

NYC Submission Shootout Rules & Regulations

1. **Mat Size:** 9'x9', competition area 8'x8', and 1'x1' safe zone. When competitors enter the safe zone in ground technique the Referee will have discretion to bring them back to the center (must be in the same position), but he may allow competition to continue as well. When competitors enter the safe zone while standing the Referee must return competitors to the center in the same position.

2. **Mat Personnel:** One Referee with one red and one green wristband (denoting each competitor) plus a time keeper/score keeper (may be one or two separate people).

3. **Legal Clothing:** any tight fitting shirt or rash guard without metal components (such as zippers or buttons); any shorts without metal components (no long pants of any kind, this includes gi pants). No footwear will be permitted. No bare chests. Competitors will have red or green tie/tape placed on their right ankle by scorekeeper prior to each match.

4. **Format:** round-robin tournament where all competitors in a bracket face each other; individual with best win/loss record moves to next bracket until champion is determined. See Section 8 for match progression and scoring details. Competitors should have at least one minute rest between matches;

5. **Match length:** 6 minutes for regulation time matches; 6 minute for tie-breaker matches; sudden death tie-breaker overtime rounds will be without time limit. See Section 8 for match progression and scoring details. Time will be stopped during any Referee intervention until competitors restart in center;

6. Legal Techniques:

a) Submissions that target major joints, including all arm locks, shoulder locks, leg locks, wrist locks and neck cranks. All submissions should be executed with a measure of control to allow for a tap-out by the defender. Please see Section 7 regarding special safety rules for submissions deemed particularly dangerous. These techniques will not be permitted in the under 2-years division.

b) Chokes that attack the carotid arteries or windpipe, with the exception closed hand grab of wind-pipe or fist to wind-pipe.

c) All legal throwing techniques from BJJ, Judo, Russian Sambo, and Western wrestling are acceptable i.e. throws/ takedowns that do not throw opponent directly on his head (spiking), or place thrower in danger of spinal injury (see Section 8). Scissor takedowns are legal. Pulling or sitting to guard from a standing position is not permitted (see Section 8).

d) Referee Safety Discretion: in cases where the Referee believes a submission hold is in place and the safety or welfare of a fighter is at stake, the Referee is within his rights to stop the match and declare a submission victory. When possible Referee will begin a count to indicate to the defender that he will stop the fight soon, but the Referee may stop the fight even without the count (he will stop the count to indicate there is no longer a danger of stopping the fight if the hold is lost). Additionally, if the Referee believes a throw to be dangerous i.e. a possible crash outside the matted area, or has potential for damage to either fighter, he may stop the fight and reset the competitors in a standing position (with same grips, but in a safer position) in the center of the mat.

7. **Application of Dangerous Techniques:** Due to the high percentage of injury for certain neck cranks and twisting leg locks the tournament will employ the following rules.

a) **Definition of Dangerous Techniques:** Two types of twisting leg locks, the **Heel Hook** (regular and reverse), and **Toe Holds** applied with a two handed grip, and all types of **Neck Cranks** including, Twister neck crank (wrestler's guillotine), Face lock neck crank, Forehead crank, "Can opener" crank from closed guard will be permitted BUT must be applied with the "safety period" defined below;

b) **Safety Period:** When a dangerous technique is attempted the attacker will hold the position without executing the submission. He will call out the word, "**Catch**" loudly. During this period the defender is

allowed to attempt to escape. The attacker must hold the control. The Referee will quickly examine the hold and say either two things.

The Referee says, “No hold” and waves his arms to his side. This will mean the hold is not recognized by the Referee and the competitor can do whatever he likes including an attempt at submission. If the hold does result in submission (Referee error) the win will still be legal.

OR

The Referee says, “Go” and begins a count. This will mean the hold is recognized by the Referee and the defending competitor will know he is in danger. Once the Referee has said “Go” the attacker may begin to apply the submission. After the count begins the Referee has the option at any time, though is not required, to stop the fight even if the defender has not tapped or verbally submitted. (i.e. if the Referee believes a serious injury will ensue he has the right to stop the fight.). The Referee will stop the count and say “No Hold” if the submission slips off or is no longer deemed dangerous.

All competitors must follow this safety precaution, and defenders are urged to protect themselves from serious injury. Additionally, in such cases the Referee is the final arbiter of judgement on mat. All competitors and coaches must respect this or face disqualification (for the infringing individual and in egregious cases his entire team, see Section 8d).

8. Illegal Actions/Techniques

- a) **Striking:** no striking of any kind; any infringement will be grounds for immediate disqualification
- b) **Disregard of Safety Rules Outlined in Section 6 & 7:** In the over 2-years division all twisting leg locks and neck locks must be executed with the safety period; in the under 2-years division these techniques will be illegal. Inability to follow safety directions will result in immediate disqualification.
- c) **Unsportsmanlike Techniques:** eye gouging, fish hooking, attack or manipulation of any orifice, hair pulling, scratching, pinching, tickling, biting, thumbing, grasping groin area, fingers near eye area; any infringement will be grounds for immediate disqualification;
- d) **Unsportsmanlike conduct towards Referees, judges and or opponent:** infractions will be grounds for immediate disqualification. This will include unsportsmanlike conduct, violent conduct, intentional disregard of a tap, disrespectful behavior to judges, and or foul language; in cases of serious violations (Referee discretion) banning and or disqualification of competitor's entire team will be possible; The Referee is the final arbiter of judgement on mat. All competitors and coaches must respect this;
- e) **Unhygienic status:** competitors must be clean, hygienic and not suffer from any communicable skin infections including tinea (ringworm), herpes, MRSA, staph infections etc. In such cases competition will not be allowed and entry fee WILL NOT be refunded;
- f) **Substances:** Use of any foreign substances on skin, including those that cause slipperiness (oil-like substances) or those that cause traction (glue-like substances); any warm-up lineament must be completely wiped off prior to competition or competitor will be disqualified;
- g) **Clothing:** no grabbing of shirt or shorts; one infringement will receive a warning, a second will be grounds for disqualification; No shoe wear or socks allowed. Taping, kneepads and elastic braces etc. are permitted if they are deemed safe by the Referee.
- h) **Illegal submissions:** No small joint manipulation i.e. locking or twisting of fingers or toes; closed hand grab of windpipe or fist to windpipe; any infringement will be grounds for immediate disqualification.
- i) **Illegal Throws (Spiking):** intentional or unintentional throwing of opponent on his or her head will be grounds for disqualification. Spiking oneself in a rolling “uchimata” leg reap (where head hits ground or comes close) will also result in immediate disqualification for thrower;
- j) **Slamming:** intentional slamming of a guarded opponent or an opponent who has attempted a flying submission (armbar, triangle etc.) will be grounds for disqualification; unintentional loss of balance will be evaluated at judges discretion, and will not be grounds for disqualification;

k) **Passivity:** When a fighter willfully disengages from contact and or actively avoids engagement by retreating completely (complete flee from contact without attacking right away) he will be warned; the Referee will warn competitor by saying, “**Warning Passivity.**” If conduct continues the match will be ruled a loss (see scoring section for details). If both fighters are in a stalemate position and action has stopped for over one minute, the referee will have the discretion to stand the fighters up, but no penalties will be incurred. A competitor that is up in points for a division will be monitored closely and warned if he fails to engage in his remaining matches.

l) **Intentionally exiting the competition area:** one infraction will result in a warning. The Referee will warn competitor by saying, “**Warning Passivity.**” However, if conduct is a flagrant flee from engagement with his or her opponent (Referee discretion) or if it continues after a warning, the match will be ruled a loss (see scoring section for details);

m) **Jumping Guard: From a standing position sitting to the floor, jumping to half guard, and jumping to full guard are all illegal. One infraction of the rule will result in a warning and a return to the stand-up position, a second attempt will result in the match being ruled a loss** (see scoring section for details).

However, jumping to a flying submission is allowed, there must be a maximum of one second between the jump and the submission attempt. Jumping sweeps (such as scissor takedowns or variations) are allowed. Arm drags to sitting sweeps etc., where there is no time lag (not over 1 second) between the jump and sweep attempt are also allowed. Sitting to guard after a failed takedown or flying attack is also allowed.

If a failed attempt at a flying attack leads to one attacker sitting on the floor far from away from the standing competitor, if necessary i.e. the competitors are not engaging, the sitting competitor may be motioned up by the Referee so that both are standing (no penalty will be incurred in such cases). If a flying attack is not executed with a real attempt at submission (too far or hold is not attempted properly) the attack may be ruled a jump to guard as mentioned above.

9. Match Progression & Scoring

Match Progression: competitors will be randomly divided into brackets (ideal minimum number will be four in a bracket, but if the size of a division is too small/large the number will be adjusted); Of four competitors A,B,C,D there will be six matches total. For Example:

Match 1: A vs. B/ Match 2: A vs. C/Match 3: A vs. D/Match 4: B vs. C/Match 5: B vs. D/ Match 6: C vs. D

Note: A three person bracket will function in the normal round-robin format. But if there are only two competitors in the entire division, the competitors will fight a total of three matches for the best out of three, with tie breaker rules in effect (guaranteeing them more than one fight in the tournament).

a) **Winning a match:** Matches will be determined by submission only. Competitor will tap twice or say “**TAP.**” Screams will be deemed a tap for safety reasons (neck cranks are legal), so competitors must control outbursts if they do not wish to confuse the Referee. No arguing with Referees will be tolerated (see Illegal actions section);

b) **Winning a bracket:** each submission win will give a competitor a +1 for his/her score in the bracket; each tie will give the competitor a 0 for the bracket; each loss will give a -1. At the end of all the matches the totals will be added and the best score will move on to the next round i.e. a competitor with 3 submission wins will have a score of 3; 2 wins and one tie will give a score of two; 2 wins and a loss will have a score of 1;

c) **Bracket tie scores:** in case of a tie between 2 competitors within the same bracket a tie breaker match will be held. If the tie breaker match also ends in no score, a sudden death round will be held after one minute rest. The first competitor to score a submission, score a takedown, or achieve mount/back control (with hooks) for 3 seconds will be declared the winner.

d) **In case of a three-way (or more) tie:** the format becomes elimination with the winner of the first match facing the remaining third/fourth competitor as per rules above in section c (fight order is random, decided by coin toss, and with minimum one minute rest between matches);

e) **Unforeseen Circumstances:** In instances of injury or cut, where bleeding doesn't stop, and the competitor cannot continue, both competitors will be awarded a 0 for the match. If this occurs after a single match, but before the completion of the bracket, all the competitor's remaining matches will be ruled a forfeit loss (-1 score for him and a +1 score for the remaining opponents). If the one bracket has been completed, but the winner can not continue to the finals, the runner up will proceed to the next bracket in place of the winner. If there is a tie for runner up, see this section's part c.

f) **Moving to Championship Bracket:** All winners of individual brackets will move to championship bracket. Rules in championship bracket are same for previous brackets.

10. Divisions: Competitors will be divided by age, gender, skill and weight. But due to the smaller nature of some divisions, their will not be as many weight classes.

Divisions

- **Teen:** Teenage competitors from 13yrs. to 16yrs. of age will be divided into either one or two weight classes (light and heavy) depending on the number of competitors, and will have a single skill level following the novice rules (no twisting leg locks, neck cranks).
- **Male Adult:** All competitors 16 yrs. and above will be divided into multiple weight classes and two separate skill divisions (novice and advanced)
 - a) **Adult Skill Divisions:** Competitors will be divided into two skill divisions; **NOVICE** --- Under 2-years of training (approximately BJJ Blue Belt and under) and **ADVANCED** --- 2-years or more of training (approx. BJJ Advanced Blue belt and over). Neck cranks and twisting leg locks will not be permitted in the novice division, but otherwise the rules are the same for both divisions.

NOTE: If you have previously won an NYCSS event you are required to enter the advanced division.

b) Adult Weight Classes

- 140lbs (and under)
- 141-160lbs
- 161-180lbs
- 181-200lbs
- 201-230lbs
- Absolute (open to all weights)
- **Female:** Female competitors will be divided into either one or two weight classes (light and heavy) depending on the number of competitors, and will follow the novice rules (no twisting leg locks, neck cranks). All females will be given the option of competing in the male classes if they so choose.