



Kings Cup Submission Grappling
TIER 1 - INVITATIONAL
RULES & REGULATIONS

Match Time:

Single Round of 10 Minutes

- First 9 minutes = no points, submission only
- Final 1 minute with points or submission
- Penalties can be accrued at any time

Competition Area:

Competition matted area minimum of 8m x 8m

Scoring:

Points	Move
2	Takedown, sweep, knee on belly
3	Guard pass
4	Mount or back take

Penalties:

Penalty	Move	Description
DQ	Striking	If you are deemed to have intentionally struck your opponent you will be immediately disqualified
DQ	Illegal Technique	If you initiate, attempt or complete any of the listed illegal techniques you will be immediately disqualified.
DQ	Sportsmanship	If a competitor is found to be encouraging or supporting any violent, threatening, hateful or discriminatory behavior or language they will be immediately disqualified and banned from competing on all future events.
-1 Pt	Stalling	If a competitor intentionally leaves the mat competition area to disengage or escape a submission to receive a penalty of minus 1 point on every occasion, no warning is required.



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Illegal Techniques

This is a definitive list below of illegal techniques, as per the table above any initiation / attempt / completion of any of these techniques will see you disqualified from that match:

- *Spiking or slamming your opponent on the head or neck*
- *Striking of any kind*
- *Small joint manipulation*
- *Fish-hooking or inserting of digits in opponents orifices*
- *Biting*

Corners

1 permitted in the cornering zone.

Equipment / Health & Safety:

Mandatory

- Mouthguard
- Skin Check
- Rashguard
- Shorts

Permitted Equipment

- Long Sleeve Rashguard
- Short Sleeve Rashguard
- Grappling/MMA Shorts
- Compression shorts/pants

Equipment Guidelines

You and your gear must be clean, no smelly gear or skin infections. Failure to comply will see you removed from that day's competition.

Shorts must finish above the knees, semi loose fitting. No pockets, zips, drawcords etc.

Equipment must not be offensive, discriminatory or deemed vulgar, please keep it classy.