

WFMC ENGLAND SUBMISSION GRAPPLING RULES

Weight classes – 65kg, 70kg, 75kg, 80kg, 85kg, 90kg.

Fight duration 1 x 5minutes (sudden death overtime if needed), 90kg.

Equipment – gum shield

- groin guard
- rashguard/t-shirt
- mma/grappling shorts/grappling tights (no zips or external pockets)

ways to win

- the 5 minute round can only be won by submission- this can be done verbally, by “tap out”, or at the referees discretion if he believes a fighter is unable to do it themselves or it is in the best interests of the fighters safety.
- In the event the time limit expires with no submission victory a sudden death point system will immediately go into effect with the first fighter to register a score being declared the victor (or securing a submission).
- The following shall be considered point scoring techniques
 - achieving and stabilizing the following positions for 3 seconds –
 - full mount
 - side control
 - back mount
 - back control(both hooks in/body triangle)
 - knee on belly
 - regaining full guard
 - passing guard/half guard.
 - Achieving a sweep from mount, side control, full guard or half guard.
 - Takedown resulting in the opponent being held on their back, regardless of position for 3 seconds. Pulling guard during a takedown attempt still results in a takedown being scored. If guard is pulled before a takedown is attempted no score shall be registered unless the defender is able to hold the guard puller off the ground for 3 seconds.

Takedowns -

must be performed with control.

No takedown to be performed that causes the opponent to land head 1st.

Slams used to defend submission holds are permitted but the opponent may not be lifted more than knee height of the standing fighter.

Illegal techniques

No small joint manipulation.

No neck cranks(including mounted guillotines)

No twisting leg locks