

OFFICIAL CLINCH COMBAT CHALLENGE RULES AND REGULATIONS

Qualifications to Compete:

1. Competitor must train at the Clinch Academy unless specially invited.
2. Competitor must have trained for at least 3 months before competing.
2. Competitor must actively be training at least 2 days a week.
3. Competitor must compete in the style which he/she practices at least twice a week.
4. Competitor must read and sign official rules and regulations waiver.
5. Competitor must compete with honor and good sportsmanship always.

Goals of the Clinch Combat Challenge:

The goal of the Clinch Combat Challenge is to provide an opportunity for the students to experience the nerves, intensity and emotional rollercoaster of competition in a safe, friendly environment. For those who are looking to compete in big tournaments down the road, this is the best way to get introduced to the experience of competition before entering bigger tournaments or MMA fights. It is also an opportunity for you to test yourself. Competition is one of the greatest learning tools you have. Every time you compete you learn more about yourself and how that affects your training. It helps you to see the big picture in a way that nothing else can. This is also an opportunity for students to learn to coach. Each fighter will be assigned a coach for their fight who can coach them as they fight and give advice between rounds. If not anything else the Clinch Combat Challenge should give you a goal in your training. You will be allowed at least a full month to train for your match after you are qualified. This should help to advance your training and improve your skills at a faster rate.

Sportsman-like Conduct:

The Clinch Combat Challenge is about Respect, Humility, Self-Control and Honor. Be sure to know the rules of your competition and follow them whole heartedly. If you're going to win, do it in purity. Always treat your opponents, the referee, the sport and art with respect. Fight with self-control no matter the circumstances. Control your actions and tongue when things aren't going your way. Win or lose in humility and give your opponent the respect they deserve for competing with you. To those who honor these rules, honor will be given to you in return.

OFFICIAL RULES FOR JIU-JITSU AND SUBMISSION GRAPPLING MATCHES

- All jiu-jitsu and submission grappling matches will be 2 rounds.
- The first round will be 5 minutes long with no points scored. Your goal is the submission. If you submit your partner in the first round, the victory is yours and the match is over.
- If there is no submission in the first round, there will be a second round. The 2nd round is 3 min long with points scored. Whoever gets the most points scored will win.
- If there is a draw at the end of the 2nd round there will be a sudden death round. Whoever gets the takedown wins.

Legal Submissions:

All submissions are legal except:

All obvious cheats such as eye gouging, fish hooking, biting, pulling hair etc...

Slams from the guard position

Head slams from standing

Neck cranks

Heel hooks

How to Score Points:

4 points – mount, back mount

3 points – passing the guard

2 points – take downs, sweeps and knee on the belly

-1, -2... – penalties

1, 2, 3... – advantages

Articles of Clothing:

BJJ

- Athlete must wear a cup, mouth guard and a clean Jiu-jitsu or Judo Gi.

Submission Grappling

- Athlete must wear a cup, mouth guard and a pair shorts with no zippers or buttons. A rash guard or t-shirt can also be worn but it not required.

Specifics of Scoring

A-) TAKE DOWNS: Any kind of knocking down the opponent or being taken down on his back side, **2 points**. If the athlete is thrown to the ground and does not land on his back, the thrower must pin him to the ground in the same position for at least 3 seconds to gain the points of the take down.

Observation 1: A take down is considered a take down when you throw, sweep or take down your opponent and land in a top control position. If you land in the top guard or the top half guard you receive only 1 point.

Observation 2: If you hop or pull guard on your opponent you will get no points and neither will they.

Observation 3: If you take your partner down and don't land on top you and your opponent will both get 1 point.

B-) PASSING THE GUARD: Is when the athlete that is above his adversary or in between his legs, moves to his opponent's side, establishing a perpendicular or longitudinal position over his adversary's trunk, dominating him and leaving him no space to move or to escape the position—if even is on his side or back. **3 points** NOTE: if the athlete that is underneath avoids the move by getting to his knees or standing up, the initiative will not be awarded 3 points but will be awarded an advantage.

C-) KNEE ON THE BELLY: When the athlete on top puts his knee on his adversary's stomach, holding his collar or sleeve and belt or leg with his other leg towards his adversary's head: **2 POINTS**.

Observation: if the athlete that is underneath does not allow his adversary to put his knee down onto his belly and if the one on top does not establish the position completely, it will not be awarded 2 points but an advantage.

D-) THE MOUNT: is when the athlete sits on his opponent's torso; the opponent can be lying on his stomach, side or back. The one mounted can be on top of one of his opponent's arms, but never on both. It will also be considered a mount if he has one knee and one foot on the ground, **4 POINTS**.

Observation: no points will be awarded if his feet or knees are on his opponent's leg. Also if an athlete applies a triangle while in the guard and in so doing lands mounted on his opponent, it will be considered a sweep, not a mount. (See the Guard)

E-) THE BACK MOUNT: Is when the athlete grabs his adversary's back, taking hold of his neck and wrapping his legs around his opponent's waist, with his heels leaning on the inner side of his opponent's thighs, not allowing him to leave the position. **4 POINTS**. NOTE: the points will not be awarded if both heels are not properly positioned on the inner part of the adversary's thighs. It also be considered back mount if the athlete has the leg over one arm of the opponent but never over both arms, in this case no points will be awarded.

F-) THE SWEEP: is when the athlete that is underneath has his opponent in his guard (in between his legs) or the half guard (having one of his adversary's legs between his) and is able to get on top of his adversary by inverting his position. **2 POINTS.**

Observation 1: it will not be considered a sweep if the move does not begin from inside the guard or half guard.

Observation 2: When the athlete sweeping advances his position to the back of his opponent during the attempted sweep, he is awarded 2 points.

Observation 3: If starting in a guard position, an athlete attempts a sweep and both athletes return to their feet the one attempting the sweep will be awarded an advantage.

NEGATIVE POINTS: (PENALTIES)

Negative points will be awarded for any unsportsmanlike conduct or failure to obey the rules. Each foul is a negative point. A third foul results in disqualification.

ADVANTAGES:

It is considered an advantage when the athlete attempts but does not complete any of the fundamental moves of the fight; i.e. sweep, take down, submission etc.;

If you begin a move like a takedown and execute it but are unable to hold your partner down afterwards you will get an advantage.

Ex. 1: You take your partner down and he stands right back up.

Ex. 2: You fully pass the guard but your opponent recovers immediately.

OFFICIAL RULES AND REGULATIONS FOR KICK BOXING MATCHES

- All matches will be 3, 3 minute rounds with a 1 minute break between.
- All matches will be scored by 3 judges.
- The winner of the round will be determined by who the judges believe landed the most clean strikes.
- At least 2 of the 3 judges must believe you won the round for you to win.
- You must win at least 2 of the 3 rounds to win the match.
- The goal of the kickboxing matches is to win the rounds, NOT to knock your partner out!

Legal Strikes:

All strikes are legal except:

All obvious cheats such as eye gouging and groin strikes.

Elbows

Strikes to the back of the head or spine

Knees to the head

Hard stomping kicks to the knee

* Clinching and Thai Clinching is legal but there are no

knees to the head

Head locks or choking holds

* **Special Rules:** In some cases takedowns will be legal. In the event that takedowns are legal, the judges will also base their decision according to takedown dominance.

Bad Sportsmanship Clause

The first time you conduct bad sportsmanship you will be warned.

The second time you will be disqualified.

Articles of Clothing

- Athlete must have his own gear. If you plan to compete and do not have all the gear, be sure to check in before buying to make sure it is approved.
- Athlete must wear fight shorts and cup, mouth piece, 14 oz gloves, shin and instep guards
- Rash Guard is optional
- Head gear is necessary for beginners

All gear is available at clinchacademy.com

OFFICIAL RULES AND REGULATIONS FOR MIXED MARTIAL ARTS MATCHES

- All matches will be 3, 3 minute rounds with a 1 minute break between.
- All matches will be scored by 3 judges.
- The winner of the round will be determined by who the judges believe Controlled the fight in 3 areas: Stand-Up, Takedowns, Ground Control.
- You Must have controlled your opponent in at least 2 of the 3 judging areas to win the Round.
- At least 2 of the 3 judges must believe you won the round for you to win.
- You must win at least 2 of the 3 rounds to win the match.
- The goal of the matches is to out-score or submit your opponent, NOT to knock your partner out!
- The referee can also stop the fight at anytime if you are not actively defending yourself by advancing your position if you are being overwhelmed with strikes.
Ex: Partner has you mounted and is striking down at you. You have your guards up but are doing nothing to escape. You will be warned to get out or to at least keep him from hitting you. If you make no effort to improve your situation the fight will be stopped.

Bad Sportsmanship Clause

The first time you conduct bad sportsmanship you will be warned.
The second time you will be disqualified.

Legal Strikes:

All strikes are legal except:

No eye gouging or groin striking

Elbows

Strikes to the back of the head or spine

Knees to the head

No kicks to the head unless you're wearing shin guards

Hard stomping kicks to the knee

No kicking a down opponent (You can kick the legs if he is on his back)

No up kicks to the head when on your back

No heels to the spine when on your back

No knees to the tailbone

Legal Submissions:

All submissions are legal except:

All obvious cheats such as fish hooking, biting, pulling hair etc...

Slams from the guard position

Head slams from standing

Neck cranks

Heel hooks

Articles of Clothing:

- Athlete must have his own gear. If you plan to compete and do not have all the gear, be sure to check in before buying to make sure it is approved (Gloves Provided)
- Athlete must wear fight shorts and cup, mouth piece and MMA gloves
- Rash Guard is optional
- Head gear is necessary for beginners
- Shin Guards are necessary for head kicks

All gear is available at clinchacademy.com

