



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

**FILA**

## COMBAT GRAPPLING BASIC RULES SHEET

### Duration of the match:

Seniors = **5 minutes** / Juniors Veterans = **4 minutes**

### Starting Position:

Neutral standing position occurs at the beginning of the match and after all interruptions by the referee.

### Technical Points:

- Takedowns 1 point
- Side Mount 2 points
- Full Mount 3 points
- Back Mount 4 points
- Re-establishing Neutral 1 point
- *(Closed guard is the only recognized neutral ground position)*
- Reversal 1 point
- *(Reversals from a disadvantaged position or any bottom position without direct establishment of a dominant position)*
- Punch to the body or head (ground + standing) 1 point
- Inside or outside kick to the thigh 1 point
- Knee to the body (ground) 1 point
- Kick or Knee to the body (standing) 2 points
- Kick or Knee to the head (standing) 3 points
- Knockdown 4 points

### Situations of guard pulling:

1. Jumping or sitting into guard from a standing position with contact and with a deliberate attempt of a submission or takedown will not be penalized by a caution and will not award 1 point to the opponent.
2. Jumping or sitting into guard from a standing position with contact and without a deliberate attempt of a submission or takedown will not be penalized by a caution, but will award 1 point to the opponent.
3. Jumping or sitting into guard from a standing position without contact to avoid standing or ground fight will be penalized by a caution and will award 1 point to the opponent. **Fake knockdowns** fall under this category.

### Knockdown:

The central referee shall let the action proceed and get ready to stop the match at any moment if the athlete fails to defend himself or receives **3 consecutive unprotected punches to the head**. The central referee shall then check the condition of the knocked down athlete and carefully determine if medical assistance is required or not. The central referee shall then end the match and declare the opponent winner by default or by technical knockout.

### Passivity:

When the action has stalled, the referee shall stimulate the athletes with verbal commands ("Action" or "Open" White/Blue). If the passivity does not stop, the referee shall indicate the passive combat grappler by raising the fist bearing the corresponding color and give the appropriate penalties according to following progression: **Warning, 1<sup>st</sup> caution = 1point, 2<sup>nd</sup> caution = 1 point, 3<sup>rd</sup> caution = DQ**

### Illegal Techniques:

All offenses fall under the central referee's authority who shall give the appropriate penalties according to the following progression: **1<sup>st</sup> caution = 1point, 2<sup>nd</sup> caution = 1 point, 3<sup>rd</sup> caution = disqualification**  
Any illegal action executed to counter a submission will result in immediate disqualification.



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Overtime:

**1 minute.** The highest score obtained at the end of the period wins the match. In case the score is tied again, the last athlete who scored during the overtime will win the match. If no points were scored, the central and side referees designate the winner by raising their wristband or flags at the order of the mat chairman.

Types of Victories:

- |                          |                |
|--------------------------|----------------|
| 1. Knockout              | (5-0)          |
| 2. Technical Knockout    | (5-0)          |
| 3. Submission            | (5-0)          |
| 4. Forfait / Default     | (5-0)          |
| 5. Disqualification      | (5-0)          |
| 6. Technical Superiority | (4-0) or (4-1) |
| 7. Decision              | (3-0) or (3-1) |
| 8. Overtime              | (2-0) or (2-1) |

For Technical Superiority, Decision, and Overtime victories, 1 match classification point will be awarded to the loser if he managed to score 1 or more technical points during the match.