

## **Weigh-In**

### **Time:**

The weigh-in must be completed at least two hours prior to the first bout.

### **International Tournaments, Competitions or Galas:**

Whenever possible, a selection of volunteer referees, preferably from different countries, shall supervise the weigh-in on the day before the competition.

### **Tolerance:**

Generally, there is no tolerance. Only kids will be allowed a half kilo discrepancy of weight.

Only three participants from each country are permitted per weight division. No overbooking is allowed except with written consent from GCO HQ, which may be given in electronic form (e-mail). The GCO Representative shall apply for the forementioned GCO HQ consent a minimum of one month prior the competition in written or electronic (e-mail) form.

Overbooking in the case of the forementioned exception of a weight division in any age must be handled in such a way that the number of participants of the same country in one particular weight division is reduced to three.

The corresponding national coach or country representative can influence the placement of his/her competitors for the "fight-off" during the pool drawing.

### **Medical Examination**

All competitors must present medical check no older than 12 months, undersigned by a physician. Otherwise the competitor must undergo a medical check by the present physician, who shall be designated by the promoter of the tournament. Whenever there are male and female participants, the medical examinations must be held in separate rooms or, depending on availability, in one room at different times.

If a competitor is not in possession of his or her sport book with the annual GCO license stamp at the time of the physical examination and the weigh-in, he or she shall not be permitted to fight.

## **7. Competition Management**

### **Fighting Areas:**

Fighting Areas for Point Fighting, Forms, Light Contact, and Karate Kumite:

- a) The fighting area must be square. Each side must be 8 metres in length (8 m X 8 m) maximum or 6 metres (6 m X 6 m) minimum.
- b) Around the fighting area, a safety zone strip of two meters shall be kept clear. Only referee tables are allowed to be placed within this safety zone. No spectators are allowed to be within that zone. The safety strip zone can be marked.
- c) The timekeeper and scorekeeper are located at the referee table facing the head referee.
- d) In the case that there is only one fighting area, sufficient space for the medics and/or emergency personnel shall be provided at the referee table.
- e) The referee table must be equipped with the following items:

Pool lists

Score displays

Table stop watch. A hand stop watch is not acceptable.

Acoustic signal (Bell, whistle, or horn for ringsports; voice is sufficient for other disciplines)

"Bean-Bag" is allowed

Spare paper and pencils

PC and printer are allowed

### **Box Rings:**

- a) Full contact competitions shall be held inside a box ring.
- b) The box ring's components, including but not limited to, all side protection and ropes, must be inspected for suitability and safety prior to the first competition.
- c) The length of each side of the box ring shall be at minimum 4.5 meters and at maximum 6.00 meters (side length of the rope). It shall consist of 4 ropes.
- d) The minimum diameter of the 4 ropes is 2.5 centimetres (1 inch).
- e) The lowest rope must be placed 33centimetres (13 inches) above the platform, while the top rope shall be placed no more than 1.30 metres above the platform.
- f) All ropes must be covered with soft, tightly fitted materials.
- g) The four corners must be made of metal. The diagonal distance between opposite corners must not exceed 10.6 metres (outside measurement).
- h) The height of the corners must not be more than 1.30 metres (52 inches) above the platform of the ring.
- i) All corners must be covered with commonly used cushions in order to avoid possible injuries.
- j) The platform itself may not be placed higher than 1.20 metres above ground level. It must be covered with a shock absorbent (Mat Puzzles or similar) material below the ring floor layer.

- k) Stairs shall be placed in the red and the blue corners as well as in one white corner.
- l) Sufficient chairs must be provided for coaches.
- m) The referee table must be equipped with the following items:
  - Pool lists
  - Score cards
  - 6 clickers
  - Table stop watch and hand stop watch as a reserve
  - Acoustic signal (Bell, whistle or horn)
  - PC and printer are allowed
  - Spare paper and pencils
- n) Judges tables and chairs shall be located along the other three sides of the ring box.
- o) If there is only one ring in use, sufficient space for the medics and/or emergency personnel shall be provided at the referee table.
- p) To avoid possible injuries, media are not allowed on the platform during the rounds.

## 8. Referees

All provisions in this article set the basic duties of referees. Referees must fulfill other conditions, requirements and duties set in other GCO official documents related to referees, which are published on the GCO web page.

### Referee Categories:

#### International referee categories:

Referees of the categories “master referee”, “international referee” and “international judge” are identified by a different colour ID card marked with “REFEREE.”

A Master Referee is required to take part at the GCO World Championships as an international referee for 3 years (3 times) and pass the Master Referee test. A Master Referee must also have sufficient knowledge of English.

An International Referee is required to take part at the GCO World Championships as an International Judge for 3 years (3 times) and pass the international referee test. An International Referee must also have sufficient knowledge of English.

An International Judge is required to have 3 years of practice in refereeing as a first class national referee and pass the International Judge test. An International Judge must also have sufficient knowledge of English.

GCO HQ organizes referee super seminars one time per year before the World Championships for training and licensing “Master Referees”, “International Referees” and “International Judges”. Attendance of this seminar and successful passing of the appropriate test as well as sufficient knowledge of English (the official language of the GCO) are the conditions to become a “Master Referee”, “International Referee” or “International Judge”.

Each country is responsible for its own graded referees’ training and licensing of national class referees. However, the GCO may also offer such seminars.

#### The power of the “Master Referee”, “International Referee” and “International Judge”:

**“Master Referee”:** Entitled to be head referee and ring inspector at the GCO World Championships or to act as a supervisor in international titled competitions. A GCO Master Referee cannot have a leading position in other world kickboxing associations.

**“International Referee”:** Entitled to be a referee in the GCO World Championships finals and/or to act as a referee or judge in international titled competitions. An International Referee is entitled to be a ring inspector at the GCO World Championships as well in the case that there is no master referee on the fighting area in this position.

**“International Judge”:** Entitled to be a referee in the elimination competitions in the GCO World Championships or to act as a judge in national titled competitions.

Licensed referees are registered in a central database. Their names, categories, nationalities and MAP-numbers will be published in the official GCO members website ([www.GCO-members.de](http://www.GCO-members.de)).

### Conflict of Interest:

#### Nationality:

In continental and world championships competitions, the referee team has two composition options:

- a) One referee from the nationality of the red corner competitor, one referee from the nationality of the blue corner competitor, and one or more referees neither from the nationality of red nor blue corner competitors.
- b) All referees have different nationalities than both the red and blue corner competitors.

Note:

If a referee has several nationalities, or if he/she, based on the exception of the nationality principle, has chosen a country, he/she must step down whenever the competitor is either from one of the referee's nationalities or from his/her country of choice.

**Note:** This rule concerning the nationality of referees can be broken only by the decision of the supervisor and only in the case that there are not enough referees of different nationalities at the tournament.

It is the referee's responsibility to report any possible conflict of interest. In case of an omission, the GCO HQ, after consulting with the Head Referee may impose one or more of the following measures:

- a) Warning;
- b) Exclusion of further participation as a referee in the event;
- c) Reduction of the referee's compensation; and/or
- d) Withdrawal of the referee's license for a period of time to be determined by the GCO HQ.

**Head Referee:**

A Head Referee must be designated for every competition.

In a competition with several competition areas or rings, the Head Referee appoints a ring inspector, who supervises application of GCO rules at one fighting area or ring.

The Head Referee can replace referees who have been obviously not neutral or who violate the official GCO competition rules, just as in such cases the Head Referee can overrule their decisions.

**Ring Inspector:**

On each fighting area, the head of the officials is the ring inspector. He/she is responsible for all GCO rules being correctly applied on his/her fighting area. It is the responsibility of ring inspector to place officials at his/her competition area or ring according to their nationalities or affiliations with school, club or particular competitor.

He/she reports the results according to the instructions of the Head Referee.

At events with only one competition area or ring, the Supervisor acts as a ring inspector.

**Supervisor:**

The supervisor is responsible for managing all referees and supervising the work at all competition areas and/or rings. He/she shall take care that the time schedule will work and the safety of the fighter is provided for (by the compulsory attendance of the physician and first aid team).

The supervisor is the part of the GCO Event Organization Team (of the GCO World Championships). At international events or galas, the supervisor is appointed by GCO HQ and, after the championship or gala, must send a report about the event to GCO HQ.

**Protests:**

Decisions of the official doctor can be subject to protests if a second doctor is present at the event. The second doctor will make the decision about the protest.

Protests are only possible in the following situations, and shall be considered after a fee of 100 Euro in cash has been paid to the ring inspector or the Head Referee:

- a) A proven agreement between the referees /judges;
- b) The mathematical addition of the scores is wrong;
- c) An obvious confusion between the red and blue corners occurs; and/or
- d) The official GCO Rules were violated.

**Note:** Video recordings cannot be used to justify a protest.

A protest does not hold back the competition. However, the Head Referee can interrupt the continuation of the fights for a short period of time if the result of the protest has a significant influence on the proceeding of the competition.

After hearing the protest from both coaches and the referee's comments, the Head Referee shall then make the final decision.

The protest fees shall go into the general account of the GCO HQ fund for future referee training and development.

If a protest is submitted after the competition, the GCO HQ shall then make the decision after hearing the protest from both coaches and the referee's comments. The national federation has a limit of 30 days to make a statement about a protest.

If the decision of a protest leads to a loss of a European or World title, the final decision can be only made by the Executive Board of the GCO.

**Clothing:**

**All referees shall wear black trousers, black socks, and black Polo shirts with the GCO logo on the shirt.**

**GCO Rules Committee members shall wear a white shirt and black trousers.**

To minimize injuries, it is forbidden for referees to wear any jewelry, watches, pens, etc. Judges are excepted from this rule since no bodily contact with competitors is possible.

The use of medical gloves is recommended.

**Registration of referees per country for the GCO World Championships:**

For every country, the following number of referees must be present:

<b>0-4 competitors</b>	<b>0 Referees</b>
<b>5-25 competitors</b>	<b>1 Referees (Master or International referee)</b>
<b>26-50 competitors</b>	<b>2 Referees (both Master or International referee)</b>
<b>51-75 competitors</b>	<b>3 Referees (at minimum one Master and one International referee)</b>
<b>76-100 competitors</b>	<b>4 Referees (at minimum one Master and one International referee)</b>
<b>101-125 competitors</b>	<b>5 Referees (at minimum one Master and two International referees)</b>
<b>126+ competitors</b>	<b>6 Referees (at minimum one Master and three International referees)</b>

Each country that does not fulfill the number of referees requirement will be fined 250 Euro per each missing referee. The money shall go into the GCO HQ general account.

Countries which pre-register their referees for championships and receive confirmation from the GCO will receive priority.

The referee's payment is as follows:

<b>Master referees</b>	<b>10 € per hour</b>
<b>International referees</b>	<b>7 € per hour</b>
<b>International judges</b>	<b>5 € per hour</b>

Payment is due on the morning of the final competitions' rounds before the competitions start.

The organiser/host is responsible for the payment of referees as well as general care of said referees. This includes providing separate rooms containing food and beverages. In addition, it is necessary to have mineral water on the referees' and judges' tables.





<b>VI.</b>	<b>Full Contact, Thai Boxing, &amp; Original GCO Kickboxing (K-1 Style) Rules</b>	<b>17</b>
1.	GCO Amateur Weight Classes	18
2.	The Attendance of a Physician	18
3.	Divisions, Rounds	19
4.	Rules of Conduct Inside and Outside of the Ring	19
5.	Coaches and A, B, C, & D Licenses in Galas	20
6.	Matches in Full Contact, Thai Boxing, and Original GCO Kickboxing (K-1 Style)	20
7.	GCO Amateur Division Scoring Rules	22
8.	Scoring and Points in Full Contact, Thai Boxing, and Original GCO Kickboxing	22
9.	Protests and Alteration of Decisions	23



## 1. GCO Amateur Weight Classes in:

- a) FC Full-Contact
- b) TB Thai-Boxing
- c) K-1 Original GCO Kickboxing (K-1 style):

Applied weight divisions for Full contact, Thai Boxing and Original GCO Kickboxing (K-1 style) are as follows:

Adults		Boys	Girls
Men	Women	Kadets	Cadets
- 60 kg	- 50 kg	- 50 kg	- 50 kg
- 65 kg	- 55 kg	- 55 kg	- 55 kg
- 70 kg	- 60 kg	- 60 kg	- 60 kg
- 75 kg	- 65 kg	- 65 kg	
- 80 kg	+ 65 kg	- 70 kg	
- 85 kg		- 75 kg	
- 90 kg		- 80 kg	
+ 90 kg		- 85 kg	
		+ 85 kg	

Note: in all world level competitions wherever rankings are available heats must be seeded.

Each competitor's name, country and MAP-number must be listed. A minimum of three competitors in each weight class is obligatory. Fewer than three competitors in one division will move the competitors in that division up to the next weight category. In that case each country must receive a minimum of one copy of all drawing lists and the name list of competitors for free. The representative should receive this at least a few hours before the start of the tournament. There is no way to protest after the drawing.

## 2. Attendance of physician

The attendance of a doctor (physician) in Full Contact, Thai Boxing and Original GCO Kickboxing (K-1 style) is obligatory; a first aid team only is not sufficient.

The official physician, who mandatorily attends every match, is the final authority in questions of the safety of the competitors, and he or she may at any time stop or terminate a match at his or her discretion.

Every match must be supervised by an approved doctor (physician). Any and all directions and/or orders from the attending physician must be immediately complied with. The attending physician must be qualified as a general practitioner. The attendance of one doctor is compulsory in national and international tournaments; two doctors are required for World Championship. A first aid team is compulsory as well.

The attending physician must follow the rules and regulations of the appropriate national health board as well as be approved by the authorities where such rules apply. No match may start or proceed before the attending physician is in place, and the physician may not leave his/her place prior to the decision in the last match.

The attending physician shall be ready to assist if a serious emergency arises and to administer first aid in the event of less serious injuries.

The doctor has the right to interrupt or stop a contest by ringing the bell or calling "stop" to the referee, if he/she thinks a competitor is in danger and the referee has not stopped the fight. He/she is also responsible for making the decision when a referee calls him/her to examine an injured competitor.

No person, even coaches, may attempt to aid a competitor during a round before the attending physician has had the opportunity to see the injured competitor. If the doctor enters the ring or he/she must examine the presumed injury and decide if the fight can continue or not. This examination must take place in the ring and have duration of not more than one minute; any kind of treatment of the competitor is explicitly forbidden. Should this time not be sufficient, the referee shall stop the match and declare the opponent the winner. Doctors' decisions are in any case final decisions, but they can be protested if a second doctor is present at the event. The second doctor will make the decision about the protest.

### 3. Divisions, Rounds

GCO Amateur Divisions: (quick look up)

Full Contact, Thai Boxing and Original GCO Kickboxing (K-1 style):

Full-Contact	kicks above the waist	long trousers with bare upper body
Thai-Boxing	knees and elbows	shorts and bare upper body
Original GCO	with low kicks and knee strikes	shorts and bare upper body

#### Rounds

All preliminary matches at any kind of championships (men and women) may not be conducted over 3 rounds of 2 minutes. There is a break of 1 minute duration between rounds.

All final matches in any kind of championships (men and women) may not be conducted over 3 rounds of 2 minutes. There is a break of 1 minute duration between rounds.

In galas no match featuring male and female amateur competitors may proceed for more than 5 rounds of 2 minutes or 3 rounds of 3 minutes.

The referee shall disqualify a competitor if he/she does not turn up after having been repeatedly called for the fight.

The four-minute rule shall be applied in following way:

After the first minute, the competitor will receive a warning; after the second minute, the opponent shall receive 1 point; after the third minute, the opponent shall receive a second point; and after the fourth minute, the competitor shall be disqualified.

The referee shall disqualify a competitor who turns up with improper safety equipment and can not replace it in four minutes, with the four minute rule being applied as described above.

### 4. Rules of Conduct Inside and Outside Of the Ring

It is the duty of every competitor to show fair play in the ring. Should a competitor not be ready to continue the match, because his/her safety equipment is not working properly or for other reasons, he/she shall retreat one step and raise one arm.

Should a competitor be sent down for the count or in any other way be incapacitated, his/her opponent shall immediately retreat to the nearest neutral corner and wait for the referee to signal that the match can proceed again.

When a competitor receives a warning or a reprimand from the referee, he/she must bow in the direction of the referee to indicate that he/she has understood the reason why.

At the conclusion of the fight the competitors shall approach the referee, standing in the centre of the ring, and there, one on each side of the referee, await the speaker's announcement of the verdict. The referee shall then raise the arm of the winner.

After the fight the competitors salute each other and the opponent's coaches, after which both competitors bow to the referee in recognition of his/her efforts.

Violation of GCO rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a shorter or longer duration of time, depending on the seriousness of the violation or infringement.

#### The Competitor

No competitor may participate in any match without an up-to-date sport book with official annual GCO license stamp.

The competitors must be in good physical shape and have a good sportsmanlike attitude.

The competitors must be well groomed and presentable. The nails of hands and feet must be cut short. The hair must be short or freshly washed. Competitors with hair of a length that could pose a problem during the fight (i.e. shoulder length or more) must follow the rules concerning long hair (see below).

All competitors shall be clean and proper. It is the sole prerogative of the GCO referee to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the competitors or an obstacle to the unhindered observation of the match.

Excessive use of grease or similar substances is prohibited.

The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net, and that Vaseline, grease or any other similar substances be removed before the fight can start or proceed.

#### The Competitor's Equipment

All competitors must be equipped in all divisions with approved safety equipment in the form of padded protectors:

- Individually fitted breast-protector for females only, in all disciplines and all age categories
- Individually fitted groin-protector for all age categories in all disciplines by males and females
- Foot protectors in Full-Contact and Original GCO Kickboxing (K-1 style)
- Shin protectors in Full-Contact

- e) Shin guards are voluntary in Kickboxing Original GCO Kickboxing (K-1 style)
- f) Individually fitted head-protector (helmet), which must protect the top of the head also and be red or blue, as is appropriate for the competitor's corner
- g) Individually fitted tooth-protector (gum shield)
- h) Hand-bandages: maximum length of 3.5 metres
- i) Gloves: 10 ounces in all categories

The competitors have the responsibility of bringing their own personal equipment and that of their coaches to all GCO matches and tournaments.

Over the equipment, the competitor may use one layer of soft surgeon's tape to hold the equipment in place. Taping must be approved by the referee or by the tournament director.

All competitors with long hair may wear approved hair bands or holders without any metal and must do so if the hair is long enough to pose a safety hazard or could hinder the observation of the fight.

## 5. Coaches and A,B,C,D licence by galas

### Coaches

The coach must wear a track suit and sport shoes, which must be clean. A coach will be given two minutes to acquire a tracksuit if he or she is not properly attired for his/her competitor's bout.

The coach may give up on behalf of his/her competitor if he/she deems it irresponsible to let the fight continue. This is indicated by the coach throwing a white towel into the ring.

Prior to every tournament the head referee shall call a meeting with all the judges, referees and coaches to clear up any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting.

Coaches shall support and advise their competitors during the intermission between rounds. Each competitor may have two coaches and only one of these may enter the ring at any time.

During the rounds neither of the coaches may enter the ring or in any other manner hinder or disturb the proper proceeding of the fight. Coaches shall comply with any and all directions by the referee. Prior to each round the coaches must remove buckets, stools, towels and the like from the ring, and if necessary wipe the floor clean of spilt water. The coaches shall have at their disposal a towel, a sponge, water and grease for the competitor.

During the rounds the coaches may give advice (only in a proper manner), help, or in any proper way encourage the competitor. Should a coach violate this rule the referee can issue a warning, expel the coach, or disqualify the competitor.

A coach who has been expelled may not function as coach in the remaining part of the tournament.

A match starts when the referee gives the command "fight" to begin the first round, and it finishes when the referee stops the fight in the last round. Only the competitors and the referee may be present in the ring during the match. If any other person enters the ring, the referee can decide that the fight is immediately over and cannot continue again.

### Galas

Officials shall verify that competitors compete in their proper weight classes. The count of victories is made by adding the number of victories the individual competitor has had (not the number of matches, which is irrelevant) and then classifying the competitor accordingly.

D - Licensed competitors (Novice license); after 2 victories promoted to class C

C - Licensed competitors (Intermediary class); after 8 victories promoted to class B

B - Licensed competitors are licensed to fight in national and international championships, European and World Championships, and are ranked as amateur competitors.

A - Licensed competitors are professionals; therefore they may not compete in amateur events.

## 6. Matches in Full-Contact, Thai Boxing and Original GCO Kickboxing (K-1 Style)

Legal techniques are as follow:

### Full-Contact:

All forms of boxing in combination with kicks above the waist to the body and the head

Rear (reverse) kicks to the body or the head

Spinning back kicks to the body and to the head with full contact to knock out the opponent

All types of foot sweeps performed according to the definition set in the rules of Point Fighting on page 31

### Thai Boxing:

All forms of boxing in combination with kicks above the waist to the body and the head

Rear (reverse) kicks to the body or the head

Spinning back kicks to the body and to the head with full contact to knock out the opponent  
All types of foot sweeps performed according to the definition set in the rules of Point Fighting on page 31  
Low kicks to the thighs, inside and outside  
Knee attacks to the body and to the head  
Kicks with the shin to the thighs, body and the head.  
Clinching (holding) for 5 seconds and attacking at the same time with knees and elbows or any strikes  
Elbow strikes to the body  
Frontal rolling kicks with the heel against the head  
Flat throws below the waist line in clinching situations only

**Original GCO Kickboxing (K-1 style):**

All forms of boxing in combination with kicks above the waist to the body and the head  
Rear (reverse) kicks to the body or the head  
Spinning back kicks to the body and to the head with full contact to knock out the opponent  
All types of foot sweeps performed according to the definition set in the rules of Point Fighting on page 31  
Low kicks to the thighs, inside and outside  
Knee attacks to the legs, body and to the head  
Kicks with the shin and foot to the thighs, body and the head  
Holding a leg with only one counter technique, after which the leg must be released  
Clinching (holding) with only one knee strike, after which the competitor must disengage from the clinch  
Frontal rolling kicks with the heel against the head  
Flat throws below the waist line in clinching situations only

**Illegal techniques (fouls) are as follow:**

**In Original GCO Kickboxing (K-1 Style), Thai Boxing, and Full contact**

All forms of biting or spitting  
Unsportsmanlike conduct and disrespect to the referee  
All strikes, blows and punches executed with the palm side of the gloves  
All kicks to the back and the back of the neck and back of the head  
Any form of butting with the head  
All attacks (strikes, punches, kicks) against the joints  
Attacks to the groin  
Attacking a downed opponent or an opponent who touches the floor with his /her gloves  
Attacking on the break or during a referee break  
Spitting out one's tooth protector (gum-shield)  
Any kind of throwing above the waistline  
Holding the opponent's leg while executing multiple striking or punching techniques  
Holding the ropes and attacking an opponent, including in clinching situations  
Fleeing the ring to avoid contact

**Additionally in Original GCO Kickboxing (K-1 Style)**

The use of spinning back fist  
Elbow strikes  
Multiple attacks while holding or clinching

**Additionally in Thai Boxing**

Elbow strikes to the head  
The use of spinning back fist

**Additionally in Full Contact**

The use of spinning back fist  
Any form of throwing (excluding foot sweeps)  
Any form of clinching or holding the opponent  
All types of strikes with the elbows  
Any form of kicking with the knees

All kicks against the thighs or under the waistline, excluding foot sweeps

#### Warnings and minus-points

In case of a serious violation of the rules and regulations, the referee shall stop the fight with the command "Stop" and issue a warning. The warning shall be issued clearly and in such a manner that the competitor in question understands the reason for the warning. The referee shall clearly indicate which competitor has received the warning by pointing his or her hand. If a competitor has received a warning because of a foul no point is to be deducted but the judges shall immediately award this competitor with "first warning", although the referee has the opportunity to award this competitor immediately with minus point for a clear and brutal foul. If a competitor has received a second warning because of a second foul no point is to be deducted but the judges shall immediately award this competitor with "second warning". Following a warning the referee shall let the match proceed by commanding "Fight". Should a competitor receive 3 warnings in one match, immediately he/she shall be penalised simultaneously with the first minus point (penalty point) and one point must be deducted by the judges. After two minus points in a match, the competitor shall immediately be disqualified simultaneously with the second minus point being issued.

The warnings and penalty (minus) points are given for using any illegal technique or prohibited actions by the competitor as well as violations by coach.

## 7. GCO Amateur Division Scoring Rules

The judges shall base their evaluation of the fight on the following guidelines:

- Number of knock downs
- Number of minus points
- Number of points scored
- Fighting spirit and initiative
- Effective parries and counterattacks.

To score points all effective legal kicks or punches must hit directly without being blocked or parried on any legal area. For punches the technique must be delivered with the striking zone of the closed glove.

## 8. Scoring and Points in Full-Contact Kickboxing, Thai-Boxing and Original GCO kickboxing rules (K-1)

Decisions shall be made after the following guidelines:

#### Victory on points (P)

When neither competitor dominates the other and a round is even: 10:10 points. Following this points are added to or subtracted from each competitor's score according to the number of points they have been noted for by the referee.

The winning competitor of a round receives 10 points, while his/her opponent receives 9 points.

If an official warning was given because of a "foul", the judges shall immediately award this competitor with "first warning". The judges shall always mark these warnings with the letter W (for warning) under "fouls" on the scorecard to indicate that the competitor has received a warning.

If a competitor has received a "second warning" because of a foul no point is to be deducted but the judges shall immediately award this competitor with "second warning".

If an official minus point was given because of a "foul" by clear and brutal strike and this is not merely a warning, or this warning is issued simultaneously with the third warning, each judge must deduct 1 point from the scorecard of the involved competitor immediately when the round is over. (i.e. 10:9) The judges shall always mark these points with the letter M (for minus point) under "fouls" on the scorecard to indicate that the competitor has received a minus point.

If a second official minus point was given, then the fighter is immediately disqualified.

If a competitor is knocked down, each judge must deduct 1 point from the scorecard immediately when the round is over (i.e. 10:9). The judges shall always mark this knockdown with the letter K (for knockdown) under "KD" on the scorecard to indicate that the competitor has received a knockdown.

A score with fewer than 8 points can only happen if the judge gives a 10:8 score for the round and points were deducted as well.

At the conclusion of the match all rounds are added up to the final score (i.e. 30:27) and the competitor with more points on the scorecards shall be declared the winner.

Should a judge observe a violation that has apparently escaped the notice of the referee, and if he/she subsequently imposes a reasonable sanction upon the competitor committing the violation, he/she shall indicate that he/she has done so by marking the points of the violating competitor with the letter J (for judge's minus) and in writing state his/her reasons for the sanction.

#### Victory by attending physician stopping contest or injury (DOD)

The attending physician is the supreme authority in questions relating to the safety of the competitors, and may demand that the match be stopped.

If one of the competitors is injured, it requires only the doctor's decision to stop the fight. The competitor him/herself or his/her coach may also choose to retire from the fight.

The attending physician may stop any match regardless of it being a World or European Championship or any other prestigious match. Should the attending physician wish to stop a match to examine a competitor, he/she must first inform the referee.

The referee then stops the match until the physician has examined the competitor for the sole purpose of determining whether the fight can continue or not. This examination must take place in the ring and have duration of not more than one minute and any kind of treatment of the competitor is explicitly forbidden. Should this time not be sufficient, the referee shall stop the match and declare the opponent the winner.

If one of the competitors is injured and the fight is over because of a foul the innocent competitor is declared the winner. In case of an accident the judges must finish their scorecards and the competitor with the highest number of points is declared the winner. If both competitors are injured or knocked out simultaneously, and neither is able to continue the match, fight is over by draw.

Should this situation occur in the first round the match shall be declared "no contest" and no winner is declared.

#### Giving up (SUR)

In cases where a competitor voluntarily gives up because of injuries or for any other reason, or if he or she does not resume fighting immediately after the intermission between rounds, the opponent shall be declared the winner. In these cases the coach shall throw a white towel into the ring to signal that his/her competitor gives up.

#### Victory by referee stopping contest (RSC)

The referee may stop a match if a competitor is clearly outmatched or if he/she is a hazard to his/her own safety according to the following guidelines:

- a) If a competitor in the judgement of the referee is clearly overmatched and will face unnecessary punishment in the ring the match should not be allowed to go on.
- b) If a competitor in the judgement of the referee is unable to continue the match due to injuries or for any other physical reasons, the referee must stop the match and call the official doctor to the ring.
- c) If a third KD to one competitor occurs in one round, or if the fourth KD to one competitor occurs in one match, then the result will be the end of the fight by RSC.

No referee can decide how seriously a competitor is injured; he/she must call the doctor.

#### No contest (NC)

A match may be stopped immediately by the referee before the prescribed time due to circumstances beyond the control of the competitors or the referee:

- The safety equipment of the ring has been damaged.
- The ring is unsafe for use.
- The lighting over the ring is failing.
- Weather conditions force the referee to stop the match.

Under such circumstances the match shall be stopped and a "no contest" with no winner is declared.

#### Victory by walk-over (WO)

If one competitor is present in the ring and ready to fight and his/her opponent fails to show after his/her name has been called over the loudspeaker, the referee shall signal the referee's table to start with the running of 2 minutes. If the opponent has not entered the ring within a time limit of 2 minute, the timekeeper shall strike the gong to signal that the match has been stopped. The referee shall then announce the competitor who was first in the ring and declare him/her the winner by "walk-over".

The judges shall note this on their scorecards, which are then collected. The judges shall then summon the competitor who has won on walk-over to the centre of the ring, and thereafter the announcement of the decision, raise his/her hand and declare him/her the winner.

## 9. Protests and Alteration of Decisions in European and World Championships

Only a coach may make an official protest.

The scoring of the referee and judges is final.

Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

A judge's verdict, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and GCO supervisor deem that one of the following circumstances has occurred:

- a) A conspiracy has taken place or an illegal agreement has been entered into to affect the result of the match.
- b) The addition of the scorecards is faulty; one judge has mixed up the corners, resulting in the victory being given to the wrong competitor.
- c) A clear violation of the rules and regulations of the GCO, directly affecting the outcome of the match, has been perpetrated.

Protests shall be directed to the Head Referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made (Video will not be

accepted). The protest must be accompanied by a processing fee of € 100. Fee will be returned if the protest is found to be valid.

The protest fee will be transferred to the account of the GCO HQ for the promotion and training of future referees etc.

The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. (Video will not be accepted). His/her decision is final.

Decisions of the official doctor can be subject to protests if the second doctor is present at the event. The second doctor will make decision about the protest.



<b>VII.</b>	<b>Mixed Martial Arts (MMA) Rules</b>	<b>47</b>
1.	Weight Classes	48
2.	World Level Competitions	48
3.	The Attendance of a Physician	48
4.	Fighting Area	48
5.	Round Number and Length	48
6.	Attire	49
7.	Rules of Conduct Inside and Outside the Ring	49
8.	The Competitor	49
9.	The Competitor's Equipment	49
10.	Seconds	50
11.	Amateur Division Scoring Rules	50
12.	Legal Techniques	53
13.	Illegal Techniques	53
14.	Warnings and Minus Points	54
15.	Protests and Alteration of Decisions	54



## 1. Weight Classes

Weight classes for men adults division are as follows:

- 60 kg, - 65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90 kg

## 2. World Level Competitions

Note: in all world level competitions wherever rankings are available heats must be seeded.

Each competitor's name, country and MAP-number must be listed. A minimum of three competitors in each weight class is obligatory. Fewer than three competitors in one division will move the competitors in that division up to the next weight category. In that case each country must receive a minimum of one copy of all drawing lists and the name list of competitors for free. The representative should receive this at least a few hours before the start of the tournament. There is no way to protest after the drawing.

## 3. The Attendance of A Physician

Every match must have a licensed physician in attendance at ringside. Any and all directions and/or orders from the attending physician must be immediately obeyed. A first-aid team is compulsory as well.

The official physician, who must attend every match, is the final authority in questions of the safety of the competitors, and he or she may at any time stop or terminate a match at his or her discretion.

The attending physician must follow the rules and regulations of the appropriate national health board as well as those approved by the authorities where such rules apply.

No match may start or proceed before the attending physician is in place, and the physician may not leave his or her place prior to the decision in the last match.

The attending physician shall be ready to assist if a serious emergency arises, and to administer first aid in the event of less serious injuries.

The physician has the right to interrupt or stop a contest by ringing the bell or calling "stop" to the referee, if he or she thinks a competitor is in danger and the referee has not stopped the fight. He or she is also responsible for making the decision when a referee calls him or her in case of an injury to a competitor.

No one, even a competitor's second, may attempt to aid a competitor during a round before the attending physician has had the opportunity to see the injured competitor. If the doctor enters the ring, he or she must examine the presumed injury and then decide whether or not the fight should continue. The doctor's examination must take place inside the ring and must have duration of not more than one minute. Any kind of treatment of the competitor is forbidden. Should one minute be insufficient, the referee shall stop the match and declare the injured competitor's opponent the winner. Doctors' decisions are final, although they can be protested if a second doctor is present at the event. The second doctor will make the decision about the protest.

## 4. Fighting Area

MMA contests may take place in either a cage or a ring that has been approved by the GCO. The cage or ring should meet the requirements set forth by the GCO and should be inspected prior to each event by GCO supervisor or head referee.

A ring stool of a type approved by the GCO shall be available for each contestant.

An appropriate number of stools or chairs, of a type approved by the GCO, shall be available for each contestant's seconds. Such stools or chairs shall be located near each contestant's corner.

All stools and chairs used must be thoroughly cleaned or replaced after the conclusion of each bout.

## 5. Round Number and Length

Matches shall consist of three (3) three (3) minute rounds with a one (1) minute rest period between rounds.

## 6. Attire

Each contestant shall wear mixed martial arts shorts, biking shorts, or kickboxing shorts. At the GCO's discretion, competitors wearing loose-fitting shorts may be required to wear spandex or bike shorts underneath fight shorts.

Gis or shirts are prohibited during competition.

Female competitors must wear a sports or athletic bra and may wear a form-fitting rashguard.

Shoes are prohibited during competition.

## 7. Rules of Conduct Inside and Outside the Ring

It is the duty of every competitor to show fair play in the ring. Should a competitor not be ready to continue the match because his or her safety equipment is not working properly or for other reasons, he or she shall retreat one step and raise one arm.

A competitor shall immediately retreat to the nearest neutral corner if so directed by the referee and wait for the referee to signal that the match can proceed again.

When a competitor receives a warning or a reprimand from the referee, he or she must put his or her gloves up in guard position and bow toward the referee to indicate that he or she has understood the reason for the warning or reprimand.

At the conclusion of the fight the competitors shall approach the referee, standing in the center of the ring, and there, with one competitor on each side of the referee, await the speaker's announcement of the decision. The referee shall then raise the arm of the winner.

After the fight the competitors shall salute each other and each other's seconds, after which both competitors shall bow to the referee in recognition of his or her efforts.

Violation of GCO rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a shorter or longer duration of time, depending on the seriousness of the violation or infringement.

## 8. The Competitor

The competitors must be in good physical shape and have a good sportsmanlike attitude.

The competitors must be well groomed and presentable. The nails of hands and feet must be cut short. The hair must be short or freshly washed. Male Competitors with hair of a length that could pose a problem during the fight (i.e. shoulder length or more) must follow the rules concerning long hair (see below). All competitors shall be clean and proper. It is the sole prerogative of the GCO referee to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the competitors or an obstacle to the unhindered observation of the match. The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net. Long hair must be tied back with soft closures only so as to present no hindrance to the match or the observation thereof.

Excessive use of grease or similar substances is prohibited.

Competitors are prohibited from wearing any type of jewelry or piercing accessories during competition.

## 9. The Competitor's Equipment

Individually fitted tooth-protector (mouth guard) required for all competitors.

Bandaging of each competitor's hands shall not exceed one roll of surgeon's adhesive tape, not over 1-1/2 inches wide, placed directly on the hand to protect the part of the hand near the wrist. The tape may cover the hand but not extend within 3/4 inch of the knuckles when the hand is clenched to make a fist. Soft

surgical bandage, not over two inches wide, held in place by not more than six feet of surgeon's adhesive tape for each hand shall be used. Up to one 10-yard roll of bandage may be used to complete the wrappings for each hand. Strips of tape may be used between the fingers to hold down the bandages, not to cover the knuckles. Cloth hand-bandages, maximum length of 3.5 meters, may be used.

An individually fitted breast-protector for females is compulsory.

An individually fitted groin-protector for both males and females is compulsory.

The gloves shall be new for all main events and in good condition or they must be replaced.

All contestants shall wear gloves weighing no fewer than six ounces, supplied by the promoter and approved by the GCO. No contestant shall supply his or her own gloves for participation.

Competitors may be required to wear shin and instep protection if required by a State Athletic Commission in the jurisdiction of the bout.

The following substances are approved for treating competitors' cuts between rounds: Adrenaline 1:1000, Avitene, and Thrombin.

Petroleum jelly may be used lightly around a competitor's eyes and on a competitor's face. Petroleum jelly, lotion, or any other type of lubricant on any other part of a competitor's body is prohibited.

A second may administer only water to a competitor between rounds in a bout. Any other beverage is prohibited.

## 10. Seconds

**The coach must wear a track suit and sport shoes, which must be clean. A coach will be given two minutes to acquire a tracksuit if he or she is not properly attired for his/her competitor's bout.**

The second may give up on behalf of his or her competitor if he or she deems it irresponsible to let the fight continue. This is indicated by the second throwing a white towel into the ring.

Prior to every tournament the Head Referee shall call a meeting with all judges, referees and seconds to clarify any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting.

Seconds shall support and advise their competitors during the intermission between rounds. Each competitor may have two seconds, only one of whom may enter the ring under conditions set in this rulebook.

During the rounds neither of the seconds may enter the ring or in any other manner hinder or disturb the proper proceeding of the fight. Seconds shall comply with any and all directions given by the referee. Prior to each round the seconds must remove buckets, stools, towels and the like from the ring, and if necessary wipe the floor clean of spilt water. The seconds shall have at their disposal a towel, a sponge, water and grease for the competitor.

During the rounds the seconds may give advice (only in a proper manner), help, or encourage the competitor. Should a second violate this rule the referee can issue a warning, expel the second, or disqualify the competitor. A second who has been expelled may not function as second in the remaining part of the tournament.

A match starts when the referee gives the command "fight" to begin the first round, and it finishes when the referee stops the fight in the last round. Only the competitors and the referee may be present in the ring during the match except intermission between rounds when one of the seconds is allowed to enter the ring. If any other person enters the ring, the referee can decide that the fight is immediately over and cannot continue again.

## 11. Amateur Division Scoring Rules and Bout Results

All bouts will be evaluated and scored by three judges.

The 10-Point Must System will be the standard system of scoring a bout. Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and nine points or fewer must be awarded to the loser, except for a rare even round, which is scored (10-10).

Judges shall evaluate mixed martial arts techniques, such as effective striking, effective grappling, control of the fighting area, effective aggressiveness and defense.

Evaluations shall be made in the order in which the techniques appear in (03) above, giving the most weight in scoring to effective striking, effective grappling, control of the fighting area and effective aggressiveness and defense.

Effective striking is judged by determining the total number of legal heavy strikes landed by a contestant.

Effective grappling is judged by considering the amount of successful executions of legal takedowns and reversals. Examples of factors to consider are take downs from standing position to mount position, passing the guard to mount position, and bottom position fighters using an active, threatening guard.

Fighting area control is judged by determining which contestant is dictating the pace, location and position of the bout. Examples of factors to consider are countering a grappler's attempt at takedown by remaining standing and legally striking, taking down an opponent to force a ground fight, creating threatening submission attempts, passing the guard to achieve mount, and creating striking opportunities.

Effective aggressiveness means moving forward and landing a legal strike.

Effective defense means avoiding being struck, taken down or reversed while countering with offensive attacks.

The following objective scoring criteria shall be utilized by the judges when scoring a round.

(1) A 10 points to 10 points round is strongly discouraged, and judges should look through the judging criteria for more effective techniques, more effective pressing of the action, and more style-specific technique. An even round should only occur in the case of a loss of points by a contestant.

(2) A round is to be scored as a 10-9 Round when a contestant wins by a close margin, landing the greater number of effective legal strikes, grappling and other maneuvers.

(3) A round is to be scored as a 10-8 Round when a contestant overwhelmingly dominates by striking or grappling in a round.

(4) A round is to be scored as a 10-7 Round when a contestant totally dominates by striking or grappling in a round.

Judges shall use a sliding scale and recognize the length of time the fighters are either standing or on the ground, as follows:

(1) If the mixed martial artists spent a majority of a round on the canvas, then:

- i. Effective grappling is weighed first; and
- ii. Effective striking is then weighed

(2) If the mixed martial artists spent a majority of a round standing, then:

- i. Effective striking is weighed first; and
- ii. Effective grappling is then weighed

(3) If a round ends with a relatively even amount of standing and canvas fighting, striking and grappling are weighed equally.

The following are the types of bout results:

(1) Submission by:

- i. Tap Out: When a contestant physically uses his or her hand to indicate that he or she no longer wishes to continue.

ii. Verbal tap out: When a contestant verbally announces to the referee that he or she does not wish to continue.

(2) Technical knockout by:

- i. Referee stops bout.
- ii. Ringside physician stops bout.
- iii. When an injury as a result of a legal maneuver is severe enough to terminate a bout.

(3) Knockout by failure to rise from the canvas.

(4) Decision via score cards:

- i. Unanimous: When all three judges score the bout for the same contestant.
- ii. Split Decision: When two judges score the bout for one contestant and one judge scores for the opponent.
- iii. Majority Decision: When two judges score the bout for the same contestant and one judge scores a draw.

(5) Draws:

- i. Unanimous: When all three judges score the bout a draw.
- ii. Split: When all three judges score differently and the score total results in a draw.

(6) Disqualification: When an injury sustained during competition as a result of an intentional foul is severe enough to terminate the contest.

(7) Forfeit: When a contestant fails to begin competition or prematurely ends the contest for reasons other than injury or by indicating a tap out.

(8) Technical Draw: When an injury sustained during competition as a result of an intentional foul causes the injured contestant to be unable to continue and the injured contestant is even or behind on the score cards at the time of stoppage.

(9) Technical Decision: When the bout is prematurely stopped due to injury and a contestant is leading on the score cards.

(10). No Contest: When a contest is prematurely stopped due to accidental injury and a sufficient number of rounds have not been completed to render a decision via the score cards.

The following shall apply to injuries sustained during competition:

(1) If an injury sustained during competition as a result of a legal maneuver is severe enough to terminate a bout, the injured contestant loses by technical knockout.

(2) If an injury sustained during competition as a result of an intentional foul is severe enough to terminate a bout, the contestant causing the injury loses by disqualification.

(3) If an injury is sustained during competition as a result of an intentional foul and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct two points from the contestant who committed the foul.

(4) If an injury sustained during competition as a result of an intentional foul causes the injured contestant to be unable to continue at a subsequent point in the contest, the injured contestant shall win by technical decision, if he or she is ahead on the score cards. If the injured contestant is even or behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.

(5) If a contestant injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favor, and the injury shall be treated in the same manner as an injury produced by a fair blow.

(6) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before one round has been completed in a two round bout .

(7) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the contestant who is ahead on the score cards at the time the bout is stopped only when the bout is stopped after one round of a two round bout has been completed.

(8) There will be no scoring of an incomplete round. However, if the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score.

## **12. Legal Techniques**

All forms of boxing in combination with kicks above the waist to the body and the head

Rear (reverse) kicks to the body or the head, as well as spinning back kicks to the body and to the head

Foot sweeps

Low kicks to the thighs, inside and outside

Knee attacks to the body and the thighs, as well as kicks with the shin to the thighs, body and the head

Clinching (holding) and attacking at the same time with knees and elbows to the body or any other legal strikes

Elbow strikes to the body below the neck

Frontal rolling kicks with the heel

Holding an opponent's leg while attacking with legal strikes or attempting a takedown

The use of spinning back fists only with focus on the opponent

All throws, sweeps, and takedowns, provided that they do not aim to land an opponent on his or her head or neck

All submission holds, including but not limited to chokes, armbars, keylocks, kneebars, heelhooks, neck cranks. Small joint manipulation is not permitted.

## **13. Illegal Techniques**

The following are fouls and will result in penalties if committed:

Butting with the head

Eye gouging of any kind

Biting or spitting at an opponent

Hair pulling

Fish hooking

Groin attacks of any kind

Intentionally placing a finger in any of an opponent's orifices

Elbow strikes to the head, standing or grounded

Small joint manipulation

Strikes to the spine or back of the head

Heel kicks to the kidney

Throat strikes of any kind

Clawing, pinching, twisting the flesh or grabbing the clavicle

Kicking the head of a grounded fighter

Kneeing the head of an opponent, standing or grounded

Stomping of a grounded fighter

The use of abusive language in fighting area  
Any unsportsmanlike conduct that causes an injury to opponent  
Attacking an opponent on or during the break  
Attacking an opponent who is under the referee's care at the time  
Timidity (avoiding contact, consistent dropping of mouthpiece, or faking an injury)  
Interference from a mixed martial artists seconds  
Throwing an opponent out of the fighting area  
Flagrant disregard of the referee's instructions  
Spiking an opponent to the canvas on his or her head or neck

## 14. Warnings and Minus Points

The referee shall issue a single warning for the following infractions. After the initial warning, if the prohibited conduct persists, a penalty will be issued. The penalty may result in a deduction of points or disqualification.

Holding or grabbing the fence.  
Holding opponent's shorts or gloves.  
The presence of more than one second on the fighting area perimeter.

Disqualification occurs after any combination of three of the fouls listed in (01) above or after a referee determines that a foul was intentional and flagrant.

Penalty will result in a point being deducted by the official scorekeeper from the offending mixed martial artist's score.

Only a referee can assess a foul. If the referee does not call the foul, judges shall not make that assessment on their own and cannot factor such into their scoring calculations.

A fouled fighter has up to five minutes to recuperate.

If a foul is committed, the referee shall:

- (1) Call time.
- (2) Check the fouled mixed martial artist's condition and safety.
- (3) Assess the warning or penalty to the offending contestant, deduct points, and notify each corner's seconds, judges and the official scorekeeper.

If a bottom contestant commits a foul, unless the top contestant is injured, the fight shall continue, so as not to jeopardize the top contestant's superior positioning at the time.

- (1) The referee shall verbally notify the bottom contestant of the foul.
- (2) When the round is over, the referee shall assess the warning or penalty and notify both corners' seconds, the judges and the official scorekeeper.
- (3) The referee may terminate a bout based on the severity of a foul. For such a flagrant foul, a contestant shall lose by disqualification.

## 15. Protests and Alterations of Decision

**Only a coach may make an official protest.**

The scoring of the referee and judges is final.

Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

A judge's decision, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and GCO supervisor deem that one of the following circumstances has occurred:

- (1) A conspiracy has taken place or an illegal agreement has been entered into that affects the result of the match.

(2) The addition of the scorecards is faulty or one judge has mixed up the corners, resulting in the victory being given to the wrong competitor.

(3) A clear violation of the rules and regulations of the GCO, directly affecting the outcome of the match, has been perpetrated.

Protests shall be directed to the Head Referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made (video will not be accepted). The protest must be accompanied by a processing fee of 100 EUR. The fee will be returned if the protest is found to be valid. The protest fee will be transferred to the account of the GCO HQ for the promotion and training of future referees, etc.

The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. Video will not be accepted. The Head Referee's decision is final.

Decisions of the official doctor can be subject to protest if a second doctor is present at the event. The second doctor will make the decision about the protest.



<b>VIII.</b>	<b>Submission Grappling Rules</b>	<b>56</b>
1.	Tournament Admission	57
2.	Fighting Area	57
3.	Age Classes	57
4.	Additional Regulations of Class and Division	57
5.	Experience Levels and Belt Levels	57
6.	Weight Classes	57
7.	Weigh-In	58
8.	The Competitor's Apparel	58
9.	Match Lengths	59
10.	The Grappling Area, the Table, Timekeepers, and Scorekeepers	59
11.	The Referee	59
12.	Penalties	60
13.	Legal Techniques	61
14.	Illegal Techniques	61
15.	Match Conclusions	62
16.	Points	62
17.	Advantages	64
18.	Protests and Alteration of Decisions	64



## 1. Tournament Admission

At the Association's discretion, Association may choose to waive license fee for a tournament registration fee.

Weight divisions may be combined if there are not enough competitors in one division to make a complete division at Association's discretion.

## 2. Fighting Area

Grappling competitions shall be conducted on grappling or wrestling mats divided into "rings". A ring is an area that is clearly marked by color, tape or similar means.

Each ring area shall measure no less than ten (10) feet by ten (10) feet. The center of each ring should be clearly marked. In addition, each ring should have a safety perimeter around it on all sides of a width no less than two (2) feet.

Only competitors ready to engage in a match and referees shall be on the competition mats. Coaches, teammates, and other spectators must remain off of the mat area. Approved camera crew may, at the Association's discretion, film on the mats between competition rings.

## 3. Age Classes

Competitors shall be divided into the following age classes:

Adults: 18 years and older

## 4. Additional Regulations of Class and Division

Men and women shall not compete against each other.

Any competitor who has reached the rank of Blue Belt must compete in Intermediate or Advanced divisions. Any competitor who has reached the rank of Purple Belt or higher must compete in Advanced divisions.

## 5. Experience Levels and Belt Levels

Gi divisions will be classified according to the traditional Brazilian Jiu Jitsu belt system, with the following ranks: White, Blue, Purple, Brown, and Black Belt.

No Gi divisions for Adults will be classified as Novice, Intermediate, or Advanced.

Guidelines for No Gi experience categories:

- (1) Novice: less than one year of training in the grappling arts
- (2) Intermediate: one to three years of training in the grappling arts
- (3) Advanced: more than three years of training in the grappling arts
- (4) Note: Grappling arts include, but are not limited to, Brazilian Jiu-Jitsu, Sombo, Judo, wrestling, and Shootfighting.
- (5) Any competitor entering any No Gi division who has reached the rank of Blue Belt must compete in the Intermediate or Advanced division. Any competitor who has reached the rank of Purple Belt or higher must compete in the Advanced division.

## 6. Weight Classes

Note: All weights given in kilograms.

<b>WOMEN: GI &amp; NO GI</b>
-50 kg

-55 kg
-60 kg
-65 kg
+65 kg

<b>MEN: GI &amp; NO GI</b>
-60 kg
-65 kg
-70 kg
-75 kg
-80 kg
-85 kg
-90 kg
+90 kg

**Note:** Adjacent weight divisions may be combined if any weight division has too few competitors. If there are three or fewer competitors in one division, the competitors will be moved up to the next weight division.

## 7. Weigh-In

Weigh-ins for tournaments may be conducted the morning of the tournament or the evening before the tournament.

Competitors shall not weigh in wearing a Gi or kimono.

## 8. The Competitor's Apparel

Competitors in all No Gi divisions shall wear appropriate grappling or MMA shorts with no zippers or metal components. In addition, competitors may wear a close-fitting T-shirt or rashguard. Female competitors must also wear a sports or athletic bra.

Competitors in all Gi (BJJ) divisions must wear an appropriate Gi or Kimono that includes long pants, a jacket, and a belt. Male competitors may not wear a shirt or rashguard under the jacket. Competitors must wear shorts underneath the Gi in case the Gi should tear during competition. The Gi must be in good condition (i.e., not torn, soiled, or malodorous). Each competitor shall have a second Gi with them in case of a tear or rip in his/her Gi during competition. The Gi must meet the following regulations:

- (1) Constructed of cotton or similar material, in good condition. The Gi may not be excessively thick or hard to the point that it obstructs an opponent.
- (2) The Gi may be black, blue, or white. The jacket and pants must be the same color.
- (3) The jacket must be of sufficient length to reach the thighs of the competitor, and the sleeves must reach the wrist when the arms are extended in front of the body. The pants must be long enough to reach the ankles of a standing competitor.
- (4) The belt width must be four to five centimeters and of a color correctly corresponding to the competitor's rank. It must be tied around the waist with a double knot tight enough to remain tied and keep the Gi closed.
- (5) Gis must not be decorated or painted, except with approved team patches.

A mouthpiece is recommended for all competitors.

Male participants are strongly advised to wear foul-proof groin protection.

No jewelry may be worn during competition. All piercings must be removed.

The use of oils, lotions, grease, or other lubricants (including hair products such as gel, mousse, and similar substances) are forbidden on any part of the body.

Fingernails and toenails must be trimmed short and clean for the safety and hygiene of competitors.

Competitors with long hair must have hair arranged in such a manner that it does not interfere with competition. Any hair ties must be free of metal components, and the use of any plastic or metal hair clips or clasps is prohibited.

Any kind of footwear, including wrestling shoes, is prohibited. Headgear may not be worn. Only braces made of elastic or neoprene, containing no abrasive elements (i.e., plastic, metal, and similar), may be worn.

**The coach must wear a track suit and sport shoes, which must be clean. A coach will be given two minutes to acquire a tracksuit if he or she is not properly attired for his/her competitor's bout.**

## Rule 9: Match Lengths

Adults No Gi Novice	4 minutes
Adults No Gi Intermediate	5 minutes
Adults No Gi Advanced	6 minutes
Adults White Belt	5 minutes
Adults Blue Belt	6 minutes
Adults Purple Belt	7 minutes
Adults Brown Belt	8 minutes
Adults Black Belt	10 minutes

## 10. The Grappling Area, The Table, Timekeepers, and Scorekeepers

Each "ring" shall be accompanied by a table at the edge of the mat which faces the mat. Each table shall be equipped with chairs for the scorekeeper and the timekeeper. Each table shall also be equipped with the following: a scoreboard with easily-changed numbers large enough to be visible to the referee, a stopwatch, pens/pencils and paper, referees' armbands in contrasting colors, competitors' anklebands in contrasting colors, and a beanbag (a belt with tape wrapped around it may also be used) for stopping time. Each table should also provide water for the referee, timekeeper, and scorekeeper.

Whenever possible, there should be one scorekeeper and one timekeeper at each table, although in the event that there are not enough officials at a tournament, a scorekeeper may also keep time.

A timekeeper shall keep time with a hand stopwatch. A list of match lengths should be kept on each table for reference. A timekeeper should briefly check with the referee at the beginning of each bracket to make certain that both are aware of the appropriate length of the match. The referee shall call "Time!" and make a T-shape with his or her hands when he or she wishes the time to be stopped. At the end of the match, the timekeeper shall call "Time!" and throw the beanbag or belt into the ring in plain sight of the referee. A timekeeper shall also be responsible for stopping the clock when a match is stopped for a winning submission and for communicating the time of the match up to the submission to the scorekeeper.

A scorekeeper shall watch the referee closely at all times and keep track of points and advantages. All points shall be noted on the scoreboard. All advantages shall be recorded for each match on a piece of paper. The scorekeeper must take care to zero the scoreboard and erase all advantages at the end of each match. The scorekeeper is also responsible for recording on the bracket sheet the winner of each match as well as whether the match was won by points or by submission. In the event of a submission, the scorekeeper must record both the type of submission and the length of the match until the submission on the bracket sheet.

The time and scorekeeper must refrain from conversation, cell phone usage, and other distractions so as to remain focused and impartial.

## 11. The Referee

Every tournament-style event shall have one chief official who is responsible for overseeing all referees and other officials.

The referee is the highest authority on the mat and has the authority to penalize or disqualify competitors and to direct and control the action in his or her ring. No one may overturn a referee's decision except by means of the GCO's official protest process.

The referee shall allow no interference on the mat from coaches, other athletes, or spectators and shall direct the medical team to his or her ring when he/she deems necessary.

The referee shall ensure that everything in his/her ring is in good order; for example, he/she shall check the scoreboard for accuracy, check competitors' clothing and equipment for safety and hygiene, etc.

The referee shall wear a wristband on each wrist, each of a different color. Each competitor shall wear a corresponding band. In No Gi matches, this shall be worn around the competitor's ankle; in Gi matches, the band shall be fastened around the competitor's belt in the back. At the beginning and the end of the action, each competitor shall stand on the side of the referee with the wristband corresponding in color to his or her ankleband until such time as the referee begins the action with the command "Begin!"

To award points, the referee will hold up the hand with the wristband corresponding in color to the competitor's ankleband and clearly indicate with his or her fingers how many points should be noted on the scoreboard. In the event of two sets of points being given at the same time for two separate techniques (for example, a takedown followed by a mounted position), the referee shall first display the first number of points, then clearly say "And" and display the second number of points. The referee should check the scoreboard to ensure that the scorekeeper has understood his or her point count correctly.

To award advantages, the referee shall wave the hand with the appropriate wristband, palm down, in one sweeping motion, from inside to outside.

To stop time when necessary, the referee shall bring his or her hands into a "T" position and call "Time!" loudly enough for the timekeeper, scorekeeper, athletes, and coaches to hear.

To remove points given in error, the referee shall hold up the hand that awarded the points and wave it in a circular motion above his head.

To indicate that the competitor(s) are (is) stalling, the referee shall grab each of his/her own elbows with the opposite hands. When the referee notices that stalling is occurring, he/she shall request that twenty seconds be noted by the timekeeper and make this gesture while saying "Fight!" to the competitors. If after twenty seconds, the competitors have not increased their activity, the referee shall call "Stop!", bring the fighters to center, and award penalties as necessary for one or both competitors.

To indicate a penalty, the referee shall stop the match, bring both competitors facing the scoreboard and on the referee's correct (red or green) side, and then make a downward "X" with his/her arms, fists closed, and then give the offending competitor an official warning or award the non-offending competitor with an advantage or two points, as appropriate.

To disqualify a fighter, the referee shall stop the match, bring both competitors facing the scoreboard and on the referee's correct (red or green) side, then hold his/her arms above his or her head, crossed in an "X", fists closed, and then point to the disqualified competitor.

If the competitors move out of bounds, the referee shall call "Stop!" and the competitors must maintain their position with no movement. This shall also occur when two thirds of one competitor's body is out of bounds. In such cases, the referee shall attempt to move the athletes back to the center of the ring. If this is not possible, the referee shall direct the athletes to move to the center of the ring and regain their former position, making adjustments where necessary to replicate the position. A submission attempt or takedown shall never be replicated. In such a case, or if the referee cannot replicate the original position, the competitors will be restarted from a standing position.

## 12. Penalties

Typically, for fouls, the referee shall issue penalties in the following order:

- (1) Unofficial warning
- (2) Official warning
- (3) One advantage given to fouled competitor
- (4) Two points given to fouled competitor
- (5) Disqualification of competitor who has committed the fouls

However, the referee is the highest authority on the mat and may penalize the offending competitor according to the referee's discretion based on the referee's assessment on the intent and severity of the foul.

The referee may dictate notes to the scorekeeper, who must take down the notes verbatim without alteration.

### 13. Legal Techniques

The competitor shall work toward the victory in the following ways: positioning (take downs, positioning on the ground, maintaining and improving one's position in relation to one's opponent) and legal submissions and submission attempts. Competitors shall not use excessive force and shall abide by the rules of their respective divisions, refraining from any techniques deemed illegal for their particular division.

### 14. Illegal Techniques

The following items are illegal in all Gi and No Gi matches, in any division, at any level:

Biting

Eye gouging (including chin-to-eye)

Head butting

Striking of any kind, whether with the fist, the shoulder, the forearm, or any other body part.

Small joint manipulation (fingers and toes)

Hair pulling

Ear pulling

Fish hooking or placing fingers into any orifice of the opponent

Clawing, pinching, twisting, or grabbing the flesh of the opponent

Grabbing the clavicle

Unsportsmanlike conduct, including, but not limited to, disobeying the referee's instructions, spitting, using foul language or personal insults, and using obscene or personally threatening gestures

Timidity, which includes, but is not limited to, attempting to flee the ring, spitting out the mouthpiece, and faking an injury

Attacking an opponent before the referee has signaled the match to begin, after the referee calls a stop to the match, or when the referee has called for a break in the match

No slamming is permitted. Takedowns and throws are not considered slams, provided that a competitor delivers his or her opponent safely to the mat. No competitor may slam an opponent in order to escape a submission or pass the guard, nor may any competitor stand up in the guard and slam his or her opponent.

No excessive force is permitted.

No stalling shall be allowed. Stalling includes lack of activity, backing out of the guard, interfering with the Gi in order to gain time by having the referee fix it, and fleeing the ring to avoid a submission or takedown. Stalling also includes holding the opponent in a position with no activity or standing up in order to disengage.

The following rules apply additionally for all No Gi matches:

No grabbing of any article of clothing, including shorts and rashguards, whether one's opponent's or one's own, is permitted.

Any competitor who has reached the rank of Blue Belt must compete in Intermediate or Advanced divisions. Any competitor who has reached the rank of Purple Belt or higher must compete in Advanced divisions.

The following rules apply additionally for all Gi matches:

No competitor may kneel or sit to the mat without first grabbing his or her opponent's Gi.

A competitor may not insert his or her fingers inside the sleeves or pant legs of his or her opponent's Gi. In addition, a competitor may not grab his or her opponent's belt with both hands.

A competitor must be able to change the pants or top of his or her Gi immediately if it becomes torn and the referee instructs him or her to change the Gi. This must be done in a timely manner as directed by the referee.

The following techniques are illegal for Adults in Brown and Black Belt divisions and in Advanced No Gi divisions:

Cervical locks without a choke

Scissors takedowns

Heel hooks

The following techniques additionally are illegal for Adults in Blue and Purple belt divisions for Gi and in Intermediate No Gi divisions:

The Mata Leo with the foot

Any twisting leg locks

Bicep locks

Calf locks

## 15. Match Conclusions

A match may end in the following ways:

### Submission

- (1) A competitor may tap with his or her hand against the opponent, the mat, or his/her own body in a visible manner.
- (2) If unable to tap with a hand, a competitor may tap with his or her foot or feet against the mat to signal that he/she wishes the match to end.
- (3) A competitor may verbally submit because of a submission hold or if he/she feels unable to continue for any other reason.
- (3a) If a competitor yells, shouts, screams, or makes a similar noise that could indicate pain, the referee will immediately stop the match, whether or not the referee sees a submission or injury, and this will be noted as a verbal submission.

### Technical Submission

- (1) The referee may end the match if he or she sees that a legal maneuver or technique is about to cause the competitor serious physical damage or injury. In such a case, the victory shall be awarded to the competitor who applied the technique which would have caused damage or injury. In this case, the referee's decision is final and must be respected with good sportsmanship by the competitor and his or her coaches.
- (2) The referee may also stop a match if a competitor is injured. If the physician or Emergency Medical Technician determines that the competitor cannot safely continue, then the match will not be restarted. Provided that the injury was not sustained by an illegal technique or maneuver, the victory shall be awarded to the competitor who is not injured. In this case, the referee's decision is final and must be respected with good sportsmanship by the competitor and his or her coaches.
- (3) One person shall be designated as the coach for each competitor. This person only may request that the score/timekeeper throw in the belt to stop the match on behalf of his or her competitor if he or she feels that his/her competitor is in danger of injury.

**Points:** If a match reaches its full duration in time with no submission, referee stoppage, or disqualification, the competitor with more points shall be declared the winner of that match.

**Advantages:** If a match reaches its full duration in time with no submission, referee stoppage, or disqualification, and at the end of the time, the two competitors are tied on points, the competitor with more advantages shall be declared the winner of that match.

**Referee Decision:** In the case of a tie in points and advantages in both Gi and No Gi divisions, the winner shall be chosen by referee decision.

**Unconsciousness:** A competitor shall lose the match if he or she loses consciousness by a choke, pressuring, a take down, lack of athletic conditioning, or any accident that does not qualify as a foul on the part of the opponent.

**Disqualification:** The referee's decisions are final and may not be disputed except by the official GCO protest process. Competitors, their teammates, and coaches must show respect to the referee at all times. If a competitor is disqualified in one match for a technical rather than a disciplinary foul, it is at the discretion of the chief official whether that competitor may go on to compete in other matches in the same tournament.

**Draw:** There shall be no draws except in the case that both competitors are accidentally injured and cannot continue, and there are no points or advantages.

## 16. Points

Points will be awarded as follows:

Takedown	2 points
Takedown into side control (No Gi only)	3 points
Sweep	2 points
Passing the guard	3 points
Mounted position	4 points
Back Mount with hooks in	4 points
Back Mount, with knees on ground, opponent flat on stomach+	4 points
+Achieving both hooks from this position (Gi only)	4 points
Knee on belly (Gi only)	2 points

A competitor must demonstrate clear control of a position for three seconds before he or she may be awarded points for that position.

A competitor may not accrue additional points for a position for which he/she was previously awarded points. (For instance, a competitor cannot gain additional points by switching sides in knee-on-belly or side control.) A competitor can only gain points for the same position if he/she has regained it after the opponent has forced the competitor to lose this position.

An opponent can only gain points for intentionally changing from one dominant position to another if the new position is higher the level of ascension than the previous position. The level of ascension is as follows: side control, knee on belly, mount, back mount without hooks (with opponent flat on stomach), back mount with both hooks in.

No points shall be awarded to a competitor who attains a submission while in a submission—the submission must be completely defended and three seconds of control then maintained for the competitor to be awarded points for the position.

#### Take downs:

- (1) The competitor attempting the takedown must take his/her opponent to the ground, not land in a disadvantageous position, and maintain control of the opponent for three seconds to gain points. However, if the competitor takes the opponent down directly onto the opponent's back, two points shall immediately be awarded to the attacking competitor.
- (2) If a take down is completed outside the fighting area, it shall be valid if initiated with both of the attacking athlete's feet in the fighting area.
- (3) If a competitor has one knee and one foot on the mat and is taken down, the competitor applying the take down will be awarded two points if the take down was initiated with both of the attacking athlete's feet on the ground. If a competitor has both knees on the ground and is taken down by, the attacking competitor must pass to side control and maintain the position for three seconds and shall then be awarded an advantage, provided that he/she initiated the take down with both of his/her feet on the mat.
- (4) When a competitor attempts a double leg, wrestler's shot, or similar, and the opponent defends by sitting on the floor and executing a sweep, the competitor who executed the sweep will be awarded the points.
- (5) When a competitor throws his/her opponent and ends in a bottom position, he/she shall receive two points and the opponent who lands on top shall gain an advantage.
- (6) If a competitor executes a take down and lands in his/her opponent's guard and is swept immediately, both competitors will receive two points.

#### Passing the guard:

- (1) Passing the guard shall be defined as an athlete changing position from being between his/her opponent's legs (whether the guard is open or closed) to establishing a position on the opponent's side, past the legs, in a perpendicular or longitudinal position over the opponent's trunk, even if the opponent is on his/her side or back (this position is called side control).
- (2) If the opponent on the bottom avoids side control by getting to his/her knees or standing up, the athlete passing guard will gain an advantage rather than points.
- (3) If a competitor is attempting to pass the guard and attempts a foot lock without success with the opponent sitting up, the competitor on top shall receive two points after he/she defends the attack and maintains top position for three seconds. In addition, if the competitor attempting the foot lock puts his/her opponent in significant danger, he/she shall receive an advantage.

Knee on belly: shall be defined as a competitor placing one knee across the stomach of the opponent, facing in the direction of the opponent's head. In Gi divisions only, points shall be awarded for this technique, provided that the competitor has control of the opponent's sleeve, collar, or belt with at least one hand.

#### **Mount:**

- (1) Mount shall be defined as a competitor sitting astride an opponent's torso with at least one knee on the ground, whether the opponent is on his/her back, side, or stomach.
- (2) If the opponent on bottom has one arm inside the competitor's legs, that competitor shall receive points for the mount. However, if opponent on bottom has both arms inside the competitor's legs, no points shall be awarded.
- (3) If the opponent on top has his/her feet or knees on his/her opponent's legs, no points shall be awarded for mount.
- (4) If a competitor applies a triangle from the guard and lands in mount still in the triangle position, that competitor shall receive points for the sweep but not for mount.

#### **Back Mount:**

- (1) Back mount shall be defined as a competitor grabbing the back of an opponent and wrapping his/her legs around the opponent, digging his/her heels into the opponents inner thighs to establish and maintain control.
- (2) Both hooks must be firmly established for three seconds for the competitor to attain points. Thus, no points shall be given for a body triangle or body lock with the legs.
- (3) If the competitor has one leg over the arm of the opponent, points shall be awarded. If the competitor has both legs over both arms of the opponent, no points shall be awarded.

#### **The Sweep:**

- (1) A sweep shall be defined thus: when a competitor has the guard (bottom) position (including half guard and butterfly guard) and inverts the position by using a technique that allows him/her to attain a top position.
- (2) When the competitor executing the sweep immediately comes to the back of his/her opponent, he/she shall gain two points.
- (3) If an athlete attempts a sweep and both competitors return to their feet and the competitor who initially attempted the sweep executes a takedown, remaining on top, he/she shall be awarded two points.

No points shall be awarded for reversals or escapes, as it is the duty of a competitor to escape from a disadvantageous position, such as mount, side mount, or rear mount.

## **17. Advantages**

An "advantage" shall be defined as an attempted, but not completed, technique that would have been advantageous in attaining a better position or victory: i.e., sweeps, take downs, submissions, and guard passes.

- (1) For a competitor to gain an advantage by near-take down or near-throw, the opponent must show a visible loss of balance, and the take down/throw must be nearly completed.
- (2) A submission attempt must pose a serious threat to a competitor's opponent in order to gain an advantage.
- (3) From the closed guard position, the competitor on top may gain an advantage by a near-pass. The competitor on top must pose a serious risk of losing the guard to the competitor on the bottom (i.e., the competitor on the bottom must be forced to exert energy to regain the guard position).
- (4) From the closed guard position, the competitor on the bottom may gain an advantage if he or she nearly sweeps the opponent. A loss of balance on the opponent's part must be visible, and the opponent must be forced to struggle to retain his or her balance. An advantage may only be earned if the competitor attempting the sweep opens his or her guard.

Advantages will only be considered in the case of a tie in points at the end of the match.

If at the end of the match, when time has been called, the scoreboard shows that the two competitors are tied on points, the referee may then choose to award an advantage to a competitor who has attempted more submissions, attempted more techniques with more aggressiveness, or otherwise dominated the fight in the eyes of the referee.

## **18. Protests and Alteration of Decisions**

**Only a coach may make an official protest.**

The scoring of the referee and judges is final.

Protests against the decisions of a referee can only be accepted in the event that the competition rules have not been correctly applied.

A referee's decision, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and GCO supervisor deem that one of the following circumstances has occurred:

- (1) A conspiracy has taken place or an illegal agreement has been entered into that affects the result of the match.
- (2) The addition scorecard incorrectly reflects the points given by the referee, causing the wrong competitor to be awarded the victory, or the referee or scorekeeper has mixed up the red and green sides, resulting in the victory being given to the wrong competitor.
- (3) A clear violation of the rules and regulations of the GCO, directly affecting the outcome of the match, has been perpetrated.

Protests shall be directed to the Head Referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made (video will not be accepted). The protest must be accompanied by a processing fee of 100 USD. The fee will be returned if the protest is found to be valid. The protest fee will be transferred to the account of the GCO HQ for the promotion and training of future referees, etc.

The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. Video will not be accepted. The Head Referee's decision is final.

Decisions of the official doctor can be subject to protest if a second doctor is present at the event. The second doctor will make the decision about the protest.

