

# Twin State Grappling

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**Our Mission:**

To provide safe and competitive entry level grappling to all youth ages 4-17.

**Division Outline:**

Participants will compete on a minimum of a 16'x16' matted ring. Two opponents will compete per match. One opponent will wear a red belt, the other a blue belt. These colored belts determine who is awarded points throughout the match. Whoever has the most points at the end of the timed match is declared the winner of said match.

**Proper Attire for this Division:**

- T-shirt
- Gi Pants
- Belt
- Mouth guard
- No jewelry or piercings at time of competition

**Rules:**

-Ages 12 and under:

Round time: 1:30 for all ranks

Ages 13 and up:

Round time: 2:00 for all ranks

-No open sores allowed

-Finger nails and toenails must be trimmed.

-No footwear allowed.

**Illegal Techniques**

-No Submissions or Submission Attempts! This is a positional focused division. Any Submissions or Submission attempts will result in a disqualification.

-No strikes of any kind.

-No eye gouging, pulling of the hair, scratching, or fish hooking allowed.

-No slams or guard pick up slams. All takedowns are to take the opponent down to the ground in a controlled technical fashion without slamming. Any slamming will result in a disqualification.

-No scissor leg takedowns allowed.

-No grabbing of the shirt, belt, or gi pants as you spar, grappling will be handled as "no gi" in this division.

-No poor sportsmanship or foul language from either the participants or the coaches. This is meant to be a positive experience.

## **Point System for Twin State Grappling**

**2 Points:** Takedowns, Sweeps, Side Control Position, Knee on Belly Position, Kesa Gatami, Scarf Hold Position

**3 Points:** Any Guard Pass that ends in the player scoring a dominant position.

**4 Points:** Full Mount Position, Modified Mount Position, Back Take Position

-Each position must be held for a minimum of 3 seconds to be awarded the points.

-Should a takedown be completed and competitors go out of bounds on the attempted takedown, competitors will be placed back in the middle of the ring and placed in the position they were in when they went out of bounds. Points will not be awarded for the takedown.

-Points on sweeps will not be awarded if the sweep leads the opponent to go out of bounds.

-Should the opponents go out of bounds at any point in time, the timer is to be paused and will not resume until competitors reset back in the center of the ring.

-Should a match end in a draw, participants will enter a sudden death match. First opponent to score a takedown, sweep or dominant position wins.

**Placing:**

-Once a division concludes, participants are awarded 1st through 4th place based on placing in said division.

-Should a lone competitor be in a division, he/she will have the opportunity to compete. Regardless of winning or losing, they will still place first in their respective division.

**Divisions:**

Grappling Divisions will held in the age brackets as follows:

- 4-6
- 7-9
- 10-12
- 13-15
- 16-17

Each division will have its own boys and girls division, and will be broken up into Novice, Intermediate, and Advanced.

## Visual Guide On Positions:

In order for a competitor to score additional points on positions, he/she must transition to another category of position. For example, a competitor cannot transition between side control, to scarf hold, and back to side control, since those positions both fall into the Side Mount category.

### Full Mount Positions (4 Points)

Full Mount: Both knees must be placed on the ground. Competitors can either have their hands up or placed down on the ground.



Modified Mount: This position commonly occurs when an opponent from underneath tries to roll over or turn. The foot behind the back is in a kneeling position, while the foot in the front is up against the opponent's stomach.



### Back Take Position (4 Points)

Back Mount: In order to gain points, competitors must have in both hooks (feet wrapped around the opponent's waist or hips.) Placing the hands in a seat belt motion, while not required, will help maintain the position.



### Side Mount Positions (2 Points)

Side Control: Competitors must get "chest to chest", meaning no arms blocking and framing from the opponent in order to get points for this position.



Knee on Belly: Competitor places knee on opponents mid section and is in an upright position. Competitor can control the arms of the opponent while in this position as well.



Kesa Gatami and Scarf Hold: Both of these positions are quite similar in how the competitor places their body while holding the opponent. In Kesa Gatami (Pictured Left) the competitor underhooks one of the opponents arms while pulling the other across their body like a seatbelt. In Scarf Hold (Pictured Right) the competitor underhooks the opponent's head or can grab their own thigh, while pulling the arm across their body like in Kesa Gatami.



### **Grappling Division Contact Information:**

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Should you have any questions, please reach out to us.