



THE BOLTON OPEN

SUBMISSION WRESTLING

COMPETITION

European Rules & Regulations

The competition is fought by weight categories in pools by classification. If more than one pool by classification then the winner of each pool in the classification will compete against each other for Gold, Silver and Bronze.

If the fighters leave the mat area the referee will restart the fight in the centre of the mat, in the same position they were in when they left the mat. If the fighters were standing, they will start again facing each other.

Each out will be administered with a referee, time keeper and one other mat official present.

Legal Techniques

Wrestlers may use the following techniques;

- 1) Any kind of a choke (except for using the hand to close the wind pipe)
- 2) Any armbar, shoulder lock or wrist lock
- 3) Any Leg Lock or Ankle Lock/heel Lock
- 4) Standing Throws

Illegal Techniques

Wrestlers must not use;

- * Full Nelson and Crucifix
- * No striking of any kind
- * No eye gouging or fish hooking
- * No grabbing the ears
- * No hair pulling
- * No finger or toe holds
- * No thumbing
- * No scratching or pinching
- * No kicking
- * No biting
- * No touching groin area
- * No hands, knees or elbows on the face
- * No slippery substances allowed on the body or clothing
- * No use of T-Shirt, Armbar or Rashguard. No holding of the shorts

Points and Scoring

Mount Position	2 points
Knee on Stomach	2 points
Sweeps (ending in Guard or Half Guard)	2 points
Takedown (ending in Guard or Half Guard)	2 points
Back mount with hooks	3 points
Passing the Guard	3 points
Clean Sweep (ending in past the Guard)	4 points
Clean Takedown (ending in past the Guard)	4 points

Each position must be established for 3 seconds or more in order for the points to be awarded

When changing multiple positions points will be awarded only for the position that has been established for 3 seconds or more. Reversals are considered sweeps as well.

Penalties

A fighter must not voluntarily jump into the guard or go from a standing position into a non standing position unless in actual contact with his opponent. If he does then a penalty will incur - 1 point

When a fighter disengages from contact and starts backing up and avoids to engage again he will be punished by a minus point - 1 point

A passive fighter will be warned twice and then will be punished by minus point. The referee will warn the passive player by the words "Warning Passivity" - 1 point

Winning

SUBMISSION - If one competitor gives up or submits by tapping the leg, arm or verbally

POINTS - If one wrestler gains an advantage of 12 clear points then the bout is finished.

REFEREE DECISION - If the referee feels that one competitor is unable to defend himself or feels that his life is in danger, the referee will declare the winner.

If a fighter breaks the rules twice then he will be disqualified.

Starting Position

Standing, facing opponent.

Attire/Clothing/Kit

Gi & No Gi Competitions
Shorts 7 Wrestling Boots
Optional T Shirt/Rash Guard.

Bouts - 5 Minutes with bouts continuing upto a further five minutes (if no victory or even points scored) with referees decision to follow. Continuous timing will be used for each bout with stoppage time only for accident/injury or referees/officials inquiry.

Weight Classes

MEN

Under 75Kg

Under 87Kg

Under 97Kg

Over 97Kg

WOMEN

Under 55Kg

Under 70Kg

Over 70Kg

All wrestlers are required to conform with weigh in regulations and times as advertised. From 09:00hrs Saturday 8th March. All competing wrestlers **MUST** be weighed in during this time. Supervised by one of the competition officials. The **FIRST BOUT** will start at 10:30am. It is the responsibility of all wrestlers and coaches to ensure that they are weighed in, changed and prepared for at least 15 minutes before the first bout

Wrestler, Coaches and Supporter Conduct

We will be enforcing the zero tolerance of any disrespectful, threatening (physically or verbally) abusive behaviours toward referees, event officials, venue staff and promoters throughout the entirety of the event. Any aggression will result in the disqualification of the wrestler concerned/associated and eviction from the building.

Coach/Trainer

One Coach or Trainer with an appropriate mat pass will be allowed at the wrestlers mat corner throughout the bout. They are required to remain in the corner while the bout is in progress.

Trespass onto the mat during the bout will force the referee to stop the bout and make one of the following decisions.

- * Warn the coach to stay in his corner
- * Deduct 1 point from the wrestler whose cornerman left the corner
- * End the bout, awarding the entire bout to the opposite wrestler.

The coach will be responsible for ensuring that all the wrestlers possessions are removed and the area kept safe for the following bout.

Appeals:

To be lodged with the off-mat official with name of wrestler/bout and details of dispute by the wrestler or coach only.

Fees

All fees to be paid in advance or on registration and weigh in prior to any bouts.