

GRAPPLING RULES

~Rules and Regulations~

- No taping of hands unless Doctor o.k.s
- 7 minute time period (no breaks)
- Open hand slaps to the face allowed, up or down, fingers up, slaps side to side only.
- Elbows, knees allowed, body only
- Punching allowed body only
- Kicking to the head o.k. while standing only
- No shoes allowed no socks allowed
- All competitors must have mouth guard
- Fighters recommended to wear groin protector (optional)
- No striking to joints
- Head butts to the body only o.k.
- No small finger, toe manipulations
- No strikes to spine or back of head
- **REQUIRED GEAR...**shin & instep, elbow pads, knee pads, grappling gloves. If you have your own we will check and o.k. If not we will have newer gear for everyone. No headgear allowed.
- Referee will submit any fighter in danger
- Doctor, Referees, decisions rules
- Any fighter who takes continuous dangerous blows without the ability to defend...ends match

Any questions e-mail usnmat@hotmail.com