

RCF GRAPPLING RULES

ADULT DIVISIONS:

- 6 minute time limit with victory by submission only
- 2 minute sudden death overtime with first point claiming victory
- Sudden death points will include takedowns & dominant positions
- All submission locks are legal
- No stalling
- No striking, eye gouging, fish hooks, biting, spitting, or inserting fingers/toes into orifices or open wounds

TEEN/YOUTH DIVISIONS:

- 5 minute time limit with victory by submission only for teens. 4 minutes for youth 12 and under.
- 2 minute sudden death overtime with first point claiming victory
- Sudden death points will include takedowns & dominant positions
- No neck cranks, spine locks, or leg locks
- No stalling
- No striking, eye gouging, fish hooks, biting, spitting, or inserting fingers/toes into orifices or open wounds
- Competitors may not grab individual digits. 4 fingers/toes must be gripped when grabbing the hand or foot.
- All prevention necessary must be taken to not attempt to have your opponent fall on his/head or attempt to drop the opponent that their back of neck or head falls to the ground. Slamming out of a submission is not permitted.