

Colorado Karate Association Grappling Challenge Rules:

- Uniform: Gi/uniform is a must for all divisions. Uniform must be clean and in good conditions.
- **Profanity** and **bad sportsmanship** will not be tolerated – could result in disqualification of competitor and removal from premises.
- Wrestling shoes will be allowed
- No metal bracing – cloth only.
- No slamming opponent – take downs must be controlled.
- Excessive use of force can lead to disqualification.

Divisions: see page4 for division bracketing.

- Beginning – less than one year of grappling competition experience, which includes wrestling competition - **no submissions for 12 yrs and under.**
- Intermediate – 1 to 3 years of competition experience, which includes wrestling competition
- Advanced – Three years or more of competition experience, wrestling included.

Matches: Beginner & intermediates divisions will start from kneeling position:

- 8 years or younger one 2 minute round – double elimination
- 9 to 12 years one 3 minute round – double eliminations - **no submissions in any 12 year old & under divisions.**
- 13 to 17 years old one 4 minute round – submission allowed. Single Elimination.
- Adults – one 4 minute round – Submissions allowed. Single Elimination.

Submissions Allowed:

- Arm bars – rear naked & front/collar chokes – head & arm- Americana – Kimura-Triangle.
- **No Guillotine for under 18 years of age (Adults only).**

Illegal Submissions:

- No neck cranks, ankle hooks/locks, knee bars, finger locks, or hands around the neck chokes. **Referee discretion -please check with center referee for clarifications.**

Scoring:

4pt – top/back mount

3pt – Take down from Standing (advance only) & passing guard

2 pt - take down/reversal/sweeps & Knee press

Each position has to be maintained for 3 seconds to obtain points.

Submission ends match