

ISJA - Freefighting Rules

TARGET AREAS:

Arm and leg strikes: All parts of the body above the knees, excepting the throat, spine, groin and knees. No contact to the face although non-contact strikes score.

Sweeps: All sweeps must be below mid-calf level. Throws using locks are disallowed

Grappling + groundfighting: Any joint may be locked, excepting the jaw, neck, spine, fingers and toes. Twisting leglocks are allowed. Biting, gouging, digital pressure points, hairpulling and applying pressure to the face is disallowed.

POINTS:

Hand strikes:

- 1 pt** All strong, focused and controlled hand strikes.
Light-contact to head; stiff contact to body
A flurry of questionable strikes will count as one point.
- 1 pt** Any single hand strike delivered within 3 seconds of a throw
Illegal: any forearm or elbow strikes

Foot strikes:

- 1 pt** All strong, focused and controlled foot strikes.
Stiff contact to body
- 2 pts** Clean, controlled light-contact kick to the head
An opponent may not be pulled into a leg technique.
Illegal: any knee strikes

Grappling:

- 1 pt** One strike from each competitor allowed with one-hand grab
No strikes allowed with two hand grab

Sweeps and throws:

- 2 pts** Clean, controlled, sweep, takedown or throw taking opponent to ground.
- 3 pts** Clean, controlled, sweep, takedown or throw removing both legs from the ground.
Sweeps must use the sole of the foot (ie: no low round kicks),
excepting reverse spinning sweeps.
Illegal: throwing with a lock

Groundfighting:

- 2 pts** Mount held for 10 seconds
- 4 pts** Referee stoppage for dangerous submission
- No striking on ground following 3 seconds of the throw
 - The wrist, elbow, shoulder, knee and ankle may be locked.
 - The jaw, neck, spine, fingers and toes must not be locked.
 - Strangulations not endangering the neck may be used.
 - No digital pressure allowed in strangulations.
 - No bouncing of opponent on ground from higher than knee level.

Submissions:

- WIN** Any legal submission other than referee stoppage.

BOUNDS:

- Fighters are considered in bounds if at least one foot is inside the competition area.
- Continual moving out-of-bounds to avoid attack will result in one warning followed by loss of points.
- The Referee may stop any technique on the edge of the competition area if a competitor is in danger of being thrown off the matted area.

PENALTIES:

Excessive contact:

- First offence - loss of two (2) points.
Unless deliberate or overly uncontrolled -
disqualification.
Second offence - disqualification.

Illegal technique / target:

First offence - warning.
Second offence - loss of two (2) points.
Third offence - disqualification.

Moving out-of-bounds:

At Referee's discretion - warning.
Subsequent offences - loss of two (2) points followed by a restart in grappling in centre of mat

Poor sportsmanship: Instant disqualification.

Disqualification:

Disqualifications will be classified as either:
Minor - for the match in question.
Major - for the entire tournament.

TIME LIMITS:

Each bout:

Two minutes, not including Referee stoppages. Thirty (30) second break

Grappling:

Five (5) seconds)

Groundfighting:

Thirty (30) seconds) at Referee's discretion.

Ground strike:

Three (3) seconds)

Mount:

Ten (10) seconds)

Overtime:

One extra two minute bout.

ISJA - Grappling Rules

POINTS:

<u>Takedown:</u>	1 pt	Any clean, controlled takedown
	2 pts	Any throw removing one foot from the ground
	3 pts	Any throw removing both feet from the ground.
		<u>Illegal:</u> Throwing with a lock Excessive throws
<u>Mount:</u>	3 pts	Controlled mount for five seconds.
<u>Rear mount:</u>	3 pts	Controlled rear mount (over or under) with both hooks in for five seconds.
<u>Knee ride:</u>	1 pt	Controlled knee ride for five seconds.
<u>Passing the Guard:</u>	2 pts	Any method of completely passing the full guard to cross-mount. <u>Illegal:</u> Bouncing in the guard from higher than knee level.
<u>Guard reversal:</u>	1 pt	Sweep from guard to top position.

SUBMISSION:

<u>Jointlock:</u>	WIN	Jointlock standing or on the ground. <u>Illegal:</u> Fingers, toes Any wrenching technique.
<u>Chokelock / Strangle:</u>	WIN	Chokelock / Strangulation standing or on the ground. <u>Illegal:</u> Digital / forearm pressure to windpipe. Any wrenching technique.

ILLEGAL TECHNIQUES:

Striking, pressure points, hair pulling, biting.

PENALTIES:

<u>Illegal technique:</u>	First offence - warning, or loss of points Second offence - loss of two (2) points. Third offence - disqualification.
<u>Moving out-of-bounds:</u>	At Referee's discretion - warning. Second offence - loss of two (2) points. Third offence - disqualification.
<u>Avoiding ground:</u>	Not throwing, or escaping groundfighting to feet: At Referee's discretion - warning. Second offence - loss of two (2) points. Third offence - disqualification.
<u>Poor sportsmanship:</u>	Instant disqualification.

TIME LIMITS:

<u>Each match:</u>	Three minutes, not including Referee stoppages.
<u>Overtime:</u>	First points win.