

State Line Grappling Championships Rules

General Rules

- 1) No unsportsmanlike conduct will be allowed. You may be disqualified or ejected for unsportsmanlike conduct. **The referees will be shown maximum respect at all times. Their decisions are final and will not be overturned.**
- 2) No striking, biting, eye gouging (includes chin to eye), head butting, small joint manipulation (finger or toe locks), hair pulling, grabbing the windpipe, or ear pulling will be permitted.
- 3) **No slamming allowed.** Illegal slamming will be defined as slamming your opponent to escape submissions and/or to pass the guard; or standing from the guard and/or jumping from a standing position to slam your opponent. Slamming will result in an automatic DQ. There are no exceptions to this rule. Takedowns are NOT considered slams, but you must deliver your opponent safely to the mat.
- 4) No infectious skin diseases (such as ringworm, staph, and MRSA) or open wounds will be permitted. No lubricants, oils, or lotions of any kind will be permitted on any part of the body or clothing.
- 5) Competitors will be allowed to continue grappling anywhere on the matted area, provided they don't interfere with another match. If the competitors near the edge of the mat, they will be restarted from the same position, unless the referee is unable to duplicate the position for any reason. In case the referee is unable to duplicate the position, the competitors will restart from a standing position.
- 6) If a competitor flees the ring when a submission is locked in and the competitor is obviously fleeing to avoid submission, he will be automatically disqualified.
- 7) Women will not be permitted to compete in Men's divisions. Men will not be permitted to compete in Women's divisions. Teens (13+) may compete in Men's or Women's divisions with permission from their parent or coach. Men over age 35 are eligible to compete in the 35+ OR Men's divisions, but must choose one.
- 8) In Juvenile matches, the referee has the discretion to call a match if the referee believes that a submission will cause immediate injury, especially in the beginner divisions.

Submission Grappling Rules

- 1) No grabbing of any clothing, including your own, will be permitted.
- 2) **The only submissions below the waist legal for beginner, intermediate, and 35+ divisions are straight ankle locks and kneebars.**
- 3) All submissions are allowed in Advanced Men's and Women's no-gi divisions. Neck cranks, spine locks, bicep/calf slicers (crushers), and flying scissors takedowns are legal ONLY in Advanced Men's and Women's no-gi divisions.
- 4) Wristlocks and any submissions below the waist are illegal in all Juvenile divisions.
- 5) Gis are optional. Mouthpiece and groin protection are optional, but recommended. Shirts must be tight fitting; rashguards are recommended.
- 6) Anyone who is a blue belt in Brazilian Jiu Jitsu MUST compete in intermediate or higher, and anyone who is a purple belt or higher in Brazilian Jiu Jitsu MUST compete in the advanced division. There will be no exceptions to this rule.

Skill Levels

Skill levels are determined by time spent training in any comparable grappling art. Any wrestler with extensive experience (3 or more years in high school, or any collegiate experience) must enter at least intermediate no-gi. Judo and Sambo experience count the same as BJJ.
Beginner - Less than 1 year, Intermediate - 1 to 3 years, Advanced - over 3 years

Match Lengths

| Men and Women No Gi Divisions | Juvenile Divisions | 35+ Men |
|---|---|---|
| <ul style="list-style-type: none">• Beginner: 4 minutes• Intermediate: 5 minutes• Advanced: 6 minutes | <ul style="list-style-type: none">• All Skill Levels: 4 minutes | <ul style="list-style-type: none">• All Skill Levels: 5 minutes |

Scoring

| 2 Points | 3 Points | 4 Points |
|---|---|---|
| <ul style="list-style-type: none">• Takedown or Throw• Sweep• Knee on stomach | <ul style="list-style-type: none">• Pass opponent's guard | <ul style="list-style-type: none">• Mounted position• Back Mount with Hooks in• Back Mount knees on ground, opponent flat on stomach (Additional 4 points by putting the hooks in from this position)• Body triangle from the back |

- 1) **To gain points for a position, the competitor must show clear control for 3 seconds (including takedowns and throws).**
- 2) Advantages are used as a tiebreaker. Advantages are scored in the event of a near submission or score (near takedown, near guard pass, etc).
- 3) No Stalling: Referee will issue warnings for the 1st offense of stalling (i.e. backing out of the guard without engaging, hugging the opponent's hips inside the guard, backing away from the opponent out of bounds, etc). A 2nd offense will result in an advantage for the staller's opponent. A 3rd offense will result in a 2 point deduction. A 4th offense will result in a disqualification.
- 4) If a competitor flees the ring to avoid a takedown and it is obvious that the competitor is going to be taken down, his opponent will be awarded 2 points.
- 5) There are no points for reversals. It is a person's obligation to escape a bad position (mount, side control). No points are awarded for these escapes.

Men's Weight Classes

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| <ul style="list-style-type: none">• Up to 139.9• 140-154.9• 155-169.9• 170-184.9 | <ul style="list-style-type: none">• 185-199.9• 200-219.9• 220 and up |
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Juvenile and Women's Weight Classes

Brackets for women and Juveniles are made using the Madison System. There are no preset weight classes. At the end of weigh ins competitors will be sorted by weight. Brackets will then be made by grouping them into sets of 4 or 8 (depending on turnout). Juveniles will be divided by weight, experience, and age (whenever possible). This system is used for women to accommodate the relatively smaller number of competitors and for juveniles to reduce weight cutting.