



Revised October 2018

FORMAT

AND

RULES

LIGHT CONTACT

SUB/STRIKE

AIMS.

To offer a safe and structured contest format.

To offer a structured grade syllabus, to develop a contest athlete, with elements of self defence within the syllabus for the none contest student.

To offer a progressive Coaching format, for the expansion of Sub/Strike

To offer National and International Championships.

To offer a referee structure.

SUB/STRIKE

Light Format

10/9 Scoring System

Male and Female

Males will NOT compete against Females

NO Competitor will compete against anyone in an older age group

Ages + Weight Divisions

6/7 Years —20KG.—25KG.—30KG.-35KG.-40KG.-45KG.+45KG (GIRLS)

6/7 Years —20KG.-25KG.—30KG.-35KG.-40KG.-45KG.+45KG (BOYS)

8/9 Years —20KG.—25KG.—30KG.-35KG.-40KG.-45KG.+45KG (GIRLS)

8/9 Years —20KG.-25KG.—30KG.-35KG.-40KG.-45KG.+45KG (BOYS)

10/11/12 Years -25KG—30KG.-35KG.-40KG.-45KG.+45KG (GIRLS)

10/11/12 Years -25KG.—30KG.-35KG.-40KG.-45KG.+45KG (BOYS)

13/14 Years —30KG.-35KG.-40KG.-45KG.+45KG (GIRLS)

13/14 Years —30KG.-35KG.-40KG.-45KG.-50KG+50KG(BOYS)

15/16/17 Years -50KG.-55KG.-60KG.-65KG.-70KG.+70KG (GIRLS)

15/16/17 Years -50KG.-55KG.-60KG.-65KG.-70KG.-75KG.+75KG (BOYS)

18 Years +. -55KG.-60KG.-65KG.+65KG (FEMALES)

18 Years +. -57KG.-60KG.-63.5KG.—65KG.-67KG.-71KG.-75KG.-80KG.-86KG.-91KG.+91KG (MALES)

Time for rounds at National and Worlds

6/7/8/9 Years 1 x 3 Minute (Eliminations+ FINALS)

10/11/12 Years 1 x 3 Minute (Eliminations + FINALS)

13/14/15/16/17 Years 1 x 3 Minute (Eliminations)

13/14/15/16/17 Years 1 x 4 Minute (FINALS)

18+ Years 1 x 3 Minutes (Eliminations)

18+ Years 1 x 4 Minute (FINAL)

Finals can be two (2) rounds

NOTE

All competitors 12 years and under

NO HEAD STRIKES.

FRONT AND SIDES OF THE BODY,
OUTSIDE LEGS ONLY (ABOVE KNEE)

All competitors over 13 years

HEAD,
FRONT AND SIDES OF THE BODY,
INSIDE AND OUTSIDE LEGS(ABOVE KNEE)

SEE ILLEGAL TECHNIQUES

**IMPORTANT INFORMATION ON GROUND WORK.
WITH ADDITIONAL INFORMATION**

Ages 6/7/8/9

NO ARM LOCKS eg ARM BAR

NO CHOKES OR STRANGLE

NO KNEE LOCKS

**THIS AGE GROUP SHOULD BE DEVELOPING THE SKILLS IN
GROUND CONTROL FOR COMPETITIONS**

10/11/12

NO CHOKES OR STRANGLE

NO KNEE LOCKS

**ARM LOCKS NOW PERMITTED, BUT ONLY TO POINT JUST
BEFORE THE TAP.**

REFEREE SHOULD STOP BEFORE THE TAP IS NEEDED

13/14

ARM LOCKS + STRAIGHT LEG LOCKS NOW PERMITTED

NO CHOKES OR STRANGLE

HEAD STRIKES PERMITTED

15/16/17

CHOKES AND STRANGLES PERMITTED

18+

NOW PERMITTED ALL LEGAL TECHNIQUES

STRIKES

CHOKES AND STRANGLES

ARM LOCKS (ARM BAR + FIGURE 4) (KIMURA)

STRAIGHT LEG LOCKS (KNEE BAR)

ICO GRAPPLE RULES

TO ASSIST JUDGES
IN SCORING GROUND WORK

1. TAKE DOWN OR THROW WITH 3 SECOND CONTROL AFTER EXECUTION.
2. SWEEP (**SWEEPS MUST START FROM A RECOGNISED GUARD**) WITH 3 SECOND CONTROL
3. KNEE ON STOMACH (**HIPS TO HEAD AND LEG OFF THE GROUND**) WITH 3 SECOND CONTROL
4. GUARD PASS WITH 3 SECOND CONTROL
5. MOUNT (**FRONT OR BACK**) WITH 3 SECOND CONTROL

THERE WILL BE A ROLLING PROGRESSIVE SCORING IE SWEEP TO MOUNT.

ILLEGAL (**SEE ALSO ILLEGAL TECHNIQUES SHEET**)

1. NO GRABBING OR USE OF CLOTHING (**THIS IS PERMITTED IN GI**)
2. NO GRABBING SMALL JOINTS (**FINGERS AND TOES**)
3. NO HEEL HOOKS
4. NO THROWING OF OPPONENT ON THEIR HEAD (**SPIKING**)
5. NO PINCHING OF FLESH OR GOUGING OF EYES
6. NO SPINE LOCKS OF ANY KIND
7. NO AGGRESSIVE OR UN-SPORTS PERSON LIKE BEHAVIOUR
8. NO ABUSIVE LANGUAGE
9. NO DISRESPECTFUL BEHAVIOUR 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 PERMITTED**). WHERE A FIGHTER IS DEEMED TO BE INACTIVE THEY MAY BE WARNED OR PENALISED ACCORDINGLY.

The 10/9 system

The competitors must show all of the Sub/Strike divisions to attain a win.

This means Striking, Take Downs / Throws, Ground Work.

If the referee only sees Striking, the referee will stop the competitors and give a warning to the competitor not trying to move into Throws etc.

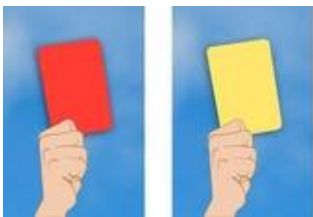
Using this system keeps the power at bay.

Victory by 10/9 is given to the fighter showing skill across the discipline.

Tap out ends the fight.

Fighters start and finish with a hand shake.

WARNINGS AND DISQUALIFICATIONS SEQUENCE



VERBAL WARNING

YELLOW CARD

2 X YELLOW CARD (DISQUALIFICATION)

RED CARD (DISQUALIFICATION)

**REFEREE MAY JUMP TO ANY LEVEL DEPENDANT ON
NATURE OF OFFENSE**

Definitions

Striking/LIGHT **NO** excessive force.

NO JOINT LOCK WHILST DOING Throws, trips or take downs.

CONTROLLING ON THE GROUND.
MEANS BOTH COMPETITORS ARE IN A GROUNDED POSITION

GI FORMAT

THE GI CAN BE USED TO THROW THE OPPONENT TO THE
GROUND

GI FORMAT

THE GI CAN BE USED TO APPLY STRANGLES OR CHOKES.
(**NOT THE BELT**)

NOGI + GI

**TIME IN CLINCH/GRIPPING
BEFORE THROW OR TAKE DOWN
5 TO 10 SECONDS**

TIME ON THE GROUND

**30 SECONDS, THIS WILL BE LESS IF REFEREE DECIDE
NOTHING HAPPENING**

NOGI + GI

**STRIKING WHILST IN CLINCH/GRIPPING
NOT PERMITTED**

DEVELOPING THE AGE GROUPS

6/7/8/9 IT IS ADVISED TO PRACTICE

STAGE 1

STRIKING

STAGE 2

CLINCH/GRIPPING INTO THROWS TAKE DOWNS

STAGE 3

GROUND WORK

THEN

STAGE 1+2

STAGE 2+3

Contest Dress Code + Protection for NOGI + GI

Male/Female

Ages 6/7/8/9/10/11/12

Rash Guard or T shirt+ MMA /Kickboxing/Thai type shorts or Football shorts, Mouth Guard, Groin Guard ,
Elasticated Shin/Instep

Females can wear Chest and Groin Guard (Optional)

LEG-INS CAN BE WORN UNDER THE SHORTS.

SPECIAL Sub/Strike gloves ONLY SUPPLIED. Can be purchased.

**THE GI MUST BE STRONG/RAP OVER (NO TIES) TIED WITH A BELT (OBI)
THE GI CAN BE ANY COLOUR
ELBOW AND KNEE PADS MAY BE WORN (ELASTICATED ONLY NO STRAPS)
NO JEWELLERY OR PIERCINGS'
CLOTHING MUST BE CLEAN AND PRESENTABLE
TOE AND FINGER NAILS MUST BE CLEAN AND TRIMMED**



NO HEAD GUARD

6/7/8/9/10/11/12YEARS

NO HEAD STRIKES

ABOVE IS THE DRESS CODE FOR NOGI + GI
SAME DRESS CODE FOR ALL AGES ABOVE 13+ YEARS
+ HEAD GUARD

Contest Dress Code + Protection for NOGI + GI

Male/Female
13/14/15/16/17

**Head Guard, Rash Guard or T shirt+ MMA /Kickboxing/Thai type shorts or Football shorts, Mouth Guard,
Groin Guard (Optional for females), Chest Guard Optional for females, Elasticated Shin/Instep
LEG-INS CAN BE WORN UNDER THE SHORTS.
SPECIAL Sub/Strike gloves ONLY SUPPLIED. Can be purchased.**

**THE GI MUST BE STRONG/RAP OVER (NO TIES) TIED WITH A BELT (OBI)
THE GI CAN BE ANY COLOUR**

**ELBOW AND KNEE PADS MAY BE WORN (ELASTICATED ONLY NO STRAPS)
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TOE AND FINGER NAILS MUST BE CLEAN AND TRIMMED**



Contest Dress Code + Protection for NOGI + GI

Male/Female
18+

Head Guard, Rash Guard or T shirt+ MMA /Kickboxing/ Thai type shorts, Mouth Guard, Groin Guard
(Optional for females), Chest Guard Optional for females, Elasticated Shin/Instep
LEG-INS CAN BE WORN UNDER THE SHORTS.
SPECIAL Sub/Strike gloves ONLY SUPPLIED. Can be purchased.

THE GI MUST BE STRONG/RAP OVER (NO TIES) TIED WITH A BELT (OBI)
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ELBOW AND KNEE PADS MAY BE WORN (ELASTICATED ONLY NO STRAPS)
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CLOTHING MUST BE CLEAN AND PRESENTABLE
TOE AND FINGER NAILS MUST BE CLEAN AND TRIMMED



THIS FIGHTER HAS
INCORRECT PROTECTION.
WOULD **NOT** BE PERMITTED
TO COMPETE

ILLEGAL TECHNIQUES

SPIKING OR SLAMMING OPPONENT

THROWING AGAINST LOCKED JOINTS

LOCKS OF ANY KIND FOR UNDER 9 YEARS

SUPLEX OF ANY KIND

MANIPULATION OF SMALL JOINTS

HEEL HOOKS

NECK CRANKS

SPINE LOCKS

STRIKING THE THROAT

STRIKING THE GROIN

STRIKING THE BACK AND BACK OF HEAD

SPINNING BACK FIST AND BACK FIST

AXE KICK AND SPINNING KICK WITH THE HEEL (SOLE OF FOOT ONLY)

GOUGING, BITING, PINCHING, CLAWING OF THE FLESH

HEAVY SITTING LOW KICKS

CUTTING LOW KICKS

KNEE STRIKE OF ANY KIND

ELBOW STRIKE OF ANY KIND

ATTACKS WITH STRIKES TO JOINTS IN STAND UP

DELIBERATE HEAVY STRIKING OF ANY KIND

STRIKING OF ANY KIND WHILST ON THE GROUND

KICKING THE FRONT OF THE LEG

GRABBING OF SHORTS OR USE OF CLOTHING (NOGI)

STRIKES TO THE HEAD FOR UNDER 12 YEARS.
KNEE LOCKS OF ANY KIND FOR UNDER 12 YEARS

LIFTING THE OPPONENT FROM THE GROUND THEN SLAMMING BACK DOWN

CHOKES AND STRANGLES OF ANY TYPE FOR THE FOLLOWING AGE GROUPS
6/7/8/9/10/11/12

USING THE HANDS TO STRANGLE OR CHOKE

USING THE BELT (OBI) TO STRANGLE OR CHOKE

STRIKING WHILST IN CLINCH/GRIPPING

APPLYING JOINT LOCKS WHILST DOING THROWS OR TAKE DOWNS

NO TWISTING KNEE LOCKS

NO HAND RAPS (NO BANDAGE)

ILLEGAL TECHNIQUES

STRIKING OF ANY KIND WHILST ON THE GROUND SUB/STRIKE LIGHT NOGI + GI



**GRABBING OF SHORTS OR USE OF CLOTHING THIS ONLY APPLIES TO NOGI
HOLDING THE GI IS PERMITTED**





FORMAT

AND

RULES

FULL CONTACT

SUB/STRIKE FULL

CONTESTED IN THE RING ONLY

DRESS CODE SAME AS SUB/STRIKE LIGHT, WITH FOLLOWING CHANGES.

MALE BARE CHEST (NO T SHIRT, NO RASH GUARD)

FEMALE DRESS CODE AS SUB/STRIKE LIGHT, WITH FOLLOWING CHANGES.
FEMALE GROIN GUARD AND CHEST PROTECTOR. (NOT OPTIONAL)

**5 TO 10 SECONDS PERMITTED IN CLINCH/HOLD ,
THEN MUST THROW OR TAKE DOWN**

SUB/STRIKE FULL 18+ YEARS ONLY

30 SECONDS ON THE GROUND

NO STRIKES IN CLINCH

ILLEGAL TECHNIQUES AS SUB/STRIKE LIGHT

WEIGHT DIVISIONS

MALE

-57KG. -60KG. -63KG. -65KG. -67KG. -71KG. -75KG. -80KG. -86KG. -91KG. + 91KG

FEMALE

-55KG. -60KG. -65KG. -70KG. +70KG.

HAND RAPS (BANDAGES) PERMITTED

FULL EVENTS AT GALA EVENTS NOT OPEN CHAMPIONSHIPS.

**ROUNDS NONE TITLE 3 X 2 MINUTES
ROUNDS TITLE NATIONAL 3 X 3 MINUTES
ROUNDS WORLD 3 X 4 MINUTES**

VICTORY BY

**KNOCK OUT. TAP OUT or VERBAL . REFEREE STOPPAGE.
DOCTOR STOPPAGE. POINTS DECISION 10/9 SYSTEM.
DISQUALIFICATION**