

UMA GRAPPLING

Female Age 16 yrs + Under 5 years Division	Female Age 16 yrs + Over 5 years Division	Male Age 16 yrs + Under 2 years Novice Division	Male Age 16 yrs + 2 to 5 years Intermediate Division	Male Age 16 yrs + Over 5 years Advanced Division	Male Age 35 yrs + Under 2 years Novice Division	Male Age 35 yrs + 2 to 5 years Intermediate Division	Male Age 35 yrs + Over 5 years Advanced Division
Open Weight	Open Weight	Under 65kg	Under 65kg	Under 65kg	Under 65kg	Under 65kg	Under 65kg
		Under 75kg	Under 75kg	Under 75kg	Under 75kg	Under 75kg	Under 75kg
		Under 85kg	Under 85kg	Under 85kg	Under 85kg	Under 85kg	Under 85kg
		Under 95kg	Under 95kg	Under 95kg	Under 95kg	Under 95kg	Under 95kg
		Over 95kg	Over 95kg	Over 95kg	Over 95kg	Over 95kg	Over 95kg

Contest Time Limit: 5 minutes for All Divisions and Weight Brackets

Legal Techniques:

Male and Female; All Ages and All Divisions

- All Arm and Shoulder Locks
- All Chokes (*Except for using the Open Hands, Fists, Elbows, Knees to Choke*)
- Wrist Locks
- Straight Leg Lock/Knee Bar
- Straight Ankle/Achilles Lock

Male 16 + years, Male 35 + years, Female 16 + years ----- 5 + years

- Neck Crank/*Can-Opener* (*Strictly and Only to Open Up the Opponents Guard*)
- Bicep Lock and Calf Lock/*Bicep Slicer and Calf Slicer*
- Leg Locks, Twisting Foot Lock/*Figure 4 Footlock/Toe Hold*

Points Scoring Techniques:

2 Points: Throw, Takedown, Sweep and Knee on Belly

3 Points: Guard Pass

4 Points: Front Mount, Back Mount, Back Grab with Hooks and Body Triangle

Note: Each of the above Points Scoring Positions/Techniques must be established for 3 seconds to be awarded the points

Note i: Points Scoring Techniques are only awarded in the First 3 minutes of a Contest

Note ii: If there is a 15 point clear spread in the score of a Contest, the Contest will be stopped and the Winner declared

If a Contest is a Draw: The Contest will be decided by Referee's Decision, there is no Overtime

Note i: If an Athlete is unable or incapable of defending themselves or position, or put themselves in any Potential or Serious Danger of Injury, shouts or screams out in pain from a takedown, submission attempt or goes quiet, limp, closes they're eyes or passes out, the Referee can and will stop the Contest, and the Athlete will be declared as not capable of defending themselves or the position without being seriously Hurt or Injured, and will lose the Contest

Note ii: If an Athlete wins a Contest but can no longer continue to the next round or Contest, then the Athlete that they were to meet in the next round and/or Contest will be declared the Winner by default and automatically go through to the next round and/or win the Contest in question

Warning and Penalties:

1st = Advantage Awarded to Opponent

2nd = 2 Points Awarded to Opponent

3rd = 4 Points Awarded to Opponent

Disqualified

Note: Penalties Awarded to an Opponent can be awarded at anytime throughout the whole Contest time limit

Illegal: Could or will lead to a Warning and/or Immediate Penalties and/or Immediate Disqualification

- No Scissor Takedowns, No Spiking, No Throwing the Opponent on they're Head, No Throwing Opponent on they're Neck, No Crucifix techniques that don't allow an opponent to tap & No Reaping the Knee or Leg
- No Spine Locks, No Headlocks, No Groin Stretches, and No Heel Hooks
- No Slamming (*To Escape a Submission or from the Guard*)
- No Eye gouging, No Fish hooking, No Covering of the mouth, nose or eyes
- No Grabbing the ears, No Hair pulling, No Thumbing, No Scratching, No Pinching, No Biting
- No Finger or Toe manipulation or holds, No Striking of any kind, No Head Butting
- No knees, forearm, fists or elbows on face and rubbing of and/or twisting (*You can push up the face, lower jaw or forehead with the hand or forearm*)
- No Slippery substances on the head, body, arms, leg areas or clothing (*No Greasing Up*)
- No Touching the Male or Female Genitalia
- No Stalling, No Running or Backing Away, No Disengaging when Grappling

Athletes Starting Position at the Start of the Contest:

- Both Athletes Start Standing

Athletes Restart Positions if they go out of the Contest Area:

- The Athletes will be restarted in the same position or as near as possible if they are too far out of the Contest Area, or if they go out of the Contest Area, if that is not possible or is in dispute between both Athletes, then they will both be restarted Standing

'No Gi Grappling' Dress Code, any of the following: Bare Top, Short or Long Sleeved Rashguard, Board Shorts, Grappling Shorts, Wrestling Pants, Wrestling Singlet, Optional: Wrestling Boots and Ear Guards

'With Gi Grappling' Dress Code: Gi/Kimono (*Optional: With or without a short or long sleeved Rashguard*) Optional: Wrestling Boots and Ear Guards

Note i: No Groin Guards and No T-Shirts

Note ii: No Over Excessive Bandaging or Over Excessive Taping Up, unless for actual medical purposes, and of which must be approved by either the First Aid Medical Support Team or the Referee

Athlete Weigh In: As soon as you arrive at the Venue after registration check and signing in

- No Gi Grappling Weigh In is as is etc
- With Gi Grappling Weigh In is with the Gi/Kimono on

Note i: If you don't make weight in your own particular Division Weight Bracket at the Weigh In, you will be Disqualified

Note: Any one Weight Bracket must have a minimum of Two Competing Athletes minimum, if there is only one Athlete in any one Weight Bracket, we will endeavour to arrange to move the Athlete into the next suitable and available and appropriate Division and/or Weight Bracket, if this is not possible, or if the Athlete does not want to be moved, then we will refund the Athletes Entry Fee in Full, as we do not award default medals to any single entry Athlete in any Division or Weight Bracket.

Contest Elimination:

- **Two Athletes in any one Bracket:** Best of Three Contests (*The First Athlete to Win Two Contests*)
- **Three Athletes in any one Bracket:** Round Robin/Pool (*All Three Athletes Compete against each other*)
- **Four or more Athletes in any one Bracket:** Elimination with Repechage (*Double Elimination*)

Note: Every Competing Athlete is Guaranteed a minimum of Two Contests in their Division Weight Bracket

Winners: 1st, 2nd and 3rd

Note: There is no joint third place

The UMA NGB Open Grappling Championships are Open to all Martial Arts, Combat Sports, Styles and Systems etc, e.g.

Grappling, Groundfighting, Wrestling, Sombo, Judo, JiuJitsu, BJJ, Ne Waza, MMA, Karate, Kung Fu, Kickboxing, TKD etc, infact any one from any Traditional Martial Art, Sporting Martial Art or any Combat Sporting background who wants to enter can attend and participate, the Different Times as specified is a guide to time and experienced gained in training etc, if you are unsure, just ask us and we will ensure you are entered in the correct Division and Weight Bracket

All UMA Championship Events are Drug Free Events, and hence, we strictly forbid the use of any Doping, Steroids or any other Prohibited Drugs, performance enhancing or not