping on the mats will result in penalties assessed to the competitor and possible ejection of the offending coach/spectator.
- **Note:** Severe injury to a team competitor may allow the coach or family member to address the competitor on the mats (without interfering with the medical staff or referees' decisions).

DMMAV All Stars Grappling Rules

The DMMAV All Stars Grappling Rules were created by expert blackbelt grapplers, seasoned fighters, and experienced coaches.

Main goal of the rules set is to provide a safe and fair environment for all competing athletes!

A DMMAV Grappling match can be won four ways

- Submission / Tap Out
- Accumulation of Points
- Referee decision
- Opponent Disqualification

Tapping out can take on multiple forms

- Tapping the opponent, oneself, or the mat with an open hand more than once; if the hands are immobilized, tapping out can be done with a foot or even the head.
- Tapping out verbally, either by saying “stop,” “tap” or by yelling out (verbal submission) when caught in a submission.

Note: A verbal submission is only relevant when a competitor yells while caught in a submission attempt. Other instances of verbally yelling due to pain during the match are not considered a verbal submission. In these instances, the competitor will be addressed by the Referee (or Medic if needed) and the match will resume (if the Medic & Referee feel he/she can continue). If the competitor yells out in pain again at some point in the match, he/she will be disqualified by the Referee.

Verbally yelling while experiencing any form of cramp will result in immediate disqualification from the match.

If in the Referee’s opinion a submission cannot be escaped, and an injury appears imminent, the Referee can halt the match and award victory to the competitor applying the submission.

Note: A Referee always reserves the right to stop a match if he/she feels injury is imminent!

DMMAV All Stars Grappling

Point Structure

If there is no tap out in the match, the winner is determined by Points.

Following actions or positions are rewarded:

- Takedown 2 Points
- Sweeps 2 Points
- Reversals 2 Points
- Guard Pass 2 Points
- Mount 4 Points
- Back Mount / Grab 4 Points
- Knee on Belly 2 Points
- Side Control 1 Point
- Submission Attempt 1 Point
- Takedown Attack 1 Point

Point Definitions and Descriptions

Takedown Points (2 Points)

In awarding two points, the Referee is directed to look for the following: The competitor must initiate the Takedown or complete a strong counter Takedown; The competitor executing the Takedown must exhibit control for three seconds or more in a top dominant position.

Observation 1.1: Forcing a competitor off his/her feet, putting them directly to their rear end, back or side and completing three seconds of dominant positional control will result in a **2 Point** Takedown.

Observation 1.2: A competitor can execute a Takedown as a counter to an already initiated Takedown. Being the first to initiate a Takedown does not guarantee that only the original initiating competitor can get **2 Points**.

Observation 1.3: If you snap the opponent down and he/she ends up in a three point down position, in order to receive **2 Points**, you must immediately come around and control him/her from the back or side (at waistline) for a full 3 seconds.

Observation 1.4: If you take the other competitor down by jumping on his/her back and in one continuous movement end up in a Back-Grab position facing up on the ground, you are awarded **2 Points** for the Takedown. You also receive accumulative Back Grab points (additional **4 Points** for the Back Grab).

Observation 1.5: Anytime a competitor stands on both feet and is taken down, Takedown points can be awarded. The competitor who stood up must stand for long enough (one to two seconds) and be in a position of balance on both feet to create the Takedown scoring opportunity.

Observation 1.6: A competitor initiates a Takedown; the opponent then pulls Guard; the opponent must be put on his/her back within 3 seconds (and then 3 seconds of control on the ground) for **2 Points** to be awarded.

Observation 1.7: A competitor has a hand on the leg of his/her opponent, the opponent then pulls Guard, **2 Points** will be awarded for the Takedown once 3 seconds of control has been established.

Observation 1.8: When a competitor takes his/her opponent down to a seated position, 3 seconds of control must be established for **2 Points** to be awarded for the Takedown.

Observation 1.9: In a situation where a competitor attempts a Takedown after his/her opponent begins to pull Guard, **NO** points will be awarded for the Takedown (for the Guard pull was initiated before the Takedown began)

Observation 2.1: DMMAV does not discriminate against the various grappling arts in competition. However, the basic structure of a grappling competition match dictates a competitor continuing to engage an opponent once a Takedown has been completed. Therefore, taking a competitor down and purposely disengaging the match by backing away from the opponent two or more steps will result in a Penalty being assessed for disengaging the match. In this situation, the referee will have the competitors return to the definitive position acquired after the takedown if applicable. If there was not a definitive position established before the disengagement began, the competitors will start in a standing neutral position and the disengaging competitor will receive his/her Penalty.

Observation 2.2: The opponent taken down must be on both feet. The competitor initiating the Takedown can be on both feet, both knees, or one foot and one knee. If starting from the ground, an opponent who has at least one knee down cannot be taken down, because he/she is not on both feet.

Observation 2.3: It is not permitted to pull Guard, or “butt scoot” without first contacting the opponent. Sitting down without contact is conceding a Takedown, and results in **2 Point** being awarded to the standing opponent. Contact must be continuous, from a standing position, down to the ground. If a competitor sits and aggressively moves forward, he/she will not be stood up by the referee, but the opponent will be awarded **2 Points**. **NOTE:** This action is not a Penalty, but simply conceding the **2 Points** Takedown to the opponent.

Observation 2.4: If the competitor initiating the Takedown is caught in a submission hold, the **2 Points** will only be awarded when the submission hold is escaped and if he/she then establishes top dominant control. The competitor executing the submission hold can of course also be awarded **1 Submission Attempt Point**.

Observation 2.5: If one competitor is attacking his opponent with a takedown attempt, and the match is stopped for inadvertently going out of bounds, **1 Point** for the attack is awarded to the initiating competitor, even without the Takedown having taken place. The competition will be restarted from a neutral standing position in the center of the mat.

Observation 2.6: If one competitor can fully take his opponent down, but then cannot control him for the full three seconds to secure the 2 takedown points he will still get **1 Point** for the takedown attack!

Observation 2.7: In a situation where both competitors simultaneously pull Guard or sit down, the referee will immediately stand both fighters up and restart the fight in a standing position in the middle of the fighting area.

Submission Point (1 Point)

1 point is awarded for a full and strong Submission attempt. A Submission is recognized as full and strong when one or more of the following occurs: The defending competitor is 'In Danger' - the submission has the potential to make the opponent tap out or is in danger of being injured by the submission.

Observation 1.1: Submissions must be applied to get a tap out or verbal submission, and not to injure the opponent.

Observation 1.2: Chaining full and strong Submission attempts will result in points being awarded for each different submission attempt. For example, if a competitor applies a triangle choke in a full and strong manner, and then goes for an arm bar that is full and strong, a further **1 Point** can be awarded for each additional submission attempt.

Observation 1.3: The act of simply locking into a submission position is not enough to receive a **1 Point** submission attempt. The competitor must exhibit the desire to finish the submission attempt. **Example 1:** Locking the opponent in a Kimura, making zero attempts to actively pull the grips to submit the opponent will not be awarded points. **Example 2:** Closed Guard to cross locking the legs for a triangle choke, only to return to a Closed Guard will not result in points. The **1 Point** submission attempt will only be awarded in this example if the legs are fully put in a figure four triangle choke attempt.

Observation 1.4: If a serious submission attempt is stopped by the Referee out of bounds, the athletes will start in the center of the ring standing and **1 Point** will be awarded to the competitor who had the submission attempt. The competitors will simply resume the match from a standing neutral position.

A submission attempt can NEVER be recreated in the center of the ring after being stopped out of bounds.

Sweep Points & Reversal Points (2 Points)

When a competitor is on the bottom of **any Guard, any Side Control or any Mount** can reverse the position and end up on top of his/her opponent for three full seconds, **2 Points** are awarded.

Observation 1.1: The reversal points rule covers the aspect of a real fight scenario. Whenever one fighter can reverse his position from bottom to top, he gains back a strong advantage! This reversal points rule also encourages the fighters to not accept any form of control from the top!

Observation 1.2: When a competitor advances from a bottom position to the back of his/her opponent (opponent is still on his/her hands and knees), the competitor will receive **2 Points**. If the Back Grab is attained simultaneously with the Sweep or Reversal **2 Points** are awarded for the Sweep/Reversal and **4 Points** are awarded for the Back Grab.

Observation 1.3: If the competitor executing a successful Sweep/Reversal ends up in Mount additional **4 Points** (for Side Control **1 Point**) are awarded for position.

Observation 14: Turtle Position is not recognized as a form of Guard or final bottom position! However, if a competitor starts in a form of Guard (or Side Control, or Mount) and aggressively initiates Turtle Position (not in response to a pass) and in one continuous motion executes a Sweep / Reversal to end up on top of his/her opponent, **2 Points** will be awarded for the Sweep / Reversal.

Observation 1.5: If a competitor attacks his opponent with a submission out of any top position, and the opponent is reversing the position while defending the submission attack, NO Points are awarded for the Sweep or Reversal! In short: No points will be awarded when a sweep or reversal is happening because of a submission attack from the competitor on top!

Side Control Point (1 Point)

Side Control is any secure form of top control (except for the Mount and Knee on Belly variations) that lends itself to a submission. Three seconds of control and the ability to attack submissions are required. The highest percentage forms of control include Cross Side Mount, Scarf Hold, Modified Scarf Hold and North/South position.

Observation 1.1: NO Point is awarded when a competitor transitions between one form of Side Control to another. For example, if you have received Side Control points and then transition to North/South position, no additional points are awarded.

Observation 1.2: Additional points are awarded when a competitor moves from a Side Control to any of the variations of Knee on Belly, Mount or Back Grab.

Observation 1.3: For Side Control points to be awarded, the top competitor must be completely free of the opponent's legs (and free of any submission attempts) with dominant control of the position.

Observations 1.4: The bottom competitor does not necessarily need to have his/her shoulders pinned to the ground for a point to be awarded in a Side Control position.

Observation 1.5: To achieve dominant control, you must achieve a position to further control, to initiate a submission attempt or to otherwise further your match advantage. Three seconds of control is required to achieve **1Point**.

For points to be awarded for a position, the competitor must be able to attack a submission from the controlled position and be free of any submission attacks from his/her opponent.

Mount Points (4 Points)

When a competitor successfully maintains any of the Mount positions for three seconds or more with the ability to attack a submission, **4 Points** will be awarded.

Observation 1.1: DMMAV Grappling recognizes several variations of Mount including: Mount, Back Mount, Back Grab and Technical Mount.

Observation 1.2: The opponent can be laying on his/her back, side or stomach to receive **4 Points** for the Mount position.

Observation 1.3: One knee and one foot on the ground will still be considered the Mount position (for Mount and Technical Mount). Two feet on the ground is not considered the Mount. Back Mount (opponent is flat on his/her stomach) must have both knees on the ground to achieve points.

Observation 1.4: The competitor in the Mount position can have one knee over the opponent's arm, but never both arms to receive Mount points.

Observation 1.5: The competitor in the Reverse Mount (top player facing towards the legs) **WILL NOT** receive any points.

Observation 1.6: Reverse Mount (top competitor facing towards the legs) where the bottom competitor is facing down (Boston Crab) is not awarded Mount points.

Observation 1.7: A mounted triangle is not considered Mount (although it is a Submission Attempt). If the mounted triangle began from Guard, in addition to the Submission Points, Sweep points can also be awarded.

Observation 1.8: Voluntarily moving from Mount to Side Control or Knee on Belly **WILL NOT** result in a further **4 Points**, as it is moving from a superior to an inferior position.

Observation 1.9: The Back Grab is one of the most dominant forms of positional control in the sport. Moving from the Mount to a form of Back Grab will result in a further **4 points** being awarded.

Back Grab Points (4 Points)

- Back Grab (heels hooked into inner thighs)
- Body Triangle (figure four leg lock across opponent's torso)
- Back Grab with one foot over one of the opponent's arms (the foot is still hooked into the inner thighs)
- Back Scissor (Back Grab competitor has his/her ankles crossed)

Observation 1.1: When a competitor can control an opponent's back, with both feet positioned on the inner thighs, Back Grab control will receive **4 Points**. One foot can be hooked into the leg, and one can be hooked over the arm on the opposite side, but both feet must be hooked into the inner thighs. If the legs are over both arms, then it is not a Back-Grab worthy of points even if the heels are hooked into the thighs. A Body Triangle is also a worthy form of Back Grab to receive **4 points**.

Note: Voluntarily moving from Back Grab or Mount to any other position and then coming back to Back Grab WILL NOT result in a further **4 Points**, as it is moving from a superior to an inferior position.

Knee on Belly Points (2 Points)

When a competitor establishes his/her knee across an opponent's stomach (torso), with the other foot on the ground for 3 full seconds, he/she will receive **2 Points** (the opponent may be flat on his/her back or on his/her side).

NOTE: "Knee on Back" is not considered a position and therefore receives **No Points**.

Observation 1.1: The competitor must have one knee on the stomach, the other knee off the ground (foot on the ground) and must be facing the opponent's head to receive points.

Observation 1.2: If an opponent is turned away on his/her side from the competitor applying the Knee on Belly, **2 Points** may be awarded once clear dominant control of the position has been established for three seconds.

Observation 1.3: The knee must be at least halfway across the competitor's torso to achieve the **2 Points**.

Observation 1.4: Once Knee on Belly points have been achieved, additional Knee on Belly points will not be given for transitioning directly to the opposite side Knee on Belly position. The opponent must escape the Knee on Belly position and/or a definitive break from the position has been established to re-acquire the Knee on Belly position to earn **2 additional Points**. Voluntarily disengaging Knee on Belly position to re-acquire the position will not result in additional points.

Additional Side Control points will not be awarded when a competitor has already established Knee on Belly, received 2 Points and then digressed back to Side Control (voluntarily or involuntarily)

Stalling (Penalty)

If there is stalling on the ground, the Referee has the right to restart the match standing upon the third infraction, in addition to the other penalty actions defined below.

Note: Once a competitor receives his/her first verbal penalty for stalling, additional stalling calls may be given every 20 seconds if the referee feels the competitor is still stalling.

Observation 1.1: Taking an opponent down and then intentionally standing, disengaging the match by stepping back two or more steps will result in a stalling penalty. The referee will return the competitors to the definitive position established when applicable. If there was not a position established, the competitors will resume in a standing neutral position and the disengaging competitor will receive his/her penalty.

Observation 1.2: A competitor standing up from “In Guard” cannot call the downed opponent up, and once standing must aggressively engage. Otherwise, he/she will be warned or penalized for stalling. If the downed opponent voluntarily stands, NO penalty will be assessed.

Observation 1.3: Stalling can take place from absolutely any position standing or on the ground.

The only time stalling cannot be called is when a competitor is applying or defending a submission.

REFEREE & JUDGES COMMITTEE

The referee committee (Officials) for one combat area at any DMMAV All Stars Grappling tournament consists of:

- One (1) Referee inside the combat area
- One (1) Technical assistant (Scorekeeper /Timekeeper)

Attire and clothing for official's team members:

- Pants: All officials must wear solid black suit or golf style or track suit pants. No jeans, no shorts!
- Shirts: All officials must wear the provided DMMAV or Tournament T-Shirt / Polo Shirt. The shirts must be mainly in black color and only logos approved by the tournament director can be displayed on the official's uniform! In colder environment the officials can wear a black, long sleeve rashguard underneath the official shirts.
- Socks: All officials must wear black socks.
- Shoes: All officials can wear mainly (90%) black colored sports shoes (mats use only).

Referee Hand Signals:



Get in position



Control (counting 3 seconds)



Neutral Restart Position



Closed Guard Restart Position



Half Guard Restart Position



Open Guard Restart Position



Side Control Restart Position



Full Mount Restart Position



Back Mount Restart Position



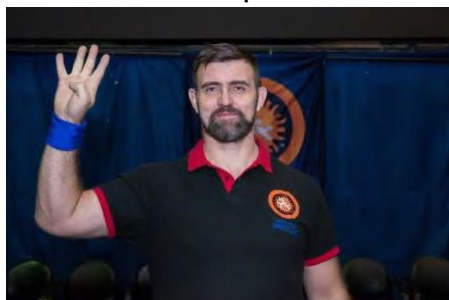
1 point



2 points



3 points



4 points



Caution (1 point to other athlete)



Disqualification

Restart Positions

Neutral Restart Position

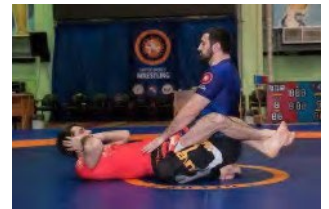
Neutral Restart Position occurs at the beginning of the regular period. Both grapplers stand opposite one another in the center of the mat with one foot touching the inner circle and waits for the referee's signal to start grappling.



Neutral Restart Position is ordered when the referee stops the match for out of bounds while the action was in stand up or the last position secure was standing (i.e. in case of a takedown going out of bound the takedown wasn't awarded because the position wasn't secured for 3 seconds before the referee stopped the action).

Closed Guard Restart Position

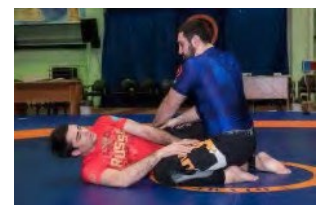
Closed Guard Restart position occurs at the center of the mats, with the athlete on bottom with their back on mat and the opponent between his legs with their feet crossed and the hands placed on the side of his head. The athlete on top is on his knees with the hands on the opponent's belly.



The Closed Guard Restart position is ordered when the referee stops the match for out of bounds and the last position secured, for at least 3 seconds, was a closed guard on the ground.

Half Guard Restart Position

Half Guard Restart position occurs at the center of the mat, with the athlete on the bottom on his side, with one leg of the opponent between his legs and with the chest facing the opponent and the hands placed on top of the free leg of the opponent. The athlete on top is on his knees with the hands on the opponent's top hip.



Half Guard Restart position is ordered when the referee stops the match for going out of bounds and the last position secured, for at least 3 seconds, was half guard on the ground.

Open Guard Restart Position

Open Guard Restart occurs at the center of the mat with the bottom 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 bottom grappler's kneecaps. Once the referee approves the position, the match restarts at his whistle.



The Open Guard Restart is ordered when both grapplers went out of bounds during the ground fight and the last position secured by the top athlete was not a dominant position, a closed guard or a half guard.

The grappler who is on top when the action went out of bounds (or who had a partial back control) takes top position for Open Guard Restart.

Side Mount Restart Position

Side Mount Restart occurs at the center of the mat with the bottom grappler on his back (his elbows visibly free and his hands placed on the opponent's side) and the top grappler with his torso flat on his opponent's belly and elbows and knees on the mat.



The Side Mount Restart position is ordered when a grappler has secured a side mount and then the action goes out of bounds.

Full Mount Restart Position

Full Mount Restart occurs at the center of the mat with the bottom grappler on his back, hands placed on the side of his head, and the top grappler mounting him with his legs on the side and his hands placed on the opponent's chest.



The Full Mount Restart position is ordered when a grappler has secured a full mount and then the action goes out of bounds.

Back Mount Restart Position

Back Mount Restart occurs at the center of the mat, with both athletes sitting on the ground, with the athlete that secured the back mount controlling his opponent with the chest in contact with the back, the heels between the opponent thighs and the arm connected in a seat belt control (one arm passing over the shoulder connected with the other arm passing under the opposite armpit).



The controlled athletes must grab, with both hands, the controlling athlete's arm that is passing over the shoulder.

The Back Mount Restart position is ordered when the referee stops the action for out of bounds and the last position secured (for at least 3 seconds) was a back mount (either on the ground or standing).

Penalty Process

- | | |
|------------------|----------------------------|
| ➤ First Offense | Verbal Warning |
| ➤ Second Offense | Opponent receives 1 Point |
| ➤ Third Offense | Opponent receives 2 Points |
| ➤ Fourth Offense | Disqualification |

Fouls are accumulative. The four-step penalty process defined above does not apply to each separate type of foul. It does not have to be the same foul three times in a row to merit points assessed. Each penalty can be different fouls or infractions combined.

Note: Kids (ages 13 & under) are likely to receive multiple Verbal Warnings with NO Penalty Points assessed for infractions that are not considered severe.

The Referee is not bound to go through the four-step penalty process above. Depending upon the severity of the infraction, there can be only one warning or immediate Disqualification.

If a competitor intentionally slams another opponent with intent to maliciously hurt, the competitor will be DISQUALIFIED from the Division, any other entered Divisions and the entire event (without monetary reimbursement). The Competitor will be placed on Probation as to whether he/she will be allowed to compete in future DMMAV events.

Determining a Tie

No Advantages are awarded in DMMAV Grappling. However, in the event of a tie, the Referee will use significant action to determine a winner.

Referees will first consider initiation and aggression. The Referee is directed to consider who made the greatest successful effort to attack and control. In practice, this is most commonly attempting Takedowns, Sweeps, having dominant positional control and most importantly, attempting Submissions.

If competitors are equal in terms of Initiation and Aggression, Referees will determine a tie by considering who skillfully controlled the Pace, Place, and Position on the mat, to ultimately set up an eventual submission.

If the competitors are still considered equal in points, pace, place and position, the Referee will give the decision to the competitor with less warnings or Penalties.

If the competitors are still equal, then a **ONE Minute** overtime period can be given by the Referee.

Please note that this should be an unusual occurrence.

No rest period is given between the end of the match and the start of the overtime period. There can be no interaction with the competitor's coach or outside spectators. The overtime period will begin immediately following the match time duration. There is no 'Sudden Death' - the winner is the competitor who gets the most points (or wins by submission) in the overtime, not the first competitor to score a point.

Illegal Actions

- No scissors Takedowns are permitted unless a hand is first placed on the mat.
- No slamming from the Guard or to escape submission.
- No slamming or spiking is allowed in Takedowns. In determining whether a Takedown was a slam; Referees will consider whether the intention was to hurt the opponent. **A wrestling style Supplex (Front to back contact, throwing the competitor directly over causing him/her to spike his/her headfirst into the floor) is always illegal. Any act of intentionally "driving" an opponent's head or neck directly into the ground will be considered an act of slamming worthy of immediate Disqualification.**
- Submissions must be applied to get a competitor to verbally or physically tap, and not with the intention to injure the competitor.
- No strikes of any kind are allowed to any part of the body or head, by any part of the body or head.
- No clutching of the windpipe is permitted (open hand posting is permitted).
- The thumb is not permitted to apply any pressure to the opponent's throat.
- No pressure of any type is allowed on the eyes. Explicitly, no finger, chin, palm heel, etc. are allowed to press on or around the eyes.
- No pressure of any type is allowed to the groin unless it is an inevitable and unintended result of a legitimate technique.
- No pressure may be applied directly into or across the nose unless it is an inadvertent consequence of a legitimate technique.
- No striking of any kind including shoulder, head butts, punches, elbows, knees, kicks, etc. (this includes repeatedly pushing down on an opponent's stomach in rapid succession while in their guard).
- No fish hooking is permitted (fingers in the opponent's mouth).
- No biting is permitted. A player defending against a rear naked choke cannot purposefully open his/her mouth, so the teeth contact the opponent's forearm.

- No pulling hair.
- No Small Joint Manipulation is permitted. Pulling a thumb or holding less than three fingers is not permitted in No Gi competition.
- No pinching, twisting of the skin.
- No putting a finger or toe into any orifice.
- No Interference by a corner with any official or fighter.
- No attacking an opponent in any of these circumstances:
 - Before the referee started the match.
 - After the match duration time has ended.
 - During a rest period between match duration and overtime.
- When an opponent is being addressed by the Medic, referee or any other official.
- No spitting is permitted.
- No swearing or profanity is allowed by a competitor at any time on the DMMAV event premises. Coaches and spectators are held to these professional standards as well. **The use of profanity may result in probation from attendance to future DMMAV events.**
- No intentionally throwing an opponent off the mat.
- No unsportsmanlike conduct.
- Hygiene Rule: All competitors must wear a clean competition uniform (Gi, shorts, shirt, etc.). Furthermore, every competitor must also be clean, free from foul odors and with short nails. If a Referee feels these criteria have not been met, he/she will not allow the competitor to compete.
- For No Gi at a minimum, a groin protector (male competitors), a mouthpiece, and shorts / tights (ending above the knee) with a drawstring must be worn. Because fingers and toes can get caught and injured, no pockets or zippers are allowed on the shorts. Male athletes must wear a tight-fitting shirt or rash guard. Female athletes must wear a rash guard or a suitable sports top which is staying in place even under high activity!
- Wrestling/Martial Arts shoes are **not allowed** in the Grappling competition.
- Ear guards (ear protectors) are only allowed in No-Gi competition.
- In the Gi division the competitors must wear a BJJ or Judo Gi with jacket and pants in matching color. Acceptable colors are white, blue, black and red. You cannot wear a Gi in the color of your opponent's corner! Blue corner fighter must wear a blue belt, red corner fighter must wear a red belt.
- Excessive taping of hands, wrists, ankles, and feet is **NOT** permitted.

- Knee, elbow, ankle, and shoulder braces cannot have a metal or plastic portion that could result in injury to other competitors.
- No stalling is permitted.
- No going out of bounds to avoid a submission. There is never a possibility to restart competitors in a near submission position, so Referees are directed to allow the match to continue if the moving out of bounds was inadvertent. Anytime safety becomes an issue for the competitors, the Referee will always be directed to stop the match regardless of the potential submission opportunity. Purposefully exiting the ring to avoid a submission will result in immediate Disqualification.
- No going out of bounds to avoid a Takedown. Purposefully going out of bounds to avoid a Takedown will result in the player receiving a penalty.
- Blood rule. Because there is no blood testing for grappling, a competitor who cannot control bleeding will not be allowed to continue. In the event of bleeding, the Referee will stop the clock and allow the competitor a reasonable amount of time (two to three minutes) to stop the bleeding. If the competitor continues to bleed a second time in the same match (for the same injury), that competitor will be disqualified. If the competitor begins to bleed from a different injury for the first time in the match, the above-listed measures will again be followed.
- The competitor is not disqualified from the event if he/she was disqualified for bleeding. If the competitor is competing in another division, or if it is a semi-finals match, the competitor will be allowed to continue in further matches or divisions. Bleeding is defined as an amount of blood that shows when a white cloth is pressed on the area. Any amount of blood noticed by the Referee will result in immediately stopping the match to address the injury.
- Any expulsion of vomit, urine or feces during a match will result in immediate disqualification. Intentional spitting on the mat will also result in immediate disqualification.
- No competitor can compete with a communicable skin disease, including ring worm, impetigo, herpes, etc.

- No grabbing the opponent's clothing at No Gi! Competitors cannot grab the clothing of their opponent. The ONLY acceptable use of shorts grabbing is grabbing one's own shorts to defend submissions. Example: To defend a Kimura submission attempt, a competitor may grab his/her own shorts as a defense.
- In Gi-Grappling you cannot use the belt to choke or actively wrap the opponent!
- In Gi-Grappling you cannot grab (and hold) into the inside of the sleeve and pants leg openings of your opponents Gi! You are allowed to grab (and hold) into your own Gi openings!
- In Gi competition you only can place your foot on, or inside the opponent's jacket's lapel from the front side. You cannot place your foot inside the opponent's jacket behind the jacket's lapel (foot is no more touching the lapel!).
- Hair Rule: Women and Men with long hair are required to have her/his hair tied in such a fashion as to not interfere with the match. In the event tied hair is still long enough to continually affect the opponent's eyes, a further tie or head cover will be required. Due to the potential for injury to the eyes, and otherwise interfering with the match, spiked hair, particularly spiked Mohawks, of a length and consistency sufficient to cause irritation to the eyes are prohibited in DMMAV competition. Spray painted hair that may have the color "run" or "flake" due to sweat is also prohibited in competition.
- Coaches, Spectators, and unauthorized competitors are not permitted on the main fight surface mats for any reason while the event is in progress without expressed permission from an official DMMAV staff member. Breaking this rule may result in competitor disqualification or individual ejection from the event premises.
- **Talking with the Referee while the match is in progress is prohibited and may result in penalties or disqualification being assessed. Flagrant disrespect to any DMMAV referee may also result in competitor disqualification and/or coach/spectator removal from the event premises. In the event of extreme unprofessional or threatening behavior has been displayed, authorities will be notified to immediately eject the offending parties.**

Legal & Illegal Actions by Divisions

Rules & Fight Times		Kids 6-9 years		Kids 10-13 years		Teens 14-17 years		Adult Beginner		Adult Intermediate		Adult Experts		Seniors 41 years & up	
	Fight Time 2 Min.	Fight Time 3 Min.	Fight Time 4 Min.	Fight Time 5 Min.	Fight Time 5 Min.	Fight Time 5 Min.	Fight Time 5 Min.	Fight Time 5 Min.	Fight Time 5 Min.	Fight Time 5 Min.	Fight Time 6 Min.	Fight Time 6 Min.	Fight Time 6 Min.	Fight Time 5 Min.	Fight Time 5 Min.
Straight Ankle Locks	Illegal	Illegal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Knee Bars	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Toe Holds	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Heel Hooks	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Reaping the Knee	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal	Illegal	Illegal
Calf & Biceps Crunches	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal	Illegal	Illegal
Rib/ Neck Compressions	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Neck Cranks	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Triangle Chokes	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Rear Naked Chokes	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Arm In Chokes	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Twisters & Spinal Locks	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Electric Chair	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal	Legal	Legal
No Gi Ezekiel Choke	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Arm Bars / Arm Locks	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Wrist Locks	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Scissor Takedowns	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	One Hand on Ground	One Hand on Ground	One Hand on Ground	One Hand on Ground	Illegal	Illegal
Guillotines	Not Standing!	Not Standing!	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Omoplata	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Gogoplata	Not from Top	Not from Top	Not from Top	Not from Top	Not from Top	Not from Top	Not from Top	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Knee on Throat from Top	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Slamming	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Squeezing the Windpipe	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Smothering	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Bending Fingers / Toes	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Jumping Guard & Submission	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal	Legal
Bear Crawl Guard Pass	Illegal	Illegal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Boston Crab Guard Pass	Illegal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Point Structure:	1 Point		2 Points		4 Points		Penalty structure								
To score positional points all positions must be secured for minimum 3 seconds	Strong Submission att. Side Control Takedown Attack Moving out of bounds		Takedown Knee on Belly Guard Pass		Sweep Reversal		Back Mount Back Grap		Mount		1. Verbal warning 3. 2 Points to opponent 2. 1 Point to opponent 4. Disqualification				

DMMAV Grappling Divisions



All Stars Grappling Divisions / Ages / Weight classes

Male Categories	Kid's 1	Kid's 2	Kid's 3	Kid's 4	Teen's 1	Teen's 2	Adults	Seniors
Age	6 - 7	8 - 9	10 - 11	12 - 13	14 - 15	16 - 17	18 - 40	41 & up
Weight classes (kg) *								
Rooster	- 20	- 23	- 27	- 34	- 42	- 55	- 62	- 62
Super-Feather	- 23	- 27	- 31	- 38	- 46	- 60	- 66	- 66
Featherweight	- 27	- 31	- 34	- 42	- 50	- 66	- 71	- 71
Lightweight	- 31	- 34	- 38	- 46	- 55	- 72	- 77	- 77
Middleweight	- 34	- 38	- 42	- 50	- 60	- 77	- 84	- 84
Medium-Heavy	- 38	- 42	- 46	- 55	- 66	- 84	- 92	- 92
Heavyweight	+ 38	+ 42	+ 46	- 60	- 72	- 92	- 100	- 100
Super Heavy				+ 60	+ 72	+92	- 130	- 130

Female Categories	Kid's 1	Kid's 2	Kid's 3	Kid's 4	Teen's 1	Teen's 2	Adults	Seniors
Age	6 - 7	8 - 9	10 - 11	12 - 13	14 - 15	16 - 17	18 - 40	41 & up
Weight classes (kg) *								
Rooster	- 20	- 23	- 27	- 34	- 42	- 50		
Super-Feather	- 23	- 27	- 31	- 38	- 46	- 53	- 53	- 53
Featherweight	- 27	- 31	- 34	- 42	- 50	- 58	- 58	- 58
Lightweight	- 31	- 34	- 38	- 46	- 55	- 64	- 64	- 64
Middleweight	- 34	- 38	- 42	- 50	- 60	- 71	- 71	- 71
Medium-Heavy	- 38	- 42	- 46	- 55	- 66	- 90	- 90	- 90
Heavyweight	+ 38	+ 42	+ 46	+ 55	+ 66	+ 90	+90	+90
Super Heavy								

* Weigh in is with underwear / Weight classes can be combined if needed / Divisions can be combined if needed

Kid's divisions:			Beginner	Intermediate	Advanced
			Less than 1 year exp.	Less than 2 years exp.	More than 2 years exp.

Teen's divisions:			Beginner	Intermediate	Advanced
			Less than 1 year exp.	Less than 3 years exp.	More than 3 years exp.

Adult divisions:			Beginner	Intermediate	Advanced
Experience No Gi			Less than 2 years exp.	More than 2 years exp.	More than 4 years exp.
Belt color Gi			white belts	blue belts	purple belt and up

