



Combat Athletics Submission Championship 5, Saturday May 27th, 2006
Semiahmoo Secondary School, 1785 – 148th Street; White Rock, BC
Toll Free Phone: 1-866-9-KOMBAT - Local: 604-538-2026

Since 2003 we have been hosting the **Combat Athletics Submission Championship** in beautiful White Rock, BC. Since that time, the tournament has evolved into the **largest Submission Wrestling event in Western Canada!** We encourage people from any grappling forms to participate, from Wrestlers, to Judokas, to Brazilian Jiu Jitsu practitioners, & Submission Fighters, any grappling athlete is welcome! Check out our website for highlight videos and event updates, or send us an email and ask to get on our event information mailing list (events@combatathletics.com).

Registration Dates, Fees & Deadlines

Event Date:	Saturday May 27 th , 2006
Athlete Registration Fee:	\$45 Weight Division - \$10 Absolute Division.
Spectators Entrance Fee:	\$10.00
Event Start Time: 11:00am	Event End Time: 5:00pm. (Approx)

Accepted Payments: Visa, Mastercard, American Express, Debit, & Cash

Refund Note: Refunds only given in the event that a competitor is not provided an opportunity to compete.

Pre Event Athlete Weigh Ins & Registration: Friday May 26th, 2006 4pm – 8pm
Pre-Event Weigh In Location: Best Western - Peace Arch Inn - 2293 King George Hwy. White Rock, BC

All Pre-Registered Athletes will receive 2 Free Spectator Passes

Event Day Athlete Weigh Ins & Registration: Saturday May 27th, 2006 8am-10:30am
Event Day Registrations will end at 10:30am sharp
NO LATE REGISTRATIONS

*****All Athlete Registrations Include a Free Event T-Shirt*****

Division Skill Level Details

The purpose of this event is to provide a venue for regional grapplers to showcase their skills, and test themselves against other equally skilled grapplers. The essence of any competition relies on the fairness of the contest. Competitors are encouraged to enroll at the skill level they feel will offer the **highest challenge**. By enrolling in a division that is easy for you, you not only deny competitors a fair match but also deny yourself a chance to test your true abilities as an athlete.

Beginner Athletes

This includes competitors who have limited experience with grappling. Usually someone in this level has been practicing for **3 to 18 months**. Competitors here have a limited number of techniques on the ground and have no previous grappling experience. Regardless to your ranking in any other Martial Art, your amount of focus on grappling is important. In addition, individuals with some wrestling experience, **not at a competitive level**, qualify at this level. If you have ever competed in public events where grappling is involved you do not qualify in this division. *If you have been training for more than 18 months, DO NOT REGISTER in this division. Step up and test yourself. A true champion continually seeks greater challenges and is never afraid of losing to a skilled competitor.*

Intermediate & Advanced Athletes

Competitors here have been grappling for over 1.5 years and beyond. Knowledge of various ground techniques is substantial. Tournament experience is sufficient, and training is plentiful. Competitors do not necessarily need to possess the above qualifications but must consider that their opposition will be well versed in grappling and have years of experience behind them. This will be the division that offers the greatest challenge, and competitors in these divisions should be very proud of themselves.

Division Match Formats

Beginner Divisions

1 Five Minute Round & 3 Minute Bonus Round in case of a tie - (1 minute rest between rounds).

Intermediate/Advanced Divisions

1 Five Minute Round & 3 Minute Bonus Round in case of a tie - (1 minute rest between rounds).

Junior Divisions

1 Three minute round & 3 Minute Bonus Round in case of a tie - (1 minute rest between rounds).

Match Rules & Regulations

Illegal Techniques

- No striking at your opponent with any part of the body.
- No biting, fish hooking, hair pulling, eye gouging, or directly covering your opponent's mouth with your hand.
- No neck twisting or neck cranking submissions.
- No small joint manipulations (bending or attempting to break fingers or toes), wrist attacks are acceptable.
- No submissions that produce a twisting force on the knee joint (e.g. heel hooks) allowed in Beginner, & Junior Divisions.
- No slamming (i.e. throwing to the ground as a means to pass the guard) or suplex (i.e. picking opponent up and throwing them head first to the mat).
- No Grabbing or pulling on your opponents shorts/pants or your own. Shirts & Gi Top grabbing is allowed.

Competitors found to be with intent to strike or cause harm to their opponent with strikes or any other illegal techniques may be disqualified and asked to leave the venue at the referee's discretion. If illegal techniques are observed or suspected, referees have the right to provide warnings and/or subtract points at their sole discretion. ***Unsportsmanlike conduct will not be tolerated at this tournament.*** This includes coaches, athletes, and spectators.

Legal Techniques

Chokes - Any choke that renders the opponent into submission. Chokes can be applied with either the arms, legs or with clothing. Competitors cannot apply chokes by directly squeezing opponent's throat with hand or pushing against throat with hand to cause loss of breath.

Joint Locks - Any technique where pressure is applied against a joint forcing an opponent to submit with the exception of those noted in the illegal techniques section. *No knee twisting submissions are allowed in Junior & Amateur Divisions.* IF YOU CANNOT ESCAPE FROM A TECHNIQUE AND ARE EXPERIENCING DISCOMFORT, SUBMIT BY VISIBLY TAPPING THE GROUND OR OPPONENT WITH YOUR HAND OR FOOT, OR BY VERBALLY SHOUTING 'TAP', the referee will then immediately instruct both athletes to 'Break', whereupon both athletes must immediately let go of the submission and disengage. If an athlete fails to immediately let go of the submission and disengage, they may be disqualified at the referee's discretion. Sportsmanship and competitive spirit is encouraged,

so if you feel that your submission is in any way going to harm your opponent, carefully monitor their reaction.

General Match Guidelines

The referee will give a quick overview of the rules at the start of each division, at which time you can ask questions. When called to your match, the referee may remind you of the basic rules. Competitors will begin the match on their feet and then instructed to engage. As this is a grappling tournament, competitors will not be separated once the match goes to the ground unless a submission occurs, the time expires, or the referee observes 'excessive stalling'. If 'excessive stalling' tactics are observed, athletes will be given a warning to 'work for something'. If no attempts are made, the referee will stand both athletes up and the match will continue from the feet. The enforcement of this rule is entirely up to the discretion of the match referee.

Mat Boundaries - Should any competitor fall outside the ring, the ref will instruct the athlete to maintain position, the referee will then reposition the competitors back to the center of the mat and the match will resume on the referee's signal. The time will not be stopped during repositioning, and therefore athletes should cooperate with the referee to ensure a quick repositioning and restart. Warnings and potential loss of points may be issued for competitors caught intentionally rolling out of the ring to avoid a submission, demonstrate a lack of desire to engage in combat, or who excessively stall during mat relocation restarts.

Action - Should a competitor have a dominate position for the duration of the match (guard, cross, mount etc.) and fail to win by submission or points, the victory may be awarded to his/her opponent based on their inability to utilize the dominate position. In the event of a tie after the Bonus Round, in any match, the win will be awarded to the athlete that was more aggressive and exciting.

Disqualifications - A competitor will be disqualified from the match if he/ she intentionally attempts to injure his / her opponent by twisting the neck or by lifting their opponent and throwing them on their head or neck (suplex) or where there is an infraction to the tournament rules. Any unsportsmanlike behaviour will be dealt with severely. Disqualification is at the sole discretion of the referee and tournament directors.

Attire and Safety Equipment

Mouth guards & groin protection are mandatory. Soft kneepads and soft 'wrestling style' headgear is permitted. No protective gear shall contain metal or hard plastic substances of any sort (with the exception of the groin protectors). No adhesive, rough, torn or loose equipment will be permitted. Competitors with long hair should tie it behind their head. The nails must be filed properly and cut short. Proper hygiene is in order. No jewelry or piercings are permitted while competing. Clean Shorts or Gi pants with a drawstring or elastic must be worn. T-Shirt's and traditional Gi's are optional. If a T-shirt or Gi is worn, it must be in clean condition. T-shirts and/or Gi's may be used for submissions. Grabbing of you or your opponents pants or shorts is prohibited. Wrestling shoes are permitted and optional. No street shoes or shoes that contain rough surfaces are allowed.

Scoring Details

The goal in a SUBMISSION grappling competition is to secure control of your opponent, and achieve a SUBMISSION. Thus, the scoring is based on a competitor's ability to take their opponent down, secure dominant control and secure a SUBMISSION. The key to success is to secure a SUBMISSION.

The scoring system is designed to award competitors according the above criteria; Takedown, to control, to submission. 'Playing for points' is not rewarded or an effective strategy to win, for example, taking your opponent down, then letting him back up, and going for another takedown will not be rewarded with

additional points. This rule also applies to a player who transitions from dominant position to dominant position. Consecutive points will not be awarded for this.

At the conclusion of the match where no submission has been achieved, points will determine the winner. In the event of a tie in points after the Bonus Round, advantage will be determined based on **Aggressiveness and Excitement**. If this is determined to be a draw, an additional Bonus Round may be used. *The table officials have absolute and final decision on the winner.*

Points will be awarded by the referee based on the following criteria:

Perfect Throw or Takedown – 1 point

When a competitor offensively (using a throw or takedown) forces their opponent to the mat from the standing position. The offensive fighter must be in control and have clearly initiated the takedown for points to be awarded. Unsuccessful or accidental throws or takedowns do not qualify for points. ‘Jumping to guard’ or ‘pulling guard’ does not qualify for points. If a opponent pulls guard with no clear takedown initiation observed, no points are awarded to either competitor. If a competitor initiates a takedown and end up in his opponents guard, the point is awarded for the takedown. If an opponent scores a takedown and lands in a dominant position 1 point is awarded for the takedown and another point for securing a dominant position.

Achieve and Maintain Dominant Control – 1 point

When competitor is able to successfully obtain a dominant position 1 point will be rewarded. A dominant position is any position that lends itself to a submission. The control has to be long enough to set up a submission (approximately 3 seconds). Dominant positions include Cross Mount, Head & Arm, Rear Mount, Knee on Belly, Full Mount, & North/South Position. For both Full Mount and Back Mount hooks are not required, dominant control is required. This Category for scoring includes the following scenarios:

Complete Sweep to Dominant Control

When a competitor sweeps or flips his opponent, using his legs reversing his own position from the bottom to top (e.g. when opponent is in your guard and you reverse). In order to achieve these points a dominant position must be secured. Going from under a mount to inside a guard is not a sweep, as you have gone from a disadvantageous position to a neutral position.

Reversing the Position

When competitor is able to successfully reverse a disadvantageous position and maintain & secure an advantageous position (e.g. Full Mount, Cross Mount, North South, Back Mount, Head & Arm, Knee on Belly) for approximately 3 seconds. For example, you are in the bottom in a Cross Mount and reverse your opponent and achieve cross mount on them.

Pass the Guard

When a competitor is able to pass the legs and get out of their opponent’s guard and establish a dominant position. The competitor must have complete control in the dominant position for approximately 3 seconds. Should a competitor be past the legs but unable to get to a dominant position, no points are awarded. (i.e. during the guard pass there is a scramble and you both end up standing again).

Strong Submission Attacks – 1 Point

Strong Submission attacks will be rewarded as this is a Submission tournament. A submission attempt will qualify for points if one or more of the following criteria is met:

- The opponent takes time to defend/and or escape the attack because of significant risk.

- The finish has the potential for completion; for chokes the neck has to have been reached, for arm & knee bars, the hips must be correctly placed.

Points awarded for Strong Submission Attacks are entirely up to the match referee.

SUBMISSION WINS

A Submission will win the match regardless of points. A Submission is achieved when a competitor visibly taps out (either by tapping their opponent or the mat with their hands or foot or by verbally shouting 'tap') due to an inability to escape a technique that results in a degree of discomfort.

Tournament Format

Categories will begin at exactly 11am. **We will BEGIN WITH the lightest level in the ADVANCED division** and advance to the next heaviest. This will continue until we reach the heaviest novice level. There will be no finals; each division will compete until there is a winner. A five-minute break will be provided in the event that a competitor is faced with back-to-back matches. At the conclusion of the weight divisions, the open divisions will commence. In the event that a category is cancelled, the heaviest competitors from the division will be assigned to the higher weight division and lighter being assigned to the lower weight level. Semi final winners will fight for first and second place, while semi final losers will fight for third and fourth. All athletes will be given an opportunity to compete at least once.

Directions to Competition Venue

Semiahmoo Secondary School, 1785 – 148th Street; White Rock, BC

Semiahmoo Secondary Gym
1785 – 148th Street, White Rock, BC

