



# **Global Grappling Rule Book**

**Season 2019-2020**

## A. General rules

1. Fight events have evolved from the **traditional Ju Jitsu** training and qualifying fight methods: ground fight, bare-handed and gloved fight. Some of the fights are held in **Gi** (traditional training clothing: coat, pants, belt), other fights are held without it (**NoGi**). This Rule Book formalizes these fights and puts them into championship context. In accordance with the traditional Japanese colors, one competitor is **red**, the other competitor is **white**.
2. Our events are based on the **values of the traditional Ju Jitsu**, just like **fair-play**, respecting each other and admire to the opponent. The tournament etiquette expects the low-key, helpful and **positive behaviour** from the competitors and also from the spectators in the fighting arena, in the auditorium and also on the podium, rivalism cannot overwrite the fundamental values!
3. The rules of Global Grappling shall aid the **injury-free** fights. With this primary goal in sight, the least possible restriction is introduced. The rules enable a maximum strength and intensity fight, while minimize the risk of injury.
4. The rules of Global Grappling supports the **high action, spectacular fights**. The competitor who resists, continuously escapes, not willing to fight is punished by the rules (*so called "action-compulsion", see H. chapter*).
5. The competitions are **restricted** (invitation only). We reserve the right to reject entries.
6. About the goals of the events, it's characteristics, fighting area, hygiene, prizes, staff, competitors, helpers see the rule book of the Hungarian Grappling Federation from chapter A, point 11.

*Other points of this chapter see  
Hungarian Grappling Federation's rule book A. chapter*

*In areas not specified here the rules of the  
Hungarian Grappling Association are applicable*

## B. The Match

### 1. Number of rounds:

- a. Gi, NoGi, Combat Grappling, Gloved Fighting event A (Advanced), B (Beginners) League: one basic round. When no decision made in first round, an overtime comes.
- b. Gloved Expert League: three rounds.

### 2. Time:

#### **Gi, NoGi** events (*Women and Men alike*):

- a. Tiny age group: 2 min. + 1 min.,
- b. Child age groups: 3 min. + 1,5 min.,
- c. Juvenile age groups: 4 min. + 2 min.,
- d. Cadet and Junior age groups: 5 min. + 2,5 min.,
- e. Adult age group: 5 min. + 2,5 min.,
- f. Veteran 1 age group: 5 min. + 2,5 min.,
- g. Veteran 2-3 age group: 4 min. + 2 min.,
- h. Veteran 4-5 age group: 3 min. + 1,5 min.,
- i. Veteran 6-9 age group: 2 min. + 1 min.,

**Cage Grappling** Adult Men: 5 min. + 2,5 min.

#### **Combat Grappling** and **Gloved Fighting** events (*Women and Men alike*):

- a. Juvenile age groups: 2 min. + 1 min.
- b. Cadet and Junior age groups: 3 min. + 1 min.
- c. Adult age group: 4 min. + 2 min.
- d. Veteran1 age group: 3 min. + 1 min.
- e. Veteran2,3 age group: 2 min. + 1 min,

#### **Gloved Expert** section (*Women and Men alike*):

- a. Junior age group: 3 x 1,5 min.
- b. Felnőtt (Adult) age group: 3 x 2 min.

### 3. Stopping the match:

- a. Global Grappling Rules are aimed at safe combat. The **referee may stop the match at any time in order to avoid injury**. After stopping he/she decides about the finish or continuation of the match.
- b. The referee shall stop the match besides that
  - i. in case of injury,
  - ii. if one competitor is unable to fight,
  - iii. upon leaving the fighting area,
  - iv. in case of foul,
  - v. after the shortening,
  - vi. upon termination of the round or the holdfast,
  - vii. in case of surrender,

- viii. in case of surrender by the assistant (*towel has been thrown into*),
- c. The end of the round shall be signed by the display operator by throwing a **red** bean-bag in, the end of down-holding, shortening shall be signed by throwing a **white** bean-bag in.

#### 4. Starting and restarting position:

- a. The match shall start and restart in the middle standing position.
- b. When any competitor leaves the fighting area or if the referee stops the match for any reason, it shall restart from the middle standing position.
- c. Competitors shall stand face to face on the sides of the middle of the red square, the referee faces the table.

#### 5. Shortening:

- a. When no activity or effort to technique is shown, the referee shall warn the competitors.
- b. If there is no change after the warning, the referee may order the **shortening**.
- c. The shortening lasts for 10 seconds (shown on display).
- d. If no activity is shown during the 10 seconds shortening, the competitor(s) shall be ordered to stand and the match continues in a middle standing position.

#### 6. Fact of Winning:

- a. The match **may be won** by surrender, judging by points, technical knockout, or if one competitor is unable to continue the match, by medical decision.
- b. The match may not end in a tie.
- c. Surrender may be shown by hand, leg or voice. The competitor must refrain from signs that can be interpreted as sign of surrender!

#### 7. Overtime, beneficiary:

- a. In the first round if there was no surrender, technical knockout and the points are tied, **overtime** comes.
- b. The overtime is half of the regular fight time in Gi and Nogi Grappling, and 1 or 2 pointing unit in Combat Grappling and Gloved Fighting.
- c. Before overtime, the referee must name the **beneficiary**, who shall win, if the overtime ends in tie, too.
- d. Beneficiary is the competitor, who received higher points. The screen shows it.
- e. If the points are tied, the referee shall choose the more active competitor as a beneficiary.

#### 8. Number of rounds in Gloved Expert section:

- a. In Gloved Expert section fights contain 3 rounds. (According to the 2. point.)
- b. There is no overtime, if the scorers conclude tie, then the referee decides about the winner.

## C. Grappling Rules

1. **Grappling techniques** are categorised to the following groups:

- a. Grabs, outflanking,
- b. Takedowns (throws, pull downs, foot sweeps, foot grabs, etc.)
- c. Groundfight: positions, down-holding, submission techniques (chokes, locks),
- d. Techniques executed in stand-fights and submission techniques.

2. **Permission of grappling techniques, groundfight:**

- a. In Gi Grappling, NoGi Grappling, Combat Grappling events all of them are allowed and possible (these are bare-hand events).
- b. In case of Gloved Fighting only allowed in the A and B sections, and possible but limited in gloves. This is represented by the name of the event, the word of „Grappling” is not included in it.
- c. Duration: In Combat Grappling and Gloves Fighting events, in Juvenile1,2 age groups (Combat Light) groundfight time is limited to 10 sec (Juvenile1) and 20 sec (Juvenile2). In this case there is no down-holding and shortening due to time limit. In other events and age groups groundfight has no time limit.
- d. Down-holding time: up to Juvenile2 age group: 20 sec, from Cadet age group 40 sec.
- e. Gloved Expert categories:
  - i. From the grabbing techniques only **clinch** and grab of kicking leg are allowed, and just for one technique’s time. (e.g. knee kick, foot sweep)
  - ii. From takedowns only the foot sweep is allowed.
  - iii. Other grappling techniques are not allowed.
  - iv. The following rules of this chapter are not used in Gloved Fight Expert category.

3. **Age group restrictions:** Grappling techniques are gradually being introduced. Most restrictions are in the Manó (Tiny) age group.

Age groups	Takedown Position Downholding	Armbar Armlock	Choking Triangle Folding	Guillotine choke Leglock, Pulling the head in triangle	Kidney squeeze Jumping (flying) techniques
Manó (Tiny)	√	-	-	-	-
Gyermek 1 (Child1)	√	√ (!)	-	-	-
Gyermek 2 (Child2)	√	√	-	-	-
Ifjúsági 1 (Juvenile1)	√	√	√ (!)	-	-
Ifjúsági 2 (Juvenile2)	√	√	√	√	-
Kadet (Cadet)	√	√	√	√	√
Junior	√	√	√	√	√
Felnőtt (Senior)	√	√	√	√	√
Veterán (Veteran)	√	√	√	√	√

- a. **Choking, Arm locks, Leg locks, Kidney pressing, Folding and Jumping Techniques** (e.g. flying armbar) are not allowed regardless age groups, in elder age groups every one of them is allowed, the technical opportunities are expanding therefore with the age.

- b. **Manó (Tiny)** age group – none of the above techniques may be applied (Choking, Locks, Kidney squeeze, Folding and Jumping Techniques are not allowed).
- c. **Gyermek1 (Child1)** age group – armbar is allowed, after 3 seconds, the referee shall stop the match, even lacking the tap, in Gyermek2 (Child2) age group only tapping will cause the end of the match.
- d. In Gyermek1,2 (Child1,2) age group **not allowed** Choking, Leg locks, Folding, Kidney squeeze, Jumping (flying) techniques.
- e. From **Ifjúsági1 (Juvenile1)** age group – **choking is allowed**. Triangle on the neck is choking, thus only allowed from this age group.
- f. From **Ifjúsági1 (Juvenile1)** age group – **folding is allowed**. Under Ifjúsági1 (Juvenile1) folding is not allowed. This also means that in Manó (Tiny), Gyermek1,2 (Child1,2) age group in standing position, upper grip may be followed only pulling, no pushing the opponent.
- g. In **Ifjúsági1 (Juvenile 1)** age group Leg locks, Kidney squeeze, jumping (flying) techniques, Guillotine choke, pulling the head in triangle are **not allowed**.
- h. From **Ifjúsági2 (Juvenile2)** age group **Leg locks are allowed**. Global Grappling allows only straight leg locks, no twisting. From this age group Guillotine choke and pulling the head in triangle are allowed too.
- i. In **Ifjúsági 2 (Juvenile 2)** age group Kidney squeeze, jumping (flying) techniques are **not allowed**.
- j. From **Cadet** age group Kidney squeeze and jumping (flying) techniques are allowed.

**4. Further forbidden grappling techniques** in every age groups:

- a. Throwing the opponent to the ground after lifting her up, throwing the opponent to her neck or head (*slam*).
- b. Grabbing, pressing the throat, groin.
- c. Grabbing the skin, biting, stinging, scratching, pull the opponent's hair.
- d. Stretching, twisting the fingers or toes, small joint manipulation.
- e. Wrist lock.
- f. Opening the knee or elbow joint.
- g. Stretching the spine (*e.g. pushing the head to the chest, can-opener, stretching the spine back etc.*).
- h. Sudden pull of the choking or stretching (*time must be given to TAP*).
- i. Put the hand, the fingers into the opponents face (*eye, nose, mouth*), covering the opponent's mouth or nose, tearing the ear.
- j. Bolting and pressuring the knee outside, any leg locks, where the knee is breaking or bolding (*heel hook, toe hold*).
- k. In straight leg leg-crossing or sliding to the inside is strictly forbidden!
- l. Twisted leg locks, groveling. After a full turn shall be counted as groveling.

## D. Punching and Kicking Rules

### 1. Events:

- a. In **Gi, NoGi** (Cage) Grappling events **is forbidden** to apply punches and kicks.
- b. In **Combat Grappling** and **Gloved Fighting** events punches and kicks are allowed.
- c. The Combat Grappling and Gloved Fighting events are organised between the Juvenile1 and Senior3 age groups:
  - i. in Junior and Adult age group: separate League A (Advanced) and League B (Beginners) sections,
  - ii. in other age groups: without sections.
- d. The Gloved Expert categories are organised in Junior and Adult age groups.

### 2. The **power** of punching and kicking:

- a. Global Grappling terminology for the power of punching and kicking:
  - i. Forbidden
  - ii. No contact (valid, but no touch)
  - iii. Touch contact (touching is applied)
  - iv. Semi-contact (half power)
  - v. Full-contact (full power)
- b. The power of punching and kicking in different age groups:
  - i. Juvenile1,2: Semi-contact (protected age groups)
  - ii. Cadet – Veteran3: Full-contact.

### 3. Punches and kicks must be **controlled**:

- a. In case of the performer controlled techniques means *control and focus* during the fight rather than the power. From Juvenile2 age group category full power kicks and hits could be performed. The not controlled kicks and hits are banned in every age group.
- b. In case of the opponent this means, that he **could not turn his back** on to his opponent, the referee judges the turn strictly and warns the opponent.

### 4. Allowed and prohibited **attack surfaces**:

- a. Hand, arm:
  - i. Strikes are allowed with front part (*seiken*) and the back (*uraken*) of the fist.
  - ii. Hammer strike only allowed in League A on the ground for body.
  - iii. Forearm, elbow and palm strikes are prohibited!
- b. Leg:
  - i. Sole and the protected parts (*foot, shin*) are allowed.
  - ii. Heel and knee just allowed to body strike.
- c. Head: head-butts are prohibited!

### 5. Allowed and prohibited **target areas**:

- a. The spine, knee, flank are cannot be attacked, nor the neck, temple, nape, skull.
- b. On the head the allowed are is from the ears to the forehead and chin.
- c. The upper arm, shoulder, thigh, shin can be attacked.
- d. The torso (body from the neck to the belt line) side to the midline can be attacked.

6. Allowed and prohibited **punches**:
  - a. The straight punch, hook punch, up-punch are allowed to body and with gloves to head.
  - b. The elbow punch is prohibited. The hammer punch is prohibited except in League A (Advanced), where the hammer punch is allowed on the ground to the torso.
  - c. The turning punch is forbidden!
  - d. **The head cannot be struck in the Combat Grappling**, in Glove Fighting it can be struck with gloves on the allowed surface.
  
7. Allowed and prohibited **kicks**:
  - a. Kicks are only allowed until the competitors are standing. (*Except in League A, where knee kick to the torso is allowed on the ground*).
  - b. Allowed kicks to torso: straight, curved, knee, turning.
  - c. Head-kick only allowed the curved kick, and only with the protected part of the leg (*foot, shin*), or the sole.
  - d. It is forbidden to kick the head with straight, knee, turning kick or which attack it with a not soft surface.
  - e. Axe-kick is forbidden!
  
8. Punching and Kicking Techniques **forbidden in the Beginner** section and in the age groups, that are not divided into sections: (allowed only in Junior and Adult age groups A (Advanced) League)
  - a. Hammer strike,
  - b. Turning kick on torso also,
  - c. Knee-kick on ground.
  
9. **Restrictions in Juvenile1,2 age groups**:
  - a. Half power techniques (Semi contact).
  - b. Knee kicks are prohibited (also standing).
  - c. Additional protectors: in Combat Grappling event using the seiken guard hand protector is necessary, in Gloved Fighting event using the head protector is necessary.
  - d. In Juvenile1 age group no punch and kick on the ground and while catching, grabbing!



## E. Scoring Rules

1. Scoring the Gloved Expert categories are different from the general rule, there are two scoring judges in the 10-9 scoring and the referee will declare on this basis the winner. Scoring takes place after the match, the display not shows the points, only the remaining time. The rest of this chapter does not apply to Gloves Expert categories.
2. During the competition the competitors can get scores. The scores are given by the referee / scorer judge with the sign of its hand of the actual competitor (red or white) and with the indication of the score by the fingers. The display shows the scores of the competitors' one by one.
3. Scores can be given in three cases:
  - a. **Action scores:** 1-4 scores can be given for:
    - i. throws, takedowns,
    - ii. getting the full control position,
    - iii. holding the control position (down-holding),
    - iv. punching and kicking in whereas allowed.
  - b. As a **reaction score** 1 score can be given.
  - c. **Penalty score** can be given if our opponent gets a penalty. According to the seriousness and repetition of the penalty it could be 1-2 scores.
4. Action scores can be given for **takedowns**, only when the executing (launching) competitor does not gets into a disadvantageous situation. The scoring of the takedown has to be separated from the scoring of the next technique.
  - a. There is an executor (launching competitor), and he/she does not gets into a disadvantageous situation.
  - b. 3 or 4 scores technique, clear, or high cambered throw, both legs of the opponent have get into the air and falls on the back.
  - c. 2 score technique, takedown with recognizable throw technique.
  - d. 1 score technique: every other (even if it is partial) takedowns, the requirements of section a. must apply.
5. Action scores can be given for **getting the control position:**
  - a. The referee gives the score after 3 seconds, so the position is not temporary, the opponent cannot get out of it immediately.
  - b. Given scores:
    - i. Side position: 2 scores,
    - ii. Mount position: 3 scores,
    - iii. Back mount position: 4 scores,
  - c. During getting the control position it is not necessary for the opponent to be on the ground, for example: 4 scored control position can be if the opponent is in spread-eagle position or sits in the other's lap. If the opponent reaches for the lap (back control) his/her heels must be between both of the opponent's thighs.

- d. The double mill is not scored, it means, that from 2, 3, 4, scored techniques only one can be scored until the opponent get scores or the competitors get into the middle standing position.
6. Actions scores will be given for holding the ground control position (**down-holding**):
    - a. Holding a position scores 1 point (maximum 4) after every 5/10 seconds
      - i. In Manó (Tiny), Child 1,2, Juvenile 1,2, Veteran 4-9 age groups after 5 sec.
      - ii. In Junior, Adult, Veteran 1-3 age groups after 10 sec.
    - b. The referee signs the fact and the display shows the time of the down-holding.
    - c. During the down-holding the position change is possible and a score can be given, if it corresponds to the previous points' terms.
    - d. The double mill is not scored so for down-holding one can get maximum 4 scores (even in parts), until the opponent starts down-holding, gets score(s) or the competitors get into the middle standing position.
    - e. If 4 score is reached, the down-holding is over and it must be continued from the middle standing position.
  7. Action scores will be given for **punching** and **kicking** in Combat Grappling and Gloved Fighting events:
    - a. The scoring time-unit is one minute, the match is continuous.
    - b. At the end of each time-unit the scorer referee shows the points (0-4), considering the last time-unit performances of each competitors.
    - c. In the Advanced Section (A League) for a clear head-kick the referee gives 2 points immediately.
  8. **Reaction scores** are given in such situations, when the competitor gets free from a control position, or down-holding for which the opponent got score(s).
  9. Penalty scores are given for:
    - a. the penalties of the opponent (*see chapter "H"*),
    - b. when the opponent rejects to standing fight and goes to the ground
      - i. **2 points** when opponent does it without grip (*e.g. sitting down*),
      - ii. **1 point** when opponent does it with grip (*e.g. pulling the guard*).
  10. Scoring continues in case of overtime.