



FIVE GRAPPLING

**FIVE GI.NOGI GRAPPLING Official Rules &
Competition Guidelines | Open Rules**

COMPETE. EVOLVE.

JANUARY 2021

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FORMAT FOR FIVE GRAPPLING TOURNAMENTS ADULTS & KIDS

ADULTS:

- All FIVE GRAPPLING Tournaments are **SINGLE Elimination for Adults.**
- **For 3 Person Brackets, we use the following format:**
 - **MATCH 1:** Competitor 1 and Competitor 2 face each other. The winner of this match advances to the final and the loser of this match faces Competitor 3.
 - **MATCH 2:** The loser from Match 1 faces Competitor 3 for the second spot in the Finals Match. The loser of Match 2 receives 3rd place.
 - **Match 3 (Finals Match):** The winner of this match receives 1st place and the loser receives 2nd place.

KIDS:

- We offer a **2 Match guarantee for all KIDS and TEENS divisions** at FIVE GRAPPLING Tournaments.
- **For 2 person divisions we do best 2 out of 3.** If one competitor wins the first two matches we do not run the third match.
- **For 3 person divisions we do a Round Robin where each competitor faces the other 2 competitors.** In the event that 2 competitors or more have the same amount of wins at the end of the Round Robin, the tie breaking criteria for determining a winner are:
 - 1-Most submissions.
 - 2-Point Differential (DQ loss is worth -20 points and injury loss is worth -10 points for this calculation)
 - 3-Most Referee Decisions.
 - 4-Least DQ/Injury losses.
- In the highly unlikely scenario that these criteria cannot determine a first place winner we will have the tied competitors for 1st place compete against each other again.

ALL DIVISIONS ARE ELIGIBLE TO RECEIVE OVERSIZED 5 INCH MEDALS

- For KIDS and TEENS in their respective weight classes and divisions.
- For all ADULTS and MASTERS in their respective weight classes and divisions.

Please check the following EXPERIENCE LEVELS tables for clarification in each division.

DIVISIONS & MATCH DURATIONS

AGE & GENDER DIVISIONS WITH MATCH DURATIONS:

DIVISION	GENDER	AGE	MATCH DURATION
PRESCHOOL	M/F COMBINED	4 YEARS	3 MINUTES
KINDER	M/F COMBINED	5-6 YEARS	3 MINUTES
YOUTH I	M/F COMBINED	7-8 YEARS	3 MINUTES
YOUTH II	M/F COMBINED	9-10 YEARS	3 MINUTES
PRE-TEENS	M/F COMBINED	11-12 YEARS	3 MINUTES
TEENS	M/F	13-14 YEARS	5 MINUTES
JUVENILE	M/F	15-17 YEARS	5 MINUTES
ADULT MALE	M	18-29 YEARS	6 MINUTES
MASTERS MALE	M	OVER 30 YEARS	6 MINUTES
ADULT FEMALE	F	18-29 YEARS	6 MINUTES
MASTERS FEMALE	F	OVER 30 YEARS	6 MINUTES

EXPERIENCE LEVELS – GI & NOGI:

DIVISION	GI DIVISIONS	NOGI DIVISIONS	YEAR OF BIRTH
Preschool	White Belt Grey Belt	Beginner (White Belt) Beginner (Grey Belt)	Children who turn 4 the year of the tournament
Kinder	White Belt Grey Belt	Beginner (White Belt) Beginner (Grey Belt)	Children who turn 5 or 6 the year of the tournament
Youth I	White Belt Grey Belt Yellow Belt	Beginner (White & Grey Belt) Advanced (Yellow Belt)	Children who turn 7 or 8 the year of the tournament
Youth II	White Belt Grey Belt Yellow Belt	Beginner (White & Grey Belt) Advanced (Yellow & Orange Belt)	Children who turn 9 or 10 the year of the tournament
Pre-Teens	White Belt Grey Belt Yellow Belt Orange Belt	Beginner (White & Grey Belt) Advanced (Yellow & Orange Belt)	Children who turn 11 or 12 the year of the tournament
Teens	White Belt Grey Belt Yellow Belt Orange Belt Green Belt	Beginner (White & Grey Belt) Advanced (Yellow Belt & Above)	Teens who turn 13 or 14 the year of the tournament
Juvenile	White Belt Grey Belt Yellow Belt Orange Belt Green Belt Blue Belt Purple Belt	Beginner (White & Grey Belt) Advanced (Yellow Belt & Above)	Juveniles who turn 15, 16, or 17 the year of the tournament

Adult Male	White Belt Blue Belt Purple Belt Brown Belt Black Belt	Beginner (White Belt) Intermediate (Blue & Purple Belt) Advanced (Brown & Black Belt)	Adult Males 18-29 the year of the tournament
Masters Male	White Belt Blue Belt Purple Belt Brown Belt Black Belt	Beginner (White Belt) Intermediate (Blue & Purple Belt) Advanced (Brown & Black Belt)	Adult Males 30 years and up the year of the tournament
Adult Female	White Belt Blue Belt Purple Belt Brown Belt Black Belt	Beginner (White Belt) Intermediate (Blue & Purple Belt) Advanced (Brown & Black Belt)	Adult Females 18-29 the year of the tournament
Masters Female	White Belt Blue Belt Purple Belt Brown Belt Black Belt	Beginner (White Belt) Intermediate (Blue & Purple Belt) Advanced (Brown & Black Belt)	Adult Females 30 years and up the year of the tournament

WEIGHT CLASSES – KIDS & TEENS:

*****PLEASE NOTE:** Kids and Teens **DO NOT have to weigh in with a GI on.** This table represents our Kids and Teen Weight Classes and Categories. We reserve the right to combine weight classes to create competitive weight divisions with sufficient competitors. When registering children, feel free to put them in their respective divisions. In an effort to create adequate and competitive matches, the rule of thumb is as follows; 1. Kids can be matched between 2 years and 10LBs and 2. Teens can be matched between 2 years and 15LBs. Boys and Girls can compete together up to the age of 12 Years Old.

ALL KIDS & TEENS MUST HAVE A VALID IDENTIFICATION AND BIRTH CERTIFICATE TO BE VERIFIED AT THE TIME OF WEIGH INS.

PRESCHOOL	KINDER	YOUTH I	YOUTH II	PRE-TEENS	TEENS	JUVENILE
4	5-6	7-8	9-10	11-12	13-14	15-17
UNDER 35.0	UNDER 30.0	UNDER 40.0	UNDER 50.0	UNDER 60.0	UNDER 70.0	UNDER 90.0
OVER 35.0	30.1-40.0	40.1-50.0	50.1-60.0	60.1-70.0	70.1-80.0	90.1-100.0
	40.1-50.0	50.1-60.0	61.1-70.0	70.1-80.0	80.1-90.0	100.1-110.0
	50.1-60.0	61.1-70.0	70.1-80.0	80.1-90.0	90.1-100.0	110.1-120.0
	OVER 60.1	OVER 70.0	81.1-90.0	91.1-100.0	100.1-110.0	120.1-130.0
			OVER 90.1	100.1-110.0	110.1-120.0	130.1-140.0
				OVER 110.1	120.1-130.0	140.1-150.0
					130.1-140.0	150.1-160.0
					140.1-150.0	OVER 160.1
					OVER 150.1	

WEIGHT CLASSES – MALE ADULT, WOMEN, AND MASTERS:

*****PLEASE NOTE:** Male Adult, Women, and Masters **DO NOT have to weigh in with a Gi on.** We reserve the right to combine weight classes to create competitive weight divisions with sufficient competitors.

ALL COMPETITORS MUST PRESENT A VALID IDENTIFICATION AT THE TIME OF WEIGH IN.

CATEGORY	ADULT MALE	MASTERS MALE	ADULT FEMALE	MASTERS FEMALE
DIVISIONS	18-29	OVER 30	18-29	OVER 30
Flyweight	UP TO 124.9	UP TO 124.9		
Bantamweight	125.0-139.9	125.0-139.9	UP TO 119.9	UP TO 119.9
Lightweight	140.0-154.9	140.0-154.9	120.0-134.9	120.0-134.9
Welterweight	155.0-169.9	155.0-169.9	135.0-149.9	135.0-149.9
Middleweight	170.0-189.9	170.0-189.9	150.0-169.9	150.0-169.9
Light Heavyweight	190.0-209.9	190.0-209.9	170-189.9	170-189.9
Heavyweight	OVER 210.0	OVER 210.0	OVER 190.0	OVER 190.0

SCORING & PENALTIES

CRITERIA TO WIN A MATCH

Matches will never result in a draw. Matches will be decided by (Order of Precedence):

1. SUBMISSION
2. POINTS
3. REFEREE STOPPAGE / DECISION
4. FORFEITURE OF THE MATCH
5. DISQUALIFICATION BY FOULS
6. MEDICAL / INJURY

SUBMISSION

Victory from a Submission technique happens when a competitor forces an opponent into admitting defeat by:

- Tapping with their hand against their opponent or the floor in a visible manner.
- Tapping with their feet on the ground (if he or she does not have the use of their hands).
- Verbally requesting to the referee that the match be stopped.
- If a competitor yells in pain due to the technique being applied.
- In KIDS and PRETEEN matches every effort will be made by the referee to manually support a joint during submission attempts in an effort to help prevent injury.

POINTS

POINT SYTEM: GI & NOGI

The scoring, by order of the referee, will be tallied on the scoreboard by the scorekeeper with the corresponding points. (Basic Scoring)

ACTIONS SUCH AS	POINTS
Takedown, Sweep and Knee on the Belly.	2 POINTS
Locked submission attempts the end up out of bounds and are judged impossible to recreate in the center.	2 POINTS
Controlling top position after Double Guard Pull.	2 POINTS
Guard Pass.	3 POINTS
Mount, Back Mount, Back with Hooks or Body Triangle.	4 POINTS

Note: All take-downs, guard passes, sweeps etc. to side control/north-south control, knee on the belly, mounts & back control MUST have established control for a 3 count for a score to be given. Also, any submission attempts must be cleared prior to being able to secure position for count.

Of Note:

- Points **WILL NOT** be awarded to an athlete who voluntarily abandons a position, in order to gain score points regaining the old position for which points have already been awarded
- **No Advantage Points are awarded in FIVE GI.NOGI GRAPPLING matches.**

REFERREE STOPPAGE/DECISION

The referee has the authority to stop a match when either of the competitors are in danger of serious bodily harm as a result of a submission and award the victory to the competitor applying the submission.

If neither competitor has scored or the score is tied, the referee will decide the winner based on the following criteria in this order of priority:

- Who had a higher quantity of compelling submissions?
- Who had a higher quantity of dominant positions/actions?
- Who more aggressively pressed the action?
- Who had fewer penalties?

Note: Penalties are the last criteria used to decide a match, not the first. In the event of a tie, do not assume a penalty on the board will necessarily be the deciding factor.

FOULS

- **UNSPORTSMANLIKE FOULS** – May result in immediate DQ.
- **SPORT FOULS** – Will result in a warning and associated penalties.

WARNINGS

- A warning will be given on the first penalty where a competitor is committing a foul or stalling.
- If the competitor commits additional fouls of any type, the referee will issue corresponding penalty points in favor of his opponent.

PENALTIES

Penalties are given to the competitor after committing a foul. Each Penalty is denoted with an 'X' under the competitor's color on the FIVE Grappling Scoreboard.

- 1st Penalty: Warning
- 2nd Penalty: +2 points for the opponent
- 3rd Penalty: +3 points for the opponent
- 4th Penalty: Disqualification

On the fourth offense, the referee will stop the match and disqualify the offender, causing the opponent to automatically be declared the winner.

STALLING

- When an athlete from any position does not attempt to progress for 20 seconds or more or finish the match when he clearly has the ability to do so.
- When two athletes are stuck in a neutral position and do not commit to advancing or attacking each other once on the ground. (50/50, Double Guard Pull).

OVERTIME

No Overtimes. Overtime exception may be applied only special matches.

FORFEITURE OF A MATCH

A competitor may forfeit a match by:

- Verbal request from the competitor or competitor's coach to the referee.
- Not showing up for their bracket or match when called.
- Medical/Injury (see Medical/Injury stoppage).
- Equipment or uniform malfunction (see Rules – Uniform Guidelines).
- Using the belt for any type of submission.
- Medical - cramps that stop the match are an auto-forfeit
- Medical - vomiting or losing control of bowels is automatic-forfeit

* In any of the above cases, entry fees will not be refunded.

UNSPORTSMANLIKE FOULS

Unsportsmanlike fouls may result in a competitor's immediate disqualification. The Referee's decision will be based on interpretation of malicious intent. If the foul is not judged a disqualifying foul, it will be handled as a penalty.

TYPES OF UNSPORTSMANLIKE FOULS

- Striking of any kind
 - Using any part of the body (fist, forearm, elbow, shoulder, head, knee, or leg) to cause a concussive blow to one's opponent.
- Eye gouging of any kind

- Eye gouging is the act of pressing or tearing the eye using the fingers, other body parts, or instruments.
- **Biting or spitting**
 - Biting in any form is illegal. A referee may not be able to physically observe some actions such as biting. Please make the referee aware if you are being bit. Spitting at an opponent or on the mat in any form is illegal.
- **Groin attacks of any kind**
 - Any attack to the groin area including, striking, grabbing, pinching or twisting is illegal.
- **Hair pulling**
 - Pulling of the hair in any fashion is an illegal action. A competitor may not grab a hold of their opponent's hair to control their opponent in any way.
- **Fish hooking**
 - Any attempt by a competitor to use their fingers in a manner that attacks their opponent's mouth, nose or ears, stretching the skin to that area will be considered "Fish hooking". Fish hooking generally is the placing of fingers into the mouth or your opponent and pulling your hands away from the mouth.
- **Putting a finger or any part of the body into any orifice of an opponent**
 - A competitor may not place their fingers into an opponent's, nose, ears, mouth, or any body cavity. A competitor may not place their fingers into an open laceration in an attempt to enlarge the cut.
- **No Small joint manipulation**
 - Grabbing fingers & toes as single digits. Competitors must grab 3 or more digits at a time.
- **Slamming or spiking an opponent to the floor/mat on his head or neck (from within the guard or during a take-down)**
 - Malicious slamming is considered slamming an opponent with ill will or intent to cause injury.
 - Spiking is considered to be any take-down where you control your opponent's body directing his feet straight up and his head straight down and forcibly driving the opponent's head into floor/mat.
- **Scissors take-down/ Kani Basami**
- **Back Arch Throws (Back Suplex)**
 - Arching, straight back throw (Back Suplex) is not permitted, and all back arch throws must arch to the side to be legal.
- **Clawing, pinching or twisting the flesh**
 - Any attack that targets the competitor's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal.
- **Grabbing the clavicle**
 - Inserting fingers into the clavicle bone cavity.
- **Use of foul language, cursing, or other immoral acts of disrespect towards the referee, opponents or any of the assisting staff or public.**
- **Engaging in any unsportsmanlike or malicious conduct. This is not limited to activities during the match, but includes any activity during the event, either prior or after the outcome of a match. This behavior could result in being disqualified from current match, current or pending divisions, or even future events based on severity.**
- **Attacking an opponent on or during a break**
- **Attacking an opponent who is under the care of the referee or doctor**
- **Attacking an opponent after the end of the match**
- **Flagrantly disregarding the instructions of the referee**
 - A competitor **MUST** follow the instructions of the referee at all times. Any deviation or non-compliance may result in the competitor's disqualification.

- **Interference by the coach or corner**
 - Interference is defined as any action or activity aimed at disrupting the match or causing an unfair advantage to be given to one competitor. Coaches or corners are not allowed to distract the referee or influence the actions of the referee in any fashion.
- **Falsely claiming a foul, injury, or purposely dropping or spitting out their mouthpiece or other action designed to stall the match. This includes taking off the GI or allowing the GI to be taken off with the intention of:**
 - Stopping the match.
 - To allow for rest.
 - To avoid the attacks of the opponent.
- **Applying any submission improperly or attempting a submission that is not allowed in that specific division**
- **Applying lateral or twisting pressure of any kind to the opponents knee, specifically identified as any variation of the knee reap position. This includes and is not limited to moving the foot across the plane of the thigh, and/or using an underhook under the ankle area to create twisting pressure. Additionally, any competitor that intentionally moves his opponents legs/feet into an illegal knee reap position is equally subject to being disqualified based on referee's discretion.**

TYPES OF SPORT FOULS

- **Inserting fingers or toes inside the sleeves or pants, or both hands in or on opponent's belt, or foot inside the opponent's belt.**
- **Running away from the action of the match as well as backing out of guard (more than 2 steps) and not engaging their opponent.**
- **Stalling**
 - **A competitor is considered stalling when they are:**
 - **Not seeking to engage while standing.**
 - **Holding or not looking to progress the match from standing or on the ground from either the top or bottom position.**
- **Sitting to guard without having a physical connection to the opponent**
 - **If there is a stoppage of action due to a foul, the action will resume in the same exact position. No position progression can be obtained through a foul action. If position progression was obtained through the action of the foul, the referee will:**
 - **Restart the action in the last position before progression occurred, or**
 - **Restart the competitors standing if it cannot be recreated.**
- **Using the GI belt for any type of submission attempt.**

MEDICAL/INJURY

A competitor is defeated after losing consciousness by any of these valid moves:

- **Chokes**
- **Take-downs**
- **Accidents in which the opponent has not committed any foul**
- **Stopping a match due to cramping is an automatic forfeiture of the match by the competitor who required the match to be stopped.**
- **Any vomiting or bowel movements during the match is an immediate forfeit of the match by the offending competitor.**
- **Unless fouled, a competitor that is unable to continue due to an injury after being assessed by medical staff will be considered to have forfeited the match.**

- A competitor that is bleeding will be allowed a maximum of 5 minutes to have medical staff address the injury. If a cut or laceration does not stop bleeding or is deemed to interfere with the match, the injured competitor will be considered to have forfeited the match.
- If an injury occurs such that a competitor is unable to continue from incidental or accidental contact, the injured competitor will be considered to have forfeited the match.
- An injury that is caused by a foul that is deemed malicious will result in disqualification of the fouling competitor.
- In case the two competitors are accidentally injured and unable to continue during the final match the result will be determined by:
 - Points, or
 - If no points have been scored, the match will be decided by coin toss in front of the competitors or in their absence in front of the coaches.

COMPETITOR IDENTIFICATION

REFEREE & COMPETITOR IDENTIFICATION – GI & NOGI

GI	ACCESSORIES	NOGI	ACCESSORIES
REFEREE	Red Wristband on Right Wrist	REFEREE	Red Wristband on Right Wrist
COMPETITORS	Red Band on Right Ankle	COMPETITORS	Red Belt on Right Ankle

The referee will make specific gestures (indicated below) corresponding to specific actions.

For all gestures made the referee will use the hand corresponding to competitor’s ankle band color or red belt.

REFEREE GESTURES, ACTIONS, & VERBAL COMMANDS

	REFEREE DUTIES		COMPETITOR DUTIES
	GESTURE/ACTION		VERBAL COMMAND
MATCH START	The referee will check both competitors to see that they are ready. If ready, the referee will signal the beginning of the match by moving his right arm with open hand in vertical motion pointing towards the timekeeper’s table.	“FIGHT”	The match has begun.
SCORING POINTS	The referee will raise their hand and indicate the number or points being awarded for the scoring competitor.		Scorekeeper will add a primary point to the scoring competitor.

MATCH INTERRUPTION	The referee opens both arms in an horizontal motion.	“STOP”	Competitors will stop all movement and hold the position until the referee commands them to move.
“TIME OUT” DURING THE MATCH	The referee forms a “T” with both hands.	“TIME”	Timekeeper stops the time clock. Competitors will follow referees direction.
RESUMING MATCH FROM A “TIME OUT”	From either standing or on the ground the referee will signal the resuming of the match by moving his right arm with open hand in vertical motion pointing towards the time-keeper’s table.	“FIGHT”	Timekeeper resumes the time clock. Competitors resume math.
FOULS	The referee will raise his fist palm-out and hold his elbow to a right angle with the hand indicating the color of the offending competitor, and if applicable, in the opposite hand signal any points awarded to the opponent of the offending competitor.	“RED or BLUE PENALTY” – Then detail of penalty. “FIRST” = Warning. “SECOND PLUS” = Points awarded to opponent.	

SCORING CRITERIA

TECHNIQUE	DEFINITION	CRITERIA FOR RECEIVING POINTS
TAKE DOWN – 2 Points	Removing an opponent from their feet & putting them to the ground causing opponent to land seated, on their back, front, side or all 4's (controlling the hips from behind) and holds for a count of 3.	<p>A take down that lands outside of the competition area will be valid as long as the take-down action was initiated inbounds.</p> <p>A take-down can score if upon initiation of the technique a competitor has one knee down and the other competitor is standing. If upon initiation one or both competitors have 2 knees down there are no points awarded for a take-down.</p> <p>When a competitor attempts a take-down and the opponent successfully manages to execute a counter that lands him on top position, the competitor who initiated the take-down will receive no points and the competitor who executed the counter will receive 2 points if he controls the top position for a count of 3.</p> <p>Sumi Gaeshi, Tomoe Nage are examples of valid counter techniques.</p>
KNEE ON THE BELLY – 2 Points	The scoring competitor puts their knee on the opponent's stomach clear of the opponent's legs while facing the opponent's head. The second leg of the scoring competitor must be posted on the foot.	<p>Top competitor must establish control of the bottom competitor for 3 seconds.</p> <p>If opponent defends the knee and does not allow the attacking competitor to establish control, no points will be scored.</p>
SWEEP – 2 Points	Exchange of position from bottom to top initiated from the guard.	An athlete progressing from bottom guard position to any top position will awarded 2 points after establishing control for a 3 count.
CONTROLLING TOP POSITION AFTER DOUBLE GUARD PULL - 2 Points	Competitor controlling top position after simultaneous guard pull will be awarded 2 points.	Both competitors must have initiated the guard pull simultaneously. The first competitor that controls top position for a 3 count will be awarded 2 points.
PASSING THE GUARD – 3 Points	The competitor on the top position is able to completely pass the guard of his opponent	The person on the bottom cannot have any guard established during the 3 count.

	<p>and establish a side control, knee on the belly, mount or north-south position for a 3 count. Pass to knee on the belly should be 5 points on one 3 second count.</p>	<p>If a guard-pass control position happens in the course of continuous action, it will be scored a guard pass. But if Turtle position becomes a static position, but eventually ends up in a guard pass control position, it is NOT scored a guard pass.</p>
<p>MOUNT – 4 Points</p>	<p>The scoring competitor sits on the opponent's torso facing his head (clear of the opponent's guard); the opponent can be lying on their stomach, side or back.</p>	<p>The scoring competitor can be on top of only one of the opponent's arms(below the shoulder), never both arms.</p> <p>The top competitor must have both knees on the ground or one knee and one foot on the ground.</p> <p>If a competitor applies a triangle while in the guard, and in doing so, lands on top of his opponent, it will be considered only a sweep. The moment the competitor re- leases the triangle and focuses on controlling the mount (below the shoulder), he will get the mount points if he controls for a 3 count.</p>
<p>BACK MOUNT – 4 Points</p>	<p>1). The competitor must be positioned on his opponent's back with both knees on the floor, or one knee down and one knee up, while his opponent's torso is flat on the floor.</p> <p>2). The competitor attaches them- selves to their opponents back.</p> <p>Legs must be wrapped around the opponent's waist with their chest against the opponents back. Both feet must be to the inside of the opponents thighs or around the waist in a closed triangle on the side of the body.</p>	<p>Scoring competitor must have:</p> <p>Both legs wrapped around the waist and feet OR a Figure-4 around the waist.</p> <p>Scoring competitor must have their chest against the opponents back, but specific torso control is not required.</p> <p>Points will be awarded if the competitor has a leg trapping one arm below the shoulder.</p>

REFEREEING FORMAT

For professional grappling events, FIVE Grappling will appoint three referees per match supervised by a head referee, and when possible, utilize a video replay system with a coach's challenge. **(SEE 5SL RULE BOOK ONLY)**

- A three-referee-configuration includes a center referee, two corner referees, and a supervising head referee. All three referees have the same duty to score the match. The head referee serves as an escalation path to resolve unforeseeable circumstances.
- If the three referees are in agreement, the corner referees will remain seated. This includes scoring, penalties, and disqualification.
- If there is an immediate discrepancy in scoring, penalty, or disqualification, the corner referees will stand with appropriate gesture and a two-thirds majority shall determine the appropriate outcome.
- If all three referees cannot agree, the central referee's call will stand as correct.
- The central referee or the head referee can choose to utilize video replay at any point during the match. It is required that the action be paused at the earliest neutral position for video review. The review will be conducted by the head referee and the central referee for determination if a change or clarification needs to be made.

COACH'S CHALLENGE (SEE 5SL RULE BOOK ONLY)

- Each competitor will be allowed one challenge per event. Challenges can dispute scoring, missed scoring, or penalties, but not submissions or referee's decisions.
- The coach, not the competitor, will signal the central referee that a challenge to a call is being made. The central referee will stop the action and the clock at the earliest neutral position. The coach will clarify his challenge to the central referee and the head referee for review. Video replay will be employed to determine the validity of the challenge.
- If the challenge is determined by the central and head referee to be valid, the appropriate score or penalty will be changed. Additionally, the competitor will still retain the one challenge for use during the event.
- If the challenge is determined by the central and head referee to be without merit, the score or penalty will not be changed, and an additional penalty will be charged to that competitor. This could result in a warning or score against the competitor depending on the number of existing penalties, if any. Also, the competitor will lose the ability to utilize another challenge in that event.
- A coach's challenge does not have to be used, and offers no benefit or detriment if it is not.

HYGIENE & UNIFORM REQUIREMENTS

Competitors must abide by the uniform and hygiene specifications in order to compete. Competitors not complying will be disqualified and the opponent will be declared the winner.

COMPETITOR HYGIENE GUIDELINES

- Toe and fingernails must be cut short, filed and clean.
- Competitors with long hair must keep their hair from interfering the opponent or themselves during the match.
- Skin must be dry and non-slippery. No hairspray, gels, treatments, body lotions or creams.

Any competitor with any open cuts, lacerations or active skin infections

(e.g. Ringworm, Staph, Herpes, Chicken Pox, etc.) WILL NOT BE ALLOWED TO COMPETE.

Competitors knowingly infected with the HIV and Hepatitis B & C viruses are prohibited from participating in any FIVE competitions.

UNIFORM GUIDELINES

Prior to competing the uniform inspector will inspect competitor's uniform. If the competitor's uniform does not follow the guidelines, the competitor will be allowed to change the uniform then return to the uniform inspector to inspect the new uniform. All supports and protectors must be approved by uniform inspector.

ALL uniforms must be:

- Properly washed, dry and have no unpleasant odors.
- In good condition and not exhibiting tears, wearing or mending.

GI UNIFORM GUIDELINES

- Kimono must be a valid BJJ/Judo uniform.
- Kimono top and bottom, must be clean, dry, and with no visible tears or rips.
- Any color of kimono is acceptable, however the pants and kimono jacket must be a matching set.
- Sleeves of Kimono must be no shorter than 4 finger from wrist when arm is extended out straightforward. Also, with arm extended, sleeve opening must be no less that 4 fingers wide.
- Pants of Kimono must be no shorter than 4 inches from ankle bone.
- Kimono belts must be intact and not too weathered or torn up.
- Patches of embroidery that are positioned to create an obvious restriction in gripping the Kimono are not permitted.

NOGI UNIFORM GUIDELINES

- Competitors must wear rash guards or fitted t-shirts.
- Competitors may wear board shorts, fight shorts, Lycra shorts, grappling leggings or GI pants.
- All shorts & GI pants must have a drawstring and/or secure closure to keep them secured at the waist during the match at all times. No exposed pockets, zippers or buttons, sticky or gripping material.

UNIFORM RESTRICTIONS

The following items are **NOT ALLOWED** in competition:

- Wrestling shoes in GI division.
- Jock protector, cup or groin protection.
- Any kind of protectors or braces with metal or plastic.
- Offensive slogans or images on competitor uniforms.

The following items are **ALLOWED** in competition:

- Wrestling shoes in NO-GI divisions.
- Head gear/ear protectors that do not contain any metal or hard cover shells.
- Neoprene only supports and protectors.

Uniform patches are permitted. Any patch that is not firmly attached must be removed immediately. If the uniform be- comes damaged, the competitor will change the uniform and return to the uniform inspector to inspect the new uniform.

NO-GI competitors are **NOT ALLOWED** to grab any part of their opponent's uniform except GI pants

NO-GI competitors are **NOT ALLOWED** grab any part of their own uniform

UNIFORM DAMAGE DURING COMPETITION

- If a competitor's uniform should mark/stain the uniform of the opponent or,
- If a competitor's uniform is ripped during a match:

The referee will stop the match and allow the competitor time (not to exceed 5 minutes) to change the uniform, return to the uniform inspector to inspect the new uniform, then return to the match. If the competitor does not change it in the allotted time, they will be disqualified.

RULES NOT WRITTEN

Any and every situation that cannot be determined by the rules manual will be left to the senior official's discretion.



FIVE GRAPPLING

ALLOWABLE TECHNIQUES

DIVISIONS

TECHNIQUES	DIVISIONS					
	KIDS 12 yEArS and Under	TEENS 13-14 years old	JUVENILE 15-17 years old	ADULTS		ADULTS BROWN/BLACK ADVANCED
				white Beginner	blue/purple Intermediate	
KIMURA/AMERICANA	Green	Green	Green	Green	Green	Green
straight armbars	Green	Green	Green	Green	Green	Green
chokes (triangle, rear naked, gi chokes, etc.)	Green	Green	Green	Green	Green	Green
Guillotine	Red	Green	Green	Green	Green	Green
groin stretch	Red	Red	Green	Green	Green	Green
Ezequiel choke	Red	Red	Green	Green	Green	Green
omoplata	Red	Red	Red	Green	Green	Green
pulling head/triangle	Red	Red	Red	Green	Green	Green
straight ankle locks	Red	Red	Red	Green	Green	Green
back arch throws/suplex	Red	Red	Red	Green	Green	Green
wrist lock	Red	Red	Red	Green	Green	Green
knee bar	Red	Red	Red	Red	Red	Green
figure 4 toe hold	Red	Red	Red	Red	Red	Green
bicep and calf slicers	Red	Red	Red	Red	Red	Green
clavical, spine, neck cranks and face locks	Red	Red	Red	Red	Red	Red
heel hooks	Red	Red	Red	Red	Red	Red
slamming	Red	Red	Red	Red	Red	Red
Knee reaping	Red	Red	Red	Red	Red	Red