



ICO GRAPPLING RULES

CLOTHING

RASH GUARD

LEGGINGS **OR** SHORTS

THESE SHOULD BE CLEAN AND IN GOOD ORDER – FINGER AND TOE NAILS CUT!

HOW TO WIN

SUBMISSION

POINTS DECISION

REFEREE DECISION

VIA OPPONENT DISQUALIFICATION

CONTEST TIME

ALL MATCHES WILL BE OF 5 MINUTES DURATION

SCORING

TAKE DOWN OR THROW WITH 3 SEC CONTROL AFTER EXECUTION = 2 POINTS

SWEEP (**SWEEPS MUST START FROM A RECOGNISED GUARD**) WITH 3 SEC CONTROL = 2 POINTS

KNEE ON STOMACH (HIPS TO HEAD AND LEG OFF THE GROUND) WITH 3 SEC CONTROL = 2 POINTS

GUARD PASS WITH 3 SEC CONTROL = 3 POINTS

MOUNT (FRONT OR BACK) WITH 3 SEC CONTROL = 4 POINTS

THERE WILL BE A ROLLING PROGRESSIVE SCORING IE. SWEEP TO MOUNT WILL SCORE 6 POINTS AND SO ON

THERE WILL BE NO POINTS FOR BACKWARD MOVEMENTS ONLY PROGRESSIVE ATTACKING WILL BE SCORED!

ADVANTAGES CAN BE GIVEN BY THE REFEREE FOR A COMPETITOR WHO NEARLY SECURES A DOMINANT POSITION OR SUBMISSION BUT JUST FAILS TO SECURE CONTROL OR FULL SUBMISSION.

ADVANTAGES DO NOT SCORE AS SUCH BUT CAN DETERMINE THE RESULT OF A CONTEST SHOULD THE SCORES BE EVEN.

A COMPETITOR WHO HAS MORE ADVANTAGES WILL WIN THE CONTEST SHOULD THE SCORE BE EVEN AT THE END OF THE BOUT.

WHERE SCORES AND ADVANTAGES ARE EVEN THE CONTEST WILL BE DECIDED BY REFEREE DECISION

SCORING WILL BE INDICATED BY THE REFEREE BY RAISING A HAND STRAIGHT UP FOR RED OR BLUE COMPETITOR AND SHOW NUMBER OF FINGERS FOR POINTS SCORED.

ADVANTAGES WILL BE INDICATED BY REFEREE BY EXTENDING HIS ARM STRAIGHT OUT TO THE SIDE FOR RED OR BLUE COMPETITOR

**THE REFEREE WILL HAVE ONE ARM WITH RED ARM BAND AND ONE WITH BLUE ARM BAND
COMPETITORS WILL WEAR ONE ANKLET BLUE OR RED SO THAT SCORING CAN BE CLEARLY DEFINED.**

REFEREE'S DECISION IS FINAL!

WARNINGS

MAXIMUM OF TWO VERBAL WARNINGS

YELLOW CARD = MINUS POINT

RED CARD DISQUALIFICATION

1ST VERBAL WARNING

2ND ADVANTAGE PENALTY

3RD 2 POINT PENALTY

4TH DISQUALIFICATION

REFEREE HAS THE RIGHT TO JUMP LEVELS SHOULD HE DEEM IT NECESSARY DUE TO THE EXTREME LEVEL OF OFFENCE.

ILLEGAL

NO GRABBING OR USE OF CLOTHING!

NO GRABBING SMALL JOINTS FINGERS AND TOES!

NO HEEL HOOKS!

NO THROWING OF OPPONENT ON THEIR HEAD (SPIKING)!

NO PINCHING OF FLESH OR GOUGING OF EYES!

NO TWISTING SPINE LOCKS!

NO AGGRESSIVE OR UNSPORTSMAN LIKE BEHAVIOR!

NO ABUSIVE LANGUAGE!

NO DISRESPECTFUL BEHAVIOR TOWARDS THE REFEREE!

ANY OF THE ABOVE OR OTHER OFFENCE HIGHLIGHTED BY THE REFEREE WILL LEAD TO INSTANT DISQUALIFICATION.

PASSIVITY – FIGHTERS SHOULD MAKE A CONTINUOUS ATTEMPT TO PROGRESS AND DOMINATE OR FINISH THE FIGHT. WHERE A FIGHTER IS DEEMED TO BE INACTIVE HE / SHE MAY BE WARNED OR PENALISED ACCORDINGLY.