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**Kampf Sport Federatioun Lëtzebuerg**  
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## REGLEMENTATION GRAPPLING DE LA KSFL

The Championship is a knock-out tournament, only the winner is going through to the next round.  
The mat area is 8 by 8m.

The fighters must have their nails cut and be free of any unpleasant smell. In addition, their clothes must be clean and free of any unpleasant smell. No jewellery, glasses or piercings are allowed during the competition. The referee clears the fighter to compete.  
No Gi is allowed during the competition while jockstraps, mouth guard and kneepads are recommended.

### **Weight Classes**

Men: -66 kg, -77 kg, -88 kg, -99 kg, +99 kg, Absolute Class (open)  
Women: -60 kg, + 60kg

### **Age classes**

Senior 16-39 years, Masters I 40-59, Masters II above 60

### **Time Limits**

Qualifying Rounds are 6 minutes with the first 3 minutes being without points. Should there be a draw after regular time, the first fighter to score at least one point wins the fight (golden point).  
Finals are 10 minutes with the first 5 minutes being without points. (Same rules as above apply to draws after full time)  
The referee will inform the fighters that points will be awarded by stating "Points" and that overtime has started by stating "Golden Point". (The fight is not stopped)

### **Legal Techniques**

- Any kind of choke (except for using the hand to close the wind pipe).
- Any armbar, shoulder lock, or wrist lock
- Any leg- or ankle lock
- Straight Kneebar

### **Illegal Techniques**

- No neck cranks
- No heel hooks
- No twisted neck- and knee locks
- No manipulation of the spine or neck
- No throwing or suplexing on the head or neck
- No slamming (also to escape submissions or guard), hard throws, elevated throws and suplexes are allowed
- No submissions on the face
- No finger or toe submissions. (No holding less than 3 finger or toes)
- No thumbing

- No striking of any kind
- No scratching, pinching or biting
- No grabbing of genitals and laryngeal
- No eye gouging, fish hooking, grabbing the ears or hair pulling
- No hands, knees or elbows on face
- No slippery substances allowed on body or clothing
- No use or holding of t-shirt, shorts, kneepads, shoes or any other clothes or equipment allowed
- No quitting the mat area to escape a submission.

### Points

Clean Sweeps (ends passed the guard)*	4
Clean Takedowns (ends passed the guard)*	4
Back mount with hooks or figure four	3
Passing the guard	3
Mount position	3
Knee on stomach	2
Sweeps (ends in Guard or in Half Guard)*	2
Takedowns (ends in Guard or in Half Guard)*	2
Submission attempt*	1

Each position must be established for at least 3 seconds in order for points to be awarded. (\* not a position)

Points can be awarded more than once during one sequence.

The same move can not score points twice in a row unless the opponent escapes the position.

### Ways to win

By tapout: one fighter gives up by tapping, either with his leg or arm on the mat, on the opponent or on himself. The fighter can also tap out verbally (by stating "stop" loud and clear).

By referee stoppage: if the referee is under the impression that a fighter is unable to defend himself or that the fighter's health is in serious danger, he can choose to stop the fight and declare a winner.

By points: In case of overtime, the first fighter to score at least one point wins the fight.

### Penalties

Penalties are yellow and red cards.

A yellow card is considered a serious warning.

A red card or a second yellow card means disqualification.

An illegal action can result in a warning, a yellow or red card, depending on the severity.

A passive or fleeing fighter can be punished by a yellow card.

The referee will warn the passive fighter by the words "action".

The referee can make the fighters stand up and start the fight again if there is a lack of action.

### Other

If the winner of a round is unable to continue in the tournament his last opponent will take his place unless he was disqualified.

For distinction, the fighters will wear different colour bands on their ankles and/or wrists.

Bandages and tape are legal as long as they do not restrict the movement of the joints too much.

If a fighter, his coach or his fans are behaving against the rules of good sportsmanship the fighter can be disqualified by a judge or referee.

22 octobre 2008

Le comité