



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

## INTERNATIONAL GRAPPLING REGULATIONS



**Adresse :** Rue du Château 6 / 1804 Corsier-sur-Vevey / Suisse **Téléphone :** (41.21) 312 84 26 **Fax :** (41.21) 323 60 73 **E-mail :** [fila@fila-wrestling.com](mailto:fila@fila-wrestling.com) **Internet :** [www.fila-wrestling.com](http://www.fila-wrestling.com)

*Updated in November 2010*



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Adresse : Rue du Château 6 / 1804 Corsier-sur-Vevey / Suisse  
Téléphone : (41.21) 312 84 26 Fax : (41.21) 323 60 73  
E-mail : fila@fila-wrestling.com Internet : www.fila-wrestling.com

## TABLE OF CONTENTS

<b>SECTION ONE – GENERAL RULES</b> .....	<b>3</b>
ARTICLE 1 – MISSION STATEMENT .....	3
ARTICLE 2 – PHILOSOPHY .....	3
ARTICLE 3 – OBJECTIVES.....	3
ARTICLE 4 – APPLICATION OF THE RULES AND FILA LICENCE .....	3
ARTICLE 5 – ANTI-DOPING AND SANITARY CONDITIONS .....	3
ARTICLE 6 – WEIGHT LOSS .....	4
<b>SECTION TWO – COMPETITION PROCEDURE</b> .....	<b>4</b>
ARTICLE 7 – COMPETITION SYSTEM .....	4
ARTICLE 8 – MEDICAL EXAMINATION AND UNIFORM CHECK .....	4
ARTICLE 9 – WEIGH-IN .....	5
ARTICLE 10 – DRAWING OF LOTS .....	5
<b>SECTION THREE – MATERIAL STRUCTURE</b> .....	<b>5</b>
ARTICLE 11 – AGE AND WEIGHT DIVISIONS.....	5
ARTICLE 12 – GRAPPLERS’ UNIFORMS AND APPEARANCE .....	6
ARTICLE 13 – COMPETITION MAT .....	7
ARTICLE 14 – MEDICAL SERVICE.....	7
<b>SECTION FOUR – REFEREEING BODY</b> .....	<b>8</b>
ARTICLE 15 – COMPOSITION .....	8
ARTICLE 16 – UNIFORM .....	8
ARTICLE 17 – GENERAL DUTIES .....	8
ARTICLE 18 – THE CENTRAL REFEREE .....	8
ARTICLE 19 – THE MAT JUDGE.....	9
<b>SECTION FIVE – THE MATCH</b> .....	<b>10</b>
ARTICLE 20 – DURATION OF THE MATCHES.....	10
ARTICLE 21 – CALL AND START OF THE MATCHES.....	10
ARTICLE 22 – START AND RESTART POSITIONS .....	10
ARTICLE 23 – SCORING FOR ACTIONS AND HOLDS .....	11
ARTICLE 24 – INJURY AND BLOOD TIME .....	12
ARTICLE 25 – INTERRUPTIONS OF THE MATCH .....	12
ARTICLE 26 – OVERTIME.....	13
ARTICLE 27 – PROTEST AND CHALLENGE .....	13
ARTICLE 28 – MATCH CLASSIFICATION POINTS .....	14
<b>SECTION SIX – TECHNICAL INFRACTIONS</b> .....	<b>15</b>
ARTICLE 29 – PASSIVITY.....	15
ARTICLE 30 – ILLEGAL HOLDS AND ACTIONS.....	15
ARTICLE 31 – EJECTION PROCEDURES.....	16
<b>SECTION SEVEN – FINAL PROVISIONS</b> .....	<b>17</b>



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Adresse : Rue du Château 6 / 1804 Corsier-sur-Vevey / Suisse  
Téléphone : (41.21) 312 84 26 Fax : (41.21) 323 60 73 E-mail : fila@fila-wrestling.com Internet : www.fila-wrestling.com

## **SECTION ONE – GENERAL RULES**

### **Article 1 – Mission statement**

The World Grappling & Pankration Committee (WGPC) was created under the authority of FILA to foster the physical and mental well being of individuals engaging in the discipline of grappling. The World Grappling Committee's goal is to make grappling an exciting and spectator friendly sport and to rule its practice on a worldwide level in order to include the sport in all official multi-sport events and ultimately gain Olympic status.

### **Article 2 – Philosophy**

Grappling is a hybrid sport formed of wrestling, jujitsu and other styles of submission fighting whose art consists in forcing the opponent to admit he/she cannot escape the maneuver without harm. The World Grappling and Pankration Committee (WGPC) feels that it is honorable for an athlete to accept his/her own defeat. However, the grapplers must be properly informed of the correct actions and reactions to adopt in the various submission situations.

In accordance with the general philosophy of sport, the grapplers are required to honor the values of sportsmanship and fair play and they shall never intentionally injure a fellow sportsman in competition.

### **Article 3 – Objectives**

Based on the FILA Constitution and various regulations, the international rules set forth in the present document constitute the framework within which the sport of grappling is conducted and promoted and have as their specific objectives to:

- Define and specify the practical and technical conditions under which a match is to take place.
- Determine the value to be assigned to actions and holds.
- List the situations and prohibitions.
- Determine the technical duties of the refereeing body.
- Establish the competition system, classification, technical points, penalties, eliminations, etc.

### **Article 4 – Application of the Rules and FILA Licence**

The rules defined in the present document shall be in effect for all FILA sanctioned events in order to ensure optimal safety of the athletes and a healthy growth of the discipline.

The FILA licence is mandatory for every international grappling competition with more than two participating countries. Every international competition must be reported to FILA and added to its official calendar. The FILA insurance will only apply to competitions that appear in the FILA calendar.

### **Article 5 – Anti-Doping and Sanitary conditions**

All athletes participating in FILA sanctioned events agree to submit themselves to the FILA Anti-Doping Regulations and to the World Anti-Doping Code.

Athletes knowingly infected with the HIV/HBV virus are prohibited from participating in grappling competitions. Medical staff knowingly infected with the same viruses is prohibited from administering healthcare to bleeding grapplers.



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Adresse : Rue du Château 6 / 1804 Corsier-sur-Vevey / Suisse  
Téléphone : (41.21) 312 84 26 Fax : (41.21) 323 60 73 E-mail : fila@fila-wrestling.com Internet : www.fila-wrestling.com

## **Article 6 – Weight Loss**

As far as weight reduction on the competition site is concerned, FILA has adopted the following rules: the practice of dehydration or excessive caloric restriction, the use of diuretics, emetics, laxatives, and self-induced vomiting are prohibited by FILA. Grapplers under 18 are prohibited from the on-site use of saunas/steam rooms or vapor-impermeable suits.

Enforcement of these rules is the responsibility of the tournament committee and its decisions shall be final. A first violation of these rules shall cause the individual(s) in question to be suspended from the competition for which use of the prohibited methods were intended. A second violation shall result in the suspension of the individual(s) from any FILA sanctioned event for one calendar year from time of suspension. The FILA Executive Committee will hear all second violation cases and apply the sanctions defined in the FILA regulations. Any individual assisting a grappler in prohibited weight reduction practices shall be held to the same rules and penalties as the athlete in violation.

## **SECTION TWO – COMPETITION PROCEDURE**

### **Article 7 – Competition System**

The competition system follows the system adopted by FILA for the Olympic competitions based on direct elimination with repechage. The pairing is made in order of the numbers drawn. If the number of grapplers is not ideal (i.e. 4, 8, 16, 32, 64, etc.), some qualification matches will take place from the bottom of the brackets. The grapplers who win their matches continue in the brackets until two undefeated grapplers remain. They will dispute the final for the gold and silver medal. The grapplers who lost against the two finalists will have repechage matches in two different groups: the first group with the grapplers who lost against the 1<sup>st</sup> finalist and the second group with the grapplers who lost against the second finalist. The winners of the two repechage groups will both receive a bronze medal. From the 7<sup>th</sup> place, the grapplers are ranked according to the following criteria:

- Most victories by submission
- Most victories by technical superiority
- Most victories by decision
- Most technical points scored during the whole competition

**Note: If the place of the grapplers cannot be determined with the above criteria, they will be ranked ex aequo.**

In case a category counts less than 6 competitors, the competition will follow the “Nordic system” with each competitor fighting each competitor. The ranking will be made according to the number of victories. In case of a tie, the classification points will part the grapplers and if they are still equal, the winner of their direct fight will be ranked before the other one.

### **Article 8 – Medical Examination and Uniform Check**

Separate male and female rooms or times shall be provided for medical examination. The athletes shall wear shorts or underwear. The medical staff shall examine them for skin infections and medical conditions such as cuts or contagious disease. It has full authority to decide whether athletes are suitable for competition or not. Once the medical staff has cleared the athletes, they shall proceed to the uniform check table and have their competition uniforms controlled by the designated referees. In case their uniforms are not compliant with the FILA regulations, the athletes will be given the opportunity to purchase FILA approved gear on the spot.



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Internet : [www.fila-wrestling.com](http://www.fila-wrestling.com)

E-mail : [fila@fila-wrestling.com](mailto:fila@fila-wrestling.com)

Fax : (41.21) 323 60 73

Téléphone : (41.21) 312 84 26

Adresse : Rue du Château 6 / 1804 Corsier-sur-Vevey / Suisse

### **Article 9 – Weigh-In**

Weigh-in shall be conducted the evening before the competition in a restricted area near the competition site. Its access shall be limited to competitors, coaches, referees, and official weigh-in staff. No competitor shall be accepted at the weigh-in if he/she has not undergone the medical examination within the time period stipulated in the programme of the competition concerned. Athletes shall present their FILA licence and accreditation to the appointed referees in charge of the weigh-in. Athletes shall wear shorts or underwear and be allowed to check their weight on the scales as many times as they wish within the official weigh-in time frame. No weight tolerance shall be granted at the FILA sanctioned events.

### **Article 10 – Drawing of Lots**

After the athletes have made weight and the weigh-in official has marked their weight on the weigh-in list, they shall draw a lot number which will be used to determine their position in the bracket. The weigh-in officials shall also enter the lot number onto the weigh-in list. The drawing of lots shall be conducted at the weigh-in table next to the scales, either manually or by computer with the official FILA competition software.

## **SECTION THREE – MATERIAL STRUCTURE**

### **Article 11 – Age and Weight Divisions**

All contestants shall be able to provide an official document proving their age and nationality. Any athlete found competing in an age group lower than his/her FILA designated age category shall be automatically disqualified from the immediate competition. Those athletes found violating this policy repeatedly may be subject to FILA membership disqualification.

Except for veterans, athletes are allowed to compete in the age division directly above their legal age group, provided that they present a medical certificate at registration. Novice, schoolboys, and cadets are also required to present a parental consent confirming they are allowed to compete in an older age group.

**Note: If several age divisions are on the program of a FILA sanctioned event, athletes may only compete in one age group.**

#### **Novice (12-13 years old)**

- Boys: 40, 45, 50, 55, 60, 65, 75, +75kg
- Girls: 35, 40, 45, 50, 55, +55kg

#### **Schoolboys/girls (14-15 years old)**

- Boys: 45, 50, 55, 60, 65, 70, 80, +80kg
- Girls: 40, 45, 50, 55, 60, +60kg

#### **Cadets (16-17 years old)**

- Men: 50, 55, 60, 65, 70, 75, 85, +85kg
- Women: 45, 50, 55, 65, 70, +70kg



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Adresse : Rue du Château 6 / 1804 Corsier-sur-Vevey / Suisse  
Téléphone : (41.21) 312 84 26  
Fax : (41.21) 323 60 73  
E-mail : fila@fila-wrestling.com  
Internet : www.fila-wrestling.com

#### Juniors (18-19 years old)

- Men: 60, 65, 70, 75, 80, 90, 110 kg, Absolute
- Women: 50, 55, 60, 65, 75 kg, Absolute

#### Seniors (20 and older)

- Men: 60, 65, 70, 75, 80, 90, 110 kg, Absolute
- Women: 50, 55, 60, 65, 75 kg, Absolute

#### Veterans (35-60 years old)

- Men: 65, 70, 75, 80, 90, 110 kg, Absolute
- Women: 55, 60, 65, 75 kg, Absolute

### **Article 12 – Grapplers’ Uniforms and Appearance**

For all FILA sanctioned events, competition uniforms shall be **FILA approved**.

#### Competition Uniform – No-Gi

Grapplers shall appear on the edge of the mat wearing FILA approved board shorts and a tight-fitting sleeveless, short sleeve or long sleeve rashguard. The shorts shall not be excessively baggy or have pockets or button/snaps that may be unsafe during competition. The first grappler called shall wear an overall red uniform and the second grappler called shall wear an overall blue uniform.

#### Competition Uniform – Gi

Grapplers shall appear on the edge of the mat wearing a FILA approved competition Gi. The Gi must be made of cotton or similar material and in good condition. It may not be unusually thick or stiff to the point of obstructing the opponent. The jacket must be longer than the hips, but no longer than the thighs. When extending the arms forward, the distance between the sleeves and the wrists must not exceed 5 cm. The pants must be of proper size and reach to the ankles in upright position. The pants may not be unusually tight or loose to the point of affecting the opponent’s ability to make holds or move. The first grappler called shall wear a white Gi and the second grappler called shall wear a Gi of color. The belt shall be tied tight around the waist to secure the jacket.

#### Protection gear

The use of light kneepads containing no metal parts is allowed. Grapplers may also wear FILA approved ear protectors that do not contain any metal or hard cover shells. Referees may require a grappler whose hair is too long to wear ear protectors or an athletic hair cover.

#### Country’s abbreviation

For all Continental and World Championships, the grapplers shall wear the abbreviation of their country’s name on the back of their competition rashguards or jackets.

#### Advertising on clothing

Grapplers may wear sponsors’ names or symbols on their competition uniforms as long as they don’t interfere with the identification of the uniforms’ color and country’s abbreviation.



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Adresse : Rue du Château 6 / 1804 Corsier-sur-Vevey / Suisse  
Téléphone : (41.21) 312 84 26  
Fax : (41.21) 323 60 73  
E-mail : [fila@fila-wrestling.com](mailto:fila@fila-wrestling.com)  
Internet : [www.fila-wrestling.com](http://www.fila-wrestling.com)

### Shoes

Grapplers are not required to wear shoes during the match, but those who choose to shall wear FILA approved shoes. The use of shoes with heels or nailed soles, buckles, or any metallic parts is prohibited. Shoes with laces shall be wrapped with tape so that they do not come undone during the match.

### Appearance and hygiene

Grapplers are prohibited from wearing bandages on the wrists, arms or ankles except in the case of injury or on doctor's orders. Grapplers are prohibited from wearing any object that might cause injury to an opponent such as necklaces, bracelets, anklets, toe rings, finger rings, piercing of any kind, prosthesis, etc.

Grapplers' fingers and toenails shall be neatly trimmed with no sharp edges. If an athlete's hair is longer than shoulder length and/or bangs extend beyond the ears, the athlete shall wear an athletic hair cover. Grapplers shall be well groomed and their hair and skin shall be free of any greasy, oily or sticky substance. Grapplers may not arrive at the mat perspiring for the beginning of the match. The referee may require a grappler to towel off at any time during the match. In the interest of health, hygiene and a sanitary environment for the athletes, these rules shall be strictly enforced.

At weigh-in, a FILA official shall check that all competitors satisfy the requirements of this article. The athletes must be warned that if their appearance or uniform are not compliant, they will not be allowed to enter the competition. The grapplers who enter the competition area with an appearance that does not conform to the present regulations will be given 2 minutes to change it; otherwise they will lose the match by forfeit.

### Article 13 – Competition Mat

For all FILA sanctioned events, FILA approved 10x10 or 12x12 mats containing a 8 to 10-meter circle shall be used. The centre of the mat shall contain a 1-meter circle that will serve as a starting point for the combat grapplers. From the edge of the outer circle, a minimum of a 2-meter safety zone shall be provided.

### Article 14 – Medical Service

The organizer of a FILA event is responsible for providing medical service. The medical staff will be under the authority of a **sport doctor** in charge and will be responsible for conducting all medical examinations as well as giving medical surveillance during the entire event. During the competition, the medical staff shall be ready to intervene in the case of an accident or injury and decide whether a grappler is fit to continue the match.

The Head medical officer has full authority to stop a match at any time if he deems either grappler to be in danger. He may also stop a match if he feels a grappler is medically unfit to continue. A grappler shall not leave the mat in the event of a serious injury. In such case, the referee shall immediately stop the match and ask the Head medical officer to examine the grappler on the mat.



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Adresse : Rue du Château 6 / 1804 Corsier-sur-Vevay / Suisse  
Téléphone : (41.21) 312 84 26 Fax : (41.21) 323 60 73 E-mail : fila@fila-wrestling.com Internet : www.fila-wrestling.com

## **SECTION FOUR – REFEREEING BODY**

### **Article 15 – Composition**

All matches shall be refereed by a central referee and a mat judge. Category-III referees will be eligible for international tournaments, and Category-II and I referees will be eligible for Continental and World Championships. In major competitions, the members of the refereeing body shall in no case be of the same nationality or officiate in matches involving compatriot grapplers.

### **Article 16 – Uniform**

The central referees and the mat judges shall wear black suit pants, a black polo, and black sports shoes. In addition, they shall wear a whistle around their neck and a red band on their left wrist and a blue band on their right wrist.

### **Article 17 – General Duties**

The refereeing body shall perform all the duties set forth in the regulations governing grappling competitions and in any special provision that might be established for the organization of a particular competition. The central referee and the mat judge are required to use the basic FILA terminology and signals appropriate to their respective roles when conducting the matches. The central referee's main duty consists in starting and interrupting the match, awarding the points, and imposing the penalties in order to determine the legitimate winner and loser. The central referee's decisions prevail, but in case of doubt he may consult the mat judge. In case no agreement can be reached, the Head Referee in charge of the competition will have the final say. The central referee and the mat judge are forbidden to speak to anyone during the match, except amongst themselves when they must consult so as to perform their tasks properly.

All the points shall be announced to the public by the mat judge, either by hand signal, by means of bats or by an electronic/manual scoreboard. The mat judge's score sheets are used to tally all the holds executed by the two opponents, including the points, cautions, and warnings for passivity which shall be recorded with the greatest accuracy in the order corresponding to the various phases of the match. At the end of the match, the central referee and the mat judge shall sign the score sheet.

### **Article 18 – The Central Referee**

The central referee is responsible for the orderly conduct of the match that he shall direct according to the official FILA rules. He shall command the respect of the contestants and exercise full authority over them so that they immediately obey his orders and instructions. Similarly, he shall conduct the match without tolerating any irregular and outside interventions. His whistle shall begin, interrupt and end the match. After the execution of a hold (if it is valid and if it has been executed within the limits of the competition area), he shall indicate with his fingers the points corresponding to the value of the hold by raising the wrist corresponding to the color of the grappler who scored.

#### **Central referee's specific duties:**

- Shake the grapplers' hand when they enter the mat and before they leave it.
- Inspect the grapplers' competition uniform and require them to change them within 2 minutes in case they are not compliant with the present Regulations.
- Inspect the grapplers' skin for perspiration or any greasy or sticky substance.



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

- Not get too close to the grapplers when they are in standing position, but stay close if they are in ground position.
- Be able to change position from one moment to the next, on the mat or around it, and in particular move onto the knees or stomach to obtain a better view of an impending submission.
- Not obstruct the mat judge's view by standing so close to the grapplers (particularly if a submission appears imminent).
- Not turn the back to the competitors at any point and risk to lose control over the situation.
- Stimulate a passive grappler without interrupting the match and give the necessary cautions.
- Ensure that the grapplers do not rest during the match on the pretense of wiping their bodies, blowing their nose, feigning injury, etc. In such case, the central referee shall stop the match and ask for a caution to be issued to the grappler at fault and 1 point to the opponent.
- Brush off a grappler's hand or give a verbal warning if he/she is pulling the opponent's uniform.
- Uphold penalties for violations of the rules or for brutality.
- Be ready to blow the whistle if the grapplers approach the edge of the mat.
- Indicate whether a hold executed at the edge of the mat is valid.
- Break action and bring the grapplers back into starting position when the action goes out of bounds (i.e. when no body part of either grappler is touching the competition area or when any body part of either grappler is out of the protection area).
- Rapidly and clearly order the position in which grappling must be resumed.
- Whistle to stop the action after a grappler has signaled submission either physically (by a tap) or verbally. The central referee shall also put a hand on each competitor to further ensure the grapplers' safety.
- Except for senior Continental and World Championships, stop the action if, upon observing a submission attempt, the grappler is deemed unable to escape without harm.
- Upon intervention by the mat judge, interrupt the match and proclaim victory by technical superiority when the grapplers' scores are 10 points apart. In this situation, the central referee shall wait for the action, either an attack or counter attack, to be complete.
- Interrupt the match at exactly the right time when necessary.
- Ensure that the grapplers remain on the mat until the result of the match is announced.
- Proclaim the winner by raising his/her hand after agreement with the mat judge.

### **Article 19 – The Mat Judge**

The mat judge shall follow the course of the match very closely without allowing himself to be distracted in any way. Following each action and on the basis of the central referee's indications, he shall write the corresponding points on the score sheet.

#### **Mat judge's specific duties:**

- Assist in maintaining the proper score and time.
- Make the central referee aware of any possible scores, infractions, or submissions.
- Declare overtime in case of a tie in points
- Confirm the winner to the central referee and the classification points to the scorekeeper
- Sign the score sheet at the end of the match



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Adresse : Rue du Château 6 / 1804 Corsier-sur-Vevey / Suisse  
Téléphone : (41.21) 312 84 26 Fax : (41.21) 323 60 73 E-mail : fila@fila-wrestling.com / Internet : www.fila-wrestling.com

## **SECTION FIVE – THE MATCH**

### **Article 20 – Duration of the Matches**

The novice, schoolboys/girls and veteran matches last 4 minutes.  
The cadet, junior, and senior matches last 5 minutes.

### **Article 21 – Call and Start of the Matches**

Both grapplers' names shall be called in a loud clear voice to the mat. Grapplers shall be called 3 times with at least a 30-second time interval between each call. If after the third call a grappler has not checked in at the mat, he shall be disqualified and default the match.

When their name has been called, the grapplers shall stand in the corner corresponding to their assigned color and wait for the central referee to call them to his/her side. The central referee shall inspect their competition uniform and give them 2 minutes to change them in case they are not compliant with the present regulations. In case an athlete does not come back to the mat with a satisfactory uniform or protection gear after 2 minutes, he/she shall lose the match by forfeit. The central referee shall also inspect the combat grapplers to make sure that their skin is not covered with any greasy or sticky substance, or with perspiration. After the central referee has completed his/her inspection, the two grapplers shake hands and begin the match as the referee's whistle.

### **Article 22 – Start and Restart Positions**

#### **Neutral Position**

Neutral position occurs at the beginning of the regular period. Both grapplers stand opposite one another in the centre of the mat with one foot touching the inner circle and wait for the referee's whistle to start grappling. Neutral position is ordered when neither grappler has earned advantage in the standing position, but both were taken out of bounds.

#### **Open Guard Restart Position**

Open Guard Restart occurs at the centre 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 his 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 when no points were awarded for either side, full or back mount position. The grappler who was on top when the action went out of bounds (or who had a partial back control) will take top position in the Open Guard Restart. When the action is restarted in the Open Guard position, all the dominant control positions can be scored again.

#### **Side Control Restart Position**

Side Control Restart occurs at the centre 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 and elbows and knees on the mat. The Side Control Restart position is ordered when a grappler has been awarded points for side mount and then action goes out of bounds while maintaining control over the opponent. When the action is restarted in the Side Control position, then only full mount and back mount points can be scored.



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Adresse : Rue du Château 6 / 1804 Corsier-sur-Vevey / Suisse  
Téléphone : (41.21) 312 84 26  
Fax : (41.21) 323 60 73  
E-mail : fila@fila-wrestling.com  
Internet : www.fila-wrestling.com

### Mount Restart Position

Mount Control Restart occurs at the centre 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 Mount Control Restart position is ordered when a grappler has been awarded points for full mount and then action goes out of bounds while maintaining control over the opponent. When the action is restarted in the Mount Control position, then only back mount points can be scored.

### Back Control Restart Position

Back Control Restart occurs at the centre of the mat with the bottom grappler kneeling, hands on his thighs, and the top grappler kneeling behind him, one leg up and in an over-under lock position. The Back Control Restart position is ordered when a grappler has been awarded points for the Back Mount and then action goes out of bounds while maintaining control over his/her opponent. When the action is restarted in the Back Control position, then the top grappler may no longer score points for dominant control positions.

**Note: If a grappler forces the action out of bounds in an attempt to escape a submission, he/she will be called for a "catch" and lose the match.**

### Article 23 – Scoring for Actions and Holds

Points will only be awarded if a grappler manages to gain control for 3 seconds.

#### Takedowns – 1 point

When a grappler manages to take his/her opponent down and gains control for 3 seconds. If, with the takedown, the grappler manages to establish a dominant position, he/she will further receive the corresponding points (i.e.: 1 + 2 for takedowns into side mount, 1 + 3 for takedowns into full mount, and 1 + 4 for takedowns into back mount).

#### *Situations of guard pulling:*

- Jumping or sitting into guard from a standing position with contact and with a deliberate attempt of a submission or takedown will not be penalized by a caution and will not award 1 point to the opponent.
- Jumping or sitting into guard from a standing position with contact and without a deliberate attempt of a submission or takedown will not be penalized by a caution, but will award 1 point to the opponent.
- Jumping or sitting into guard from a standing position without contact to avoid standing or ground fight will be penalized by a caution and will award 1 point to the opponent.

#### Dominant positions – 2, 3, 4 points

- Side Mount (2 points): When a grappler gains control by passing the opponent's leg defenses while keeping the opponent's back to the mat for the count of 3 seconds (including north-south and knee on stomach).
- Full Mount (3 points): When a grappler controls the opponent who is lying on the back, from the top with both of his/her knees touching the ground on either side of the opponent for the count of 3 seconds (including north or south).



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

- Back Mount (4 points): When a grappler controls the opponent from the back, with his/her chest to the opponent's back and his/her legs hooked inside both of the opponent's legs for the count of 3 seconds.

To ensure a higher level of submissions, points for dominant control positions (i.e., side mount, full mount, and back mount) will follow a system of progression, meaning that positions have to be improved to be awarded points. The dominant control position progression will reset if the top grappler loses dominant control and the bottom grappler re-establishes ground/standing neutral position for at least 3 seconds.

#### Re-establishing neutral position (1 point)

If a grappler re-establishes neutral ground or standing position for 3 seconds after the opponent has successfully gained points for a dominant position, he/she will be awarded 1 point.

**Note: Closed guard is the only recognized neutral ground position.**

#### Reversals (1 point)

Reversals from a disadvantaged position or any bottom position without direct establishment of a dominant position will be awarded 1 point if control is maintained for 3 seconds.

Reversals from a disadvantaged position or any bottom position with direct establishment of a dominant position will be awarded with 1 point + the points corresponding to the dominant position if control is maintained for 3 seconds (i.e.: 1 + 2 for reversals into side mount, 1 + 3 for reversals into full mount, and 1 + 4 for reversals into back mount).

### **Article 24 – Injury and Blood Time**

The referee must stop the match and call for injury time if a grappler is temporarily injured due to an incidental blow (i.e. eye poke, head collision, etc). Injury/blood time per match cannot exceed 2 minutes per athlete. If the referee feels that a grappler is feigning injury to avoid a submission and/or action, he may declare a disqualification. Similarly, if an injury occurs as a result of an illegal move, the referee shall disqualify the grappler at fault.

In the event of a grappler bleeding, the referee shall stop the match and make the medical staff intervene. Proper cleaning utensils and disinfectant solutions must be readily available at the mat table. It is the Head medical officer's duty to determine whether the bleeding and spread of blood have been effectively stopped and whether or not the athlete may continue competition. The competition cannot resume until all materials used in blood cleanup are properly disposed of and until the medical solution used to clean up the mat has dried. In the case of a bloodied or torn garment that must be replaced, all athletes must have a back up uniform available mat side.

### **Article 25 – Interruptions of the Match**

If for any reason the match must be interrupted (i.e., injury/blood time, referees' consultation, etc.), the two grapplers shall stand or sit in the centre of the mat facing the referees' table, without talking to anyone or taking liquids, and wait for the referee to call them back and resume the match.



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Adresse : Rue du Château 6 / 1804 Corsier-sur-Vevay / Suisse  
Téléphone : (41.21) 312 84 26 Fax : (41.21) 323 60 73  
E-mail : fila@fila-wrestling.com Internet : www.fila-wrestling.com

### **Article 26 – Overtime**

Overtime begins at the end of regulation time when the score of the match is tied. All cautions and infractions accumulated during regulation time are carried over to the overtime period. Overtime lasts 1 minute for all age divisions and the victory is determined by “sudden death”, meaning that the first grappler who scores wins the match. The period starts in either one of the three following positions: open guard bottom, open guard top, or standing neutral.

The grappler who is given the choice of the position will be determined by the following criteria:

1. Most passivity infractions
2. Lowest value of points \*
3. Coin flip

If no point is scored after the end of the overtime period, the grappler who was NOT given the choice of the position receives 1 point and wins the match, because his/her opponent did not manage to score when being advantaged by the choice of the position.

*\* Example for the lowest value of points: If the score is tied 3:3 with the red grappler who scored a 3-point full mount and the blue grappler who scored a 1-point takedown and a 2-point side mount, the choice of the position will be given to the blue grappler, because he scored lower value actions than the red grappler.*

### **Article 27 – Protest and Challenge**

No protest may be lodged at the end of a match. A challenge can be called for during the match if the Head Referee or a grappler’s coach deems that a refereeing mistake has been made, but the result of a match may under no circumstances be modified after victory has been declared on the mat.

The challenge is the action through which a coach is allowed, on behalf of the grappler, to stop the action and request the refereeing body to watch the video evidence and reconsider its judgment. It is specified that this possibility is only offered during competitions in which the video control is formally established by FILA and the organizing committee. The coach who wishes to request a challenge shall throw a sponge and remain seated, immediately after the refereeing body has awarded points to the contested situation. The judge shall then interrupt the match as soon as the ongoing action is completed. If the grappler disagrees with his/her coach’s decision, then the match continues.

The refereeing body is then invited to watch the video evidence and render its final decision along with the Head Referee in charge of the tournament who will have the final say in case of disagreement.

Each grappler is entitled to 1 challenge per match. If after reviewing the video evidence, the refereeing body modifies its decision, then the challenge can be used again during the match. If the refereeing body confirms its initial decision, the grappler loses the challenge and 5 points are awarded to his/her opponent.

**Note: Only technical calls or situations can be challenged. Judgement calls, such as cautions, passivity, or brutality cannot be challenged by the coaches or athletes.**



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Adresse : Rue du Château 6 / 1804 Corsier-sur-Vevey / Suisse  
Téléphone : (41.21) 312 84 26 Fax : (41.21) 323 60 73 E-mail : fila@fila-wrestling.com Internet : www.fila-wrestling.com

## Article 28 – Match Classification Points

The classification points received for their matches will be used to determine their final ranking.

### Victory by Submission (5 points to the winner – 0 points to the loser)

A victory by submission occurs when a grappler admits his/her defeat either verbally (by screaming or saying “tap” or “stop”) or physically (by tapping with his/her hand or foot). Except for senior Continental and World Championships, the central referee is entitled to declare a victory by submission if, upon observing a submission attempt, he deems that the grappler caught in the submission hold will not be able to escape without harm.

### Victory by Disqualification (5 points to the winner – 0 points to the loser)

A victory by disqualification occurs when a grappler is banned from the match or competition for any reason.

### Victory by Default (5 points to the winner – 0 points to the loser)

A victory by default is declared when a grappler cannot continue the match for any reason or is declared unfit to continue by the Head medical officer. A coach may also default the grappler by throwing a red or a blue towel onto the mat.

### Victory by Forfeit (5 points to the winner – 0 points to the loser)

A victory by forfeit is declared when a grappler fails to appear on the mat for the match or does not comply with the present rules as far as competition uniform and protection gear.

**Note: Grapplers who forfeit a match without proper medical certificate will not be allowed to proceed throughout the tournament (even in other styles) and be withdrawn from the final ranking.**

### Victory by Technical Superiority (4 points to the winner – 0 points to the loser)

A victory by technical superiority occurs when a grappler has scored a 10-point advantage over his/her opponent.

### Victory by Decision (3 points to the winner – 0 points to the loser)

A victory by decision occurs when the margin of victory is less than 10 points.

### Victory in Overtime (2 points to the winner – 0 points to the loser)

A victory in overtime occurs after the first point is scored by either grappler or after the central referee has awarded a point according to the overtime criteria.

**Note: For Technical Superiority, Decision, and Overtime victories, 1 match classification point will be awarded to the loser if he managed to score 1 or more technical points during the match.**



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Adresse : Rue du Château 6 / 1804 Corsier-sur-Vevy / Suisse  
Téléphone : (41.21) 312 84 26 Fax : (41.21) 323 60 73  
E-mail : fila@fila-wrestling.com Internet : www.fila-wrestling.com

## **SECTION SIX – TECHNICAL INFRACTIONS**

### **Article 29 – Passivity**

It is the grapplers' duty to maintain action by continuously working to improve their position or submit their opponent and make an honest attempt to keep the actions in bounds.

When the central referee feels that a grappler is exhibiting passivity or stalling, he shall attempt to stimulate him/her by verbal commands ("Red/Blue Open" or "Red/Blue Action") without interrupting the match. If the grappler continues to remain passive after the verbal commands have been issued, the central referee shall indicate the passive grappler by raising the arm bearing the right color band and give him/her a caution. Every caution must be reported on the score sheet.

The first warning for passivity is verbal and bears no consequences, the following cautions award 1 point to the opponent up to the third caution which results in the disqualification of the passive grappler.

Verbal warning  
1<sup>st</sup> caution – 1 point  
2<sup>nd</sup> caution – 1 point  
3<sup>rd</sup> caution – disqualification

#### **Passivity includes:**

- Holding on in an attempt to neutralize or prohibit action or advancement.
- Delaying action by communicating with coach/corner
- Leaving the mat without permission
- Taking too much time to go back to the centre of the mat for restarts
- Incorrect restart position
- Misusing timeouts
- Fleeing the mat (i.e., purposely fleeing the mat to avoid submission will lead to disqualification)
- Fleeing the position to avoid stand up or ground fighting
- False start (i.e., starting grappling before the whistle blows)

### **Article 30 – Illegal Holds and Actions**

All offenses fall under the central referee's authority. If a grappler violates the FILA Code of Ethics in a blatant and unsportsmanlike manner, the central referee shall disqualify him/her from the match or from the competition. The central referee shall report every violator for membership review. If a grappler is injured by an illegal hold and cannot continue the match, the athlete who caused the injury shall lose the match.

The first offense results in 1 point awarded to the opponent, the second offense results in 1 point awarded to the opponent, and the third offense leads to disqualification:

1<sup>st</sup> caution = 1 point  
2<sup>nd</sup> caution = 1 point  
3<sup>rd</sup> caution = disqualification

**Note: Any illegal action executed to prevent the opponent from completing a submission will result in immediate disqualification.**



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Illegal actions include:

- Intentional breaking of bones or joints (i.e. not giving the opponent's enough time to tap in submission situations)
- Punching, kicking, knees, forearms, elbows, head butts, malicious cross faces
- Biting
- Eye, ear, or nose gouging, fish hooking
- Pulling of hair, nose, ears, or attacking the groin
- Spikes (i.e., standing throws onto the head or neck)
- Slams in defense of submission attempts and if opponent's body is above waist level
- Back splashes from standing position
- Combination of joint locks and throws
- Use of the fingers for throat/trachea choking techniques
- Inside or outside heel hooks
- Chin ripping
- Crucifix
- Full-Nelson
- Can opener
- Small joint manipulation
- Holding less than 4 fingers or toes
- Intentional grabbing of competition uniform (in No-Gi grappling)
- Coating the skin with any kind of substance or using gauzes or any kind of protective materials without the authorization of the Head medical officer and in agreement with the referee.
- Argument/insults towards anybody present in the competition hall
- Pretense of injury

Age restrictions: Novice and schoolboys/girls are not allowed to make guillotines or foot locks.

Article 31 – Ejection Procedures

The World Grappling & Pankration Committee (WGPC) refers to the FILA Code of Ethics and strongly condemns any form of brutality, violence or harassment on the competition site. If an athlete, coach, or spectator goes beyond the acceptable in his/her words, gestures, or actions, it is the central referees' responsibility to judge if that behavior is deemed as a conduct violation. Once the central referees have declared the behavior to be a violation, they shall issue a yellow card to the individual at fault as a warning prior to being ejected. A yellow card will deduct 1 classification point to the team the individual is representing. If the violation continues, a red card will be issued and the individual at fault will be ejected from the competition. A red card will cause 2 classification points to the team. If the central referees feel that the behavior goes well beyond the normal violation, they may skip the yellow card and directly issue a red card.



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

Adresse : Rue du Château 6 / 1804 Corsier-sur-Vevey / Suisse **Téléphone** : (41.21) 312 84 26 **Fax** : (41.21) 323 60 73 **E-mail** : [fila@fila-wrestling.com](mailto:fila@fila-wrestling.com) **Internet** : [www.fila-wrestling.com](http://www.fila-wrestling.com)

#### Examples of conduct violations:

- Cursing during the match
- Being aggressive towards the referees
- Threatening the referees
- Physical contact with the referees
- Throwing objects
- Arguing and interrupting the match
- Refusing to stay on the mat for the winner's declaration

#### SECTION SEVEN – FINAL PROVISIONS

The present Rules were approved by FILA and can be modified at any time if slight improvements are deemed necessary.

In case of a dispute regarding their interpretation and application, it is specified that the English version prevails.

The contestants in grappling events agree not to bring a dispute to civil court. Every disagreement will be settled by the World Grappling & Pankration Committee (WGPC), the organ of appeal being the FILA Executive Committee. If no settlement is established, the parties can bring the case, at their own expense, to the Court of Arbitration for Sport (CAS), located in Lausanne, Switzerland.