



NCGA Official Rulebook

National Collegiate Grappling Association

Updated Edition : 6/1/26

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Article 1. Membership

1.1 Regulatory Authority

The National Collegiate Grappling Association (NCGA) was organized in 2013 to promote, support, and regulate grappling at the college and university level. The member schools give regulatory authority to the NCGA as a National Governing Body (NGB). Institutions of higher learning may apply for membership through the NCGA Board of Directors. All junior colleges, accredited trade schools, colleges, and universities, both private and public, are eligible for membership in the National Collegiate Grappling Association

The President, CEO and Executive Director, along with appointed officers and committees organized under the purview of the NCGA Board of Directors, and the Judicial Council, function to provide the administration, regulation, and promotion of amateur grappling at the college level for all member institutions.

1.2 Eligibility of Schools

Membership in the NCGA is open to all accredited institutions of higher education. Member teams are generally chartered under the jurisdiction of the Athletic Department, the Sports Activity Coordinator, Sport Club department or any department granted the administrative authority by the member institution. Institutions may sponsor only one men's and one women's NCGA-governed grappling program during any season.

All teams, coaches, athletes, and member institutions agree to adhere to the rules and regulations set forth herein. Any act of deceit or willful and calculated disregard of any portion of the NCGA Rules and Regulations and/or the NCGA Codes of Conduct may result in the suspension of any NCGA member school. Any act intended to circumvent any rule or evade penalty by the NCGA may be treated as though said rule violation occurred.

1.3 NCAA Eligibility of Schools

The NCGA functions only as an organizational body and does not accept any liability for athletes during practice, travel, or competition. Athletes and Teams must be insured by the liability coverage of their respective school. Most programs are automatically covered by their officially recognized school status. All athletes are required to carry personal health or injury insurance coverage. In addition, the NCGA may choose to carry liability and or injury insurances and, at its discretion, cover member athletes and institutions.

1.4 Membership of New Schools/Programs

New schools may apply for membership in the NCGA by first contacting the NCGA at 469-879-1400 or by email at membership@ncwa.net. Upon making initial contact with the

NCGA, the Director of respective division (Men's or Women's), if any, or appropriate NCGA official shall send the prospective member a "New Team Application." After the New Team Membership Application is received by the NCGA in good order, then 'due diligence' will be performed to verify the information and clarify any questions or concerns with the administration of the applying institution.

Once accepted, new programs will be assigned to a NCGA Conference by geographical location as per Articles 2 and assessed by the respective Conference a Conference fee.

1.5 Membership Renewal for Current School Members

All actively participating member schools must renew their membership each year. The Annual Renewal Application Form is available on the NCGA website.

1.6 Membership Classifications

NCGA Minimum Membership requirements are determined by the NCGA Board of Directors and commissioned officers.

- **NCGA Men's Division**
- **NCGA Women's Division**

1.7 Gaining Full NCGA Membership

After a team's initial (referred to as provisional) year in the NCGA, they are automatically moved to full membership in their respective division provided they comply with all NCGA eligibility and competition rules as well as adhering to NCGA best practices. For Men's and Women's Programs to gain full membership they must have an NCGA-approved / accepted non-student coach providing consistency in training and leadership from year to year.

Teams that are reprimanded during a season for non-compliance with NCGA rules or those that do not have a non-student coach may be required to serve additional provisional years.

Continued rule violations may result in probation and dismissal from the NCGA for a year or more. Waivers for the non-student coaches' criteria may be granted by the conference for extraordinary circumstances such as loss of a **previously registered non-student coach** late in the season.

1.8 Losing NCGA Membership

The Judicial Council may rule that teams be suspended or forfeit membership in the NCGA through serious or repeated violations of the NCGA Rules and Regulations, or automatically after two years of past due Association Membership dues

Article 2. Composition of NCGA

2.1 Conference Alignment

The NCGA is divided into eight (8) Conferences aligned geographically as follows. Teams must be a part of a NCGA Conference in order to qualify for the National Championships.

1. **Great Lakes Conference (GLC)** Illinois, Indiana, Iowa, Kentucky, Michigan, Minnesota, Ohio, Wisconsin, Ontario (CA)
2. **Mid-Atlantic Conference (MAC)** North Carolina, South Carolina, Tennessee, Virginia, West Virginia
3. **Mideast Conference (MEC)** Delaware, Maryland, New Jersey, Pennsylvania, Washington D.C.
4. **Northeast Conference (NEC)** Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, New Foundland (CA), Quebec (CA)
5. **Northwest Conference (NWC)** Alaska, Idaho, Montana, North Dakota, Oregon, South Dakota, Washington, Wyoming, Alberta (CA), British Columbia (CA), Saskatchewan (CA)
6. **Southeast Conference (SEC)** Alabama, Florida, Georgia, Mississippi
7. **Southwest Conference (SWC)** Arkansas, Kansas, Louisiana, Missouri, Nebraska, New Mexico, Oklahoma, Texas
8. **West Coast Conference (WCC)** Arizona, California, Colorado, Hawai'i, Nevada, Utah

2.2 Conference Realignment

An established program in the NCGA may apply for membership in a conference other than their geographical conference as provided on NCGA website that is contiguous to their Conference's boundary.

1. This must be approved by the Chairman and the Commissioner of the conference they intend to leave.

2. They must then apply for membership in the new conference and be accepted by the Chairman and the Commissioner of that conference.
3. Final approval of the transfer shall be made by the NCGA Board of Directors.
4. A one-time exit fee shall be paid to their original conference and the program must then pay the current conference fee of the accepting conference that year and moving forward. The exit fee may be waived by the original conference.
5. A change in the conference is for a minimum period of three (3) years or when the NCGA redraws geographical conference lines.

2.3 New Teams - New teams, approved for NCGA membership, may elect to join any conference contiguous with the border of the Conference in which they are geographically located.

2.4 NCGA Competition Season

The Official Competition Season shall begin on January 1st of each year and continue through the culmination of the National Championships in April of each school year.

2.5 Pre-Season - Athletes may compete on behalf of the school and the NCGA from September 1 through December 31. Preseason is designed to master technique, to build competition endurance and strength. Events, whether Duals or Tournaments, are not official and will not count on athletes nor team records. Pre-season is “ Practice Season”

Article. 3 Athlete Eligibility

3.1 NCGA athletes are limited to a total of **5 years of competition** (consecutive or not) in the NCGA while the wrestler is enrolled in an undergraduate or graduate degree program.

3.2 Student-athletes must be enrolled in a **minimum of 9 credit hours** each semester while competing (6 hours for Graduate students) and maintain a minimum **2.0 cumulative GPA** after their first year of eligibility in order to be eligible to compete. Graduating seniors are exempt from the 9-unit requirement if they will complete their graduation requirements at the end of the current semester.

Article 4 REQUIRED ONLINE REGISTRATION

4.1 Student Athlete Registration begins October of each season and All Student-Athletes must register online through the NCGA Clearinghouse by January 1st of each school year.

Only NCGA athletes who have been properly registered and cleared for competition may participate with their team. the NCGA does Not recognize individual or unattached athletes. All athletes must be directly connected to their university program.

4.2 A student who is enrolled at an NCGA member institution and participates in an open tournament or team competition (dual or individual tournament) after the start of the NCGA season, without being properly registered and cleared for competition with the NCGA, will be

subject to immediate suspension from the NCGA UP TO a time period of the remainder of the season and retroactive to the date of infraction OR a calendar year suspension depending upon the timing of the infraction. Team fines for this violation may also apply. The suspension of the athlete may be challenged through the judicial council. The final determination of suspension/eligibility of the athlete if challenged will be adjudicated by the NCGA Judicial Council as set forth in this document and is based upon the pertinent facts of each individual case.

4.3 An institution shall not permit any athlete to represent their team in collegiate competition within the NCGA unless that athlete maintains the minimum academic eligibility requirements of that institution. It is the responsibility of the individual wrestler, and his coach, to monitor academic status. The NCGA does not track individual academic performance, however, will uphold the academic institution’s decisions regarding eligibility if the standards are higher than that set forth by the NCGA.

4.4 To compete in the Conference Championships, an athlete must have a Cumulative Overall Grade Point Average (GPA) of **2.0 or better after 1 year of eligibility**, as verified by the school’s Registrar on the Conference Academic Eligibility Form**.**

4.5 **To certify eligibility, all Student-Athletes must register online with the NCGA Clearinghouse.** Only properly registered athletes are eligible to compete on, or for, any NCGA member institution during the competition season. No athlete may practice, compete, or travel in any NCGA event until their online Individual Athlete Registration and their Waiver and Release of Liability have been properly completed, submitted, and received by the NCGA. The **deadline** for submitting the online Individual Wrestler Registration is **January 1st** of each season. Late registrations come with a heavy fine and may be denied by the judicial council.

4.6 **Any NCGA team that enters an ineligible athlete in a competitive event during the season will be sanctioned according to their Conference Board. Additional penalties may be determined for the Head Coach and/or coaching staff for the violating team including but not limited to suspension for a time period determined by the Judicial Council. Additional violations may result in additional sanctions and fines above and beyond that written in Section 6, including but not limited to, a team being banned from competition within the NCGA for a calendar year or longer as determined by the Judicial Council.**

Article 5 . Divisions

Division	Experience level	Rules	Match time
Division I	Advanced	All traditional submissions No heel hook, no knee	5
Division II	Beginner	All traditional submissions No heel hook, no knee	5

Article 5b. Weight categories

5b.1 Weight categories for male and female are as follows:

MALE	128	139	150	161	172	185	198	220	285
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FEMALE	115	124	135	147	159	172	185	220
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Article 6. Transgender Student Athletes Policy

1. Any transgender student-athlete who is not taking hormone treatment related to gender transition may participate in sex-separated grappling activities in accordance with his/her assigned birth sex.
2. The student-athlete must meet all other requirements to compete in the NCGA, including but not limited to college or university registration status, years of eligibility and minimum academic requirements.

Article 7. NCGA Head Committee, Staff, and Volunteer Responsibilities

- 7.1 All members of the NCGA Head Committee, staff, and volunteers are a direct reflection of the NCGA and must be trained by and/or approved by the NCGA as well as follow the Code of Conduct identified in the NCGA Rulebook.
- 7.2 All members are expected to conduct themselves in a respectful manner with professional behavior that reflects pride in partaking in a successful and efficient event. Any person that fails to follow or maintain the image of the NCGA is subject to have membership, certificate, and/or approval suspended or revoked. General responsibilities are as follows:
 - a) Report to the event at least one-half hour (30 minutes) prior to the event;
 - b) Dress appropriately and in uniform.
 - c) Must be focused and engaged in handling duties efficiently and accurately.
 - d) Maintain a professional demeanor.
 - e) It is prohibited to issue instructions to an athlete in the competition area. Support can be shown for athletes by stepping outside the competition area and standing behind the spectator barricade.
- 7.3 **Tournament Host:** The Tournament Host oversees the overall planning of the event and makes final decisions regarding any issues pertaining to event organization and progress. This

person has supervisory authority over all phases of the local tournament operation, attends necessary meetings, advises, directs, and makes assignments where necessary; Ensures that the event is held in a good venue, has all necessary equipment and technology, and that insurance is current; works adamantly to ensure that the event stays on-schedule and is efficiently executed. It is responsibility of the Tournament Host is to contact NCGA for all matters to ensure that the event is successful and upholds the NCGA standards.

7.4 Director of Promotion: The Director of Promotion is responsible for promoting the event to local gyms, academies, and organizations. Promotion of events will encompass the use of social media, local media (newspapers, magazines, and radio stations), mailers, posters, flyers, newsletters, and invitations. Information on dates, cost, and registration should be visible or accessible. Director of Promotion should also strive to obtain publicity coverage of the event and is responsible for having an official event photographer present on day(s) of the tournament.

7.5 Weigh-In Officials: Weigh-In Officials are responsible for competitor weigh-in and ensuring that each competitor is in the proper weight for the registered division, for the event. The competitor is responsible for falling within the registered division weight limit and know their weight dressed in uniform. If the competitor does not meet weight requirements they are automatically disqualified from competition. Weigh-In Officials also have the autonomy to determine disqualification.

7.6 Main Table Coordinator: The Main Table Coordinator oversees all the work performed by the main table assistants, ring coordinators, and runners to ensure proper and accurate progression of brackets. If tournament is not using an electronic bracket system, this individual is responsible for holding on to and distributing paper brackets to the ring coordinator.

7.7 Main Table Assistants: Main Table Assistants are responsible for reviewing and updating bracket results provided by the ring coordinators. All systems must be operating properly, including computers and printers, and brackets kept in case of a discrepancy.

7.8 Bracket Coordinator/Matchmaker: The Bracket Coordinator/Matchmaker coordinates brackets prior to an event to create un-biased and fair matches, adheres to bracket procedures identified in Article 11, and ensures that they are accurately followed. If there are any changes, the Bracket Coordinator/Matchmaker must contact the competitor and coaches regarding any changes or updates.

7.9 **Score Keeper/Table Official:** The Score Keeper/Table Official must be completely focused during each match to accurately record points and penalties (negative points) signaled by the referee, make sure that points are displayed on scoreboard, keep match time, and announce the end of the match using a whistle.

7.10 **Uniform Inspectors:** Uniform Inspectors are responsible for ensuring that competitors' uniforms conform to the NCGA uniform regulation identified in Article 18.

7.11 **Tournament Security:** Tournament Security guards assist in keeping order of event and ensuring spectator and competitor safety. Tournament Security guards are responsible for performing constant event walk-throughs to ensure that the event main entrance and exit points are not obstructed and that other points of entry and exit are closed.

7.12 **Front Table/Check-in:** There should be a minimum of two (2) people stationed at the Front Table/Check-in area. Responsibilities are to greet public, communicate spectator fees, collect fees, and stamp hand of each person that has paid for entrance to tournament as a spectator, check-in competitors, check ID, instruct them to bull-pen/warm-up areas, and address any questions that can be handled by front end personnel. These individuals are to ensure that the cash box is locked, and money accounted for at the end of each tournament day.

7.13 **Mat Coordinator*:** Mat Coordinators receive brackets from the Main Table, summon competitors to the warm-up area, check NCGA IDs, ensure weigh-in before first match, direct competitor to the match area, and follow matches accurately to record results in the bracket. After a bracket has closed, the Ring Coordinator returns the bracket to the Main Table.

7.14 **Runner*:** Runners are responsible for supporting Ring Coordinator with their duties.

*Mat Coordinator, Runner, or Weigh-In Inspectors will call for competitors prior to their matches up to three times at warm up area/bull pen, if competitor is non-responsive at that point, they will be called out via the PA system and will then have 5 minutes to report to Ring Coordinator, Runner, or Weigh-In Inspectors. If competitor does not report within the 5-minute mark they will be subject to disqualification.

7.15 **Awards Team:** The Awards Team is responsible for having medals and trophies displayed and efficiently awarding medals which includes calling and announcing winners to podium, setting competitors in place on podium that is composed of three levels each labeled under 1st, 2nd, or 3rd, and placing medals according to placement.

7.16 **M.C./Announcer:** The M.C./Announcer is responsible for the welcome/introduction speech, assists in calling out divisions for weigh-in or check-in, makes announcements throughout the day regarding matches, winners, future events, sponsors, Facebook or twitter page, and general NCGA information.

7.17 **Media/Photographer:** The Media/Photographer(s) are responsible for event coverage and are required to make all media available to NCGA. Individuals seeking an NCGA Press Pass should represent a social media company, magazine, or local newspaper and should acquire NCGA approval three (3) weeks prior to the event to have access inside the competition area. Media/Photographer(s) shall not interfere with tournament procedures, matches, and/or distract competitors during competition.

7.18 **Medical Representatives:** Medical Representatives must be certified to handle injuries that may occur to athletes during competition. Representatives must follow proper protocol in cleaning up and properly disposing of associated medical waste.

7.19 **Referee Director:** The Referee Director has supervisory authority over referees and is responsible for ensuring proper training of referees, including knowledge and understanding of the NCGA rules and policies, selecting NCGA certified referees for events, and during an event is responsible for overseeing referee decisions, quality, and fair play. The Referee Director is responsible for holding a pre-and-post event meeting with referees to review referee roles in competition and to discuss any concerns that occurred during the specific event. The Referee Director guides and issues a technical evaluation of the referees at the end of each competition. In some cases, and upon request, the Referee Director will review details or footage of a specific match and can overturn central referee's decision as identified in the NCGA Rulebook.

7.20 **Referee:** The referee has one of the most important roles in a tournament and is responsible for judging each match fairly based on the NCGA rules of competition and declaring the appropriate winner. Only the Referee Director can overturn a referee decision after reviewing details or footage of a specific match. For further details on referee principles and procedures see Article 22

Article 8 Code of Conduct

8.1 It is the responsibility and obligation of all competitors, coaches, officials, administrators, volunteers, members and representatives of the NCGA to practice and demonstrate the highest principles of sportsmanship and to observe the ethics of competition. The display of good

sportsmanship is mandatory as it is a statement of the individual's understanding and commitment to fair play, ethical behavior, and integrity. Competitors are expected to know and understand the rules of play, be on time, and demonstrate respect for themselves and others.

8.2 Code of Conduct Guidelines for competitors are as follows:

- a) Treat opponents with respect.
- b) Play hard while competing within the rules.
- c) Exercise self-control at all times.
- d) Set a positive example for others to follow.
- e) Before and after the match, competitors must shake hands and referee's hand.
- f) Respect officials and accept their decisions without argument or gesture.
- g) Win without boasting and lose with dignity.
- h) No self-scoring or self-cheering during the match.
- i) Athletes should proudly represent their collegiate team, and if any, academy team, professor, family, and community.
- j) Athletes must stand at attention during the recognition of the first-place athlete.
- k) Must not be under the influence of any substance.
- l) Must not remove any part of the uniform when inside the competition area.
- m) Must not jump over the barriers that separate the competition area and the public area.
- n) Must leave the competition area/field of play or the space reserved for working officials once matches are completed.
- o) Must not walk barefoot within the competition area or in other areas where shoes are required.

8.3 Code of Conduct Guidelines for coaches are as follows:

- a) Treat competitors and opponents with respect.
- b) Inspire competitors with a love for martial arts and a desire to compete fairly.
- c) Be positive role models who others want to follow.
- d) Provide discipline for unsportsmanlike behavior.
- e) Respect the judgment and interpretation of the officials.

- f) Realize teaching extends into the athletic arena.
- g) Maintain temperament and stay behind barricades or on coaching chair while coaching during a match.
- h) Must not be under the influence of any substance.

8.4 Code of Conduct Guidelines for officials are as follows:

- a) Must have knowledge and understanding of the rules.
- b) Place the welfare of the participants above all other considerations.
- c) Treat competitors and coaches with respect.
- d) Work cooperatively with other officials and other tournament personnel.
- e) Be firm, but fair, in all decisions without regard for previous match incidents.
- f) Maintain confidence, poise, and self-control throughout the tournament.
- g) Never allow outside influences to interfere with competition situations.
- h) Must not be under the influence of any substance.

8.5 Guidelines for spectators are as follows:

- a) Attempt to know and understand the rules of competition, and their intent.
- b) Appreciate good play and applaud it, regardless of who performs it.
- c) Cooperate with and respond enthusiastically with positive cheering.
- d) Show compassion for injured competitors.
- e) Never jeer, heckle, or attempt to distract competitors.
- f) Never use profane gestures or obnoxious language or behavior.
- g) Respect judgment and strategy of coaches, and never criticize competitors or coaches.
- h) Respect authority of those who administer competition.
- i) Attempt to censure those who behave unruly.
- j) Must not be under the influence of any substance.

The NCGA may take disciplinary measures towards its members and participants in NCGA competitions and/or events for any violation of the NCGA Statutes & Bylaws, the NCGA Rulebook, or other NCGA regulation or bylaw including anti-doping codes, and for participation in activities that are contrary to the NCGA's Code of Conduct.

Article 9. Violation and Discipline

9.1 It is the responsibility and obligation of all members and representatives of the NCGA to practice and demonstrate the highest principles of sportsmanship and to observe the ethics of competition.

The display of good sportsmanship is a statement of the individual's understanding and commitment to fair play, ethical behavior, and integrity.

9.2 The NCGA may take disciplinary measures towards its members and participants in NCGA competitions and/or events for any violation of the NCGA Statutes & Bylaws, the NCGA Rulebook, or other NCGA regulation or bylaw including anti-doping codes, and for participation in activities that are contrary to the NCGA's Code of Conduct.

3. The NCGA Executive Committee has the authority to establish a Disciplinary Committee to evaluate presumed violations in relation to a breach or violation, the NCGA Disciplinary Committee shall be competent and able to take disciplinary action in compliance with the NCGA Disciplinary Code.

4. At any NCGA event, all behavior contrary to the ethics and moral values of sport and any violation of the NCGA Code of Conduct may result in immediate disciplinary action.

5.5 Any incident subject to disciplinary action will be communicated immediately to the NCGA President, NCGA Executive Committee members, and the NCGA Disciplinary Committee.

5.6 A possible disciplinary decision may occur after testimony by the person or people concerned, and any potential witness (es). If the person concerned is a minor, an adult responsible for the minor will accompany them, during the discussion.

5.7 As soon as the decision is rendered, the Disciplinary Committee is responsible for the following:

5.8 inform the NCGA President and NCGA Executive Committee about its decision

5.9 Submit a report of the incident to NCGA President and NCGA Executive Committee

5.10 The Disciplinary Committee, upon the NCGA's President's receipt, review, and approval of the documents, will inform the concerned persons about its decision

5.11 Disciplinary actions taken by the Disciplinary Committee measure are as follows:

a. Verbal warning, Written warning, Suspension for a period of 1-3 years, Life ban

b. If an individual disagrees with a decision, a written appeal may be made to the NCGA Disciplinary Committee, the NCGA President, and the NCGA Executive Committee within one calendar month from the incident date. In the case of suspension, the decision will stand until the outcome of the appeal is determined.

c. If a situation arises that the NCGA Statutes & Bylaws, NCGA Rulebook, or other NCGA regulation or bylaw does not cover, a decision shall be made by the NCGA President and NCGA Executive Committee

Article 10 . Sports Integrity. Or Match Fixing

10.1 The integrity of the sport depends on the outcome of sporting events and competitions being based entirely on the merits of the participants involved. Any form of corruption that might undermine public confidence in the integrity of a Grappling competition is fundamentally contrary to the spirit of sport and subject to severe disciplinary action.

Article 11. Match Fixing

11.2 If a match has evidence of a pre-determined result, which is a violation of the NCGA rules, further investigation may be taken. Any findings of match fixing will result in disciplinary action.

11.3 If two athletes from the same team are scheduled to compete together in an NCGA event and one becomes injured or ill before the match, that athlete must present a medical certificate from the NCGA Medical Director to confirm their eligibility to withdraw.

11.4 If an athlete is found to have been untruthful about their injury or illness, the contest result will be voided.

11.5 The NCGA may undertake further investigation, and any findings of match fixing will result in disciplinary action.

Article 12. Competition

12.1 Competition is a wonderful opportunity for participants to learn how to face challenges, building character and resilience through the challenges of competition.

12.2 All NCGA competitions must use the NCGA Statutes & Bylaws and NCGA Rulebook.

12.3 All NCGA competitions must play the national anthem during the opening ceremony.

12.4 All NCGA University Programs must ensure that the NCGA rules & regulations are upheld to promote fair and quality competition where hygiene, fair play and mutual respect is valued.

12.3 Hosting Events: NCGA member schools may **host** competition **ONLY** between grapplers and teams that are active members of the NCGA. All matches will count toward the NCGA

records and National NCGA Points if the hosted event was officiated by a Registered Grappling Official representing a recognized sanctioning Officials Association.

At all competitions, the host team must provide a certified trainer and / or EMS staff.

12.4 Defining an Open Tournament: During the competition season, an **Open Tournament**, hosted by an NCGA team, is defined as a competition open to only collegiately eligible athletes. NOTE: **ONLY** currently collegiately eligible members of an NCGA team may compete in an Open NCGA event.

12.5 Weigh-ins and Weigh-in Sheets: All NCGA competitions must include a weigh-in according to NCGA rules and a documented weigh-in sheet for tracking eligibility requirements.

12.6 Competition Contracts: The NCGA strongly encourages the use of **Competition Contracts** for all events. Further, the NCGA will arbitrate event disputes only if all involved parties have signed an NCGA Competition Contract. NCGA Competition Contracts are available on the NCGA website under “forms.”

12.7 Sex-Separated Competition

It is the goal of the NCGA to grow and develop women’s collegiate grappling. As such, it is the experience of the NCGA that following the examples that have led to the success illustrated in similar grappling associations, that sex separated competition is the best practice.

All physical grappling activities (i.e., practices, NCGA hosted competitions, etc.) shall be sex separated. Men and women may not engage in physical grappling activities at NCGA hosted grappling events or practices at any time.

NCGA hosted competition shall be defined as any grappling match, meet, tournament, or exhibition hosted by an NCGA institution or NCGA team per these rules.

Violation of this rule shall result in referral to the NCGA Judicial Council for deliberations, which may include findings of a rules violation and appropriate sanctions. Before engaging in any non-sex-separated activities and as any questions regarding this rule arise, teams are advised to seek an advisory opinion from the NCGA Compliance Officer.

Article 13. NCGA Championship Series

13.1 The NCGA Board of Directors has the authority to hold an NCGA National Championship Series. The series may include a National Dual Tournament (“National Duals”), a Regional Dual Tournament (“Regional Duals”), a Conference tournament in each conference, and the National Collegiate Grappling Championships (“National Championships”), which is an individual tournament with team scoring. These four events will be considered the National Championship Series (NCS)

Article 14. Grappling Uniform Requirements

NCGA teams will wear rash guards following the regulations published in section 14 of this rulebook. Teams are required to wear matching rash guards / competition gear / warm-ups in the same round of any NCGA tournament. Matching rash guards / competition gear will be required for duals. Properly placed NCGA Logo must appear on all competition uniforms.

14.1 The NCGA utilizes uniform requirements to help make competition fair and safe for all athletes.

14.2 If a competitor does not meet any of the standards for equipment or uniforms, he/she will be given 5 minutes to change. Failure to meet the requirements for the equipment and uniform standards within those 5 minutes will result in disqualification.

14.3 The competitor must wear undergarments under their shorts due to the risk that the suit might become torn or undone. If shorts are torn, the competitor will be given 5 minutes to find another pair of shorts to wear. If the competitor cannot change within 5 minutes, he/she will be immediately disqualified.

14.4 When the competitor has any part of the uniform ripped during the competition, the referee will allow 5 minutes for a uniform change. The competitor must be cleared by the uniform inspector prior to returning to the mat area. If the competitor cannot change within 5 minutes, he/she will be immediately disqualified.

14.5 Competitors must compete in the uniform they wore when they weighed in. Should the competitor weigh in with one uniform and then change into another before their first competition or between their competitions, he/she will be disqualified.

14.6 Wrestling shoes, or any shoes, socks, cups, and headgear are prohibited. Any brace or piece of protective equipment that may alter the outcome of the match may be prohibited. This includes, but is not limited to, braces with metal parts or supports that provide extra grip against the mat.

14.7 Uniforms may not have patches and/or text in any form that contain phrases, symbols, or slogans that are offensive to gender, culture, race, sexual orientation, religion, and/or political ideologies or that promote violence, sexual acts, drugs, alcohol and/or tobacco.

14.8 Competitors are required to wear shoes, sandals, or slippers when off the competition area to avoid feet injury and/or germs on the mat area.

14.9 Female athletes are permitted to cover their heads. The Head Cover requirements are as follows:

- a) Must be fixed and made with elastic fabric (or have elastics at the borders);
- b) Be made without any kind of plastic or hard materials.
- c) Be made with no strings of any kind.
- d) Be clear of any inscription or logo.
- e) Must be completely in black color.
- f) The head covering can be made of elastic material, must be fully black in color and can cover the neck, ears and hair, like a wetsuit headpiece. The face must remain fully visible.

14.10 Uniform regulations for competition are as follows:

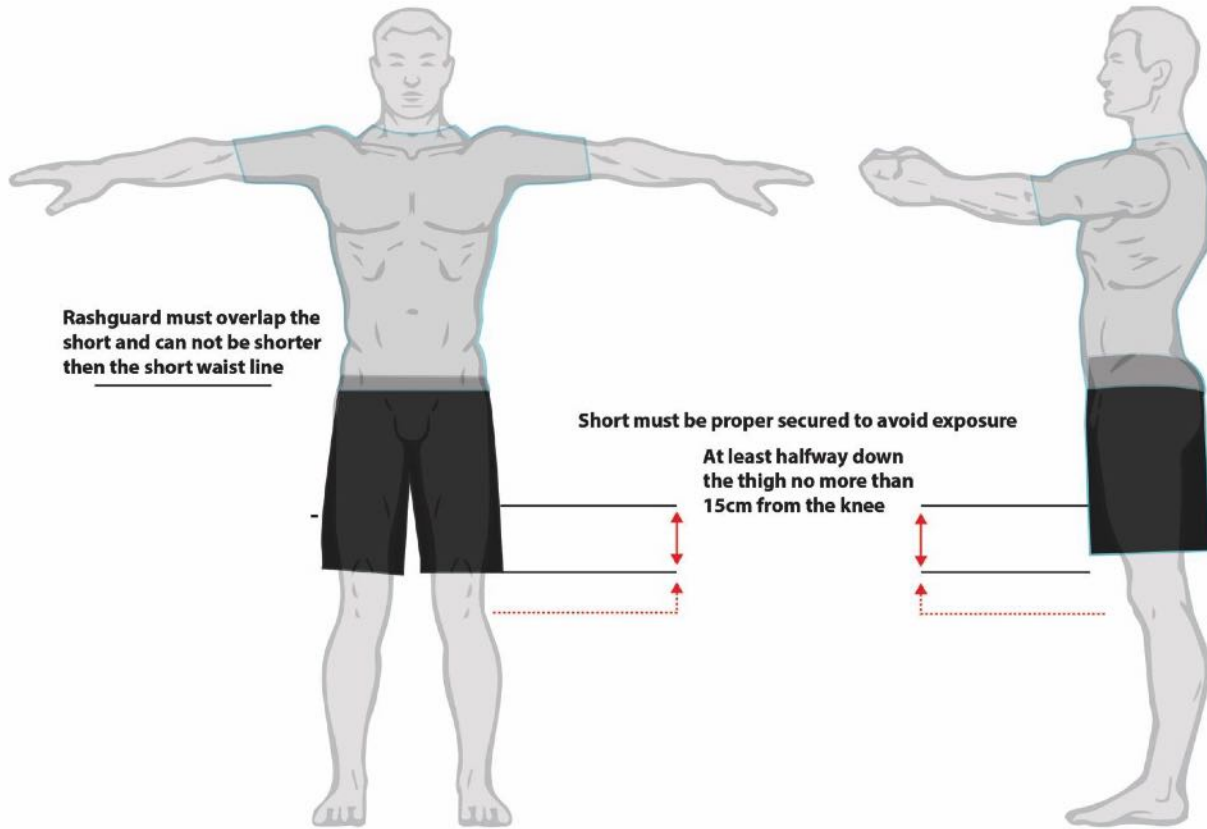
- a) Rash guards must be form-fitting with a round collar (V-necks are not allowed).
- b) Rash guards may have short or long sleeves but cannot be without sleeves.



- c) The shorts must be free of zippers and pockets.
- d) The shorts must be properly secured to avoid exposure.
- e) Shorts may be a loose board-like short or tight shorts as long as they are at least mid-thigh length.
- f) Lycra pants may pass the knee, but not the ankle, and cannot be a loose fit.
- g) Athletes may choose to compete in shorts or Lycra pants, or both.
- h) The shorts must be tied securely at the waist, above the buttocks. If they are grabbed and pulled down, they should remain affixed where they are secured at the waist.
- i) Athletes are not permitted to compete with torn shorts or torn rash guards.

- j) Patches and embroidery may be securely affixed in any place on the shorts or rash guard. Any patches with unfixed edges or tears must be removed.





Article 15. Reporting for Competition

15.1 **Weighing In:** For every NCGA tournament, athletes must report to the weigh-in area in a timely fashion. Competitors should be dressed in their competition uniform, ready to step on to a calibrated scale, and weighed in at the time their division is scheduled to begin. See Article 15 for additional information on Weight Divisions.

- For each division, all athletes must be weighed in before the division begins. Athletes will be taken to their weight division's designated mat area immediately after they weigh in and are expected to be ready to compete immediately after weighing in. Divisions will begin as soon as the final athlete has been weighed in.
- All athletes must weigh in with their uniform on. Athletes must weigh-in at or below the weight specified for their division or they will be disqualified.
- The NCGA suggests that athletes do not attempt to "cut weight" by dehydrating themselves before weighing in. Athletes will not be given time to recover or rehydrate after weigh-ins. Athletes should be ready to compete at the time they weigh in. Those who dehydrate themselves are at a heightened risk of fatigue and injury.
- **Failure to appear for weigh-in:** Should an athlete fail to appear for weigh-in during the official weigh-in period, it will be noted beside his name on the official weigh-in list. A weigh-in official and the NCGA delegate shall sign the notation and that athlete will be disqualified from competition.
- **Failure to weigh-in within the prescribed limits of a category:** Should an athlete weigh above the prescribed limits for the category in which he/she has entered then the exact weight shall be recorded. The weight shall be circled and signed by a weigh-in official and the athlete shall be disqualified from competing in that weight category.
- **Failure to comply with official directions or with NCGA requirements:** If at any stage during the weigh-in period, an athlete fails to comply with the directions of any weigh-in official or an NCGA official, or fails to comply with the requirements of the NCGA, the athlete shall be disqualified from participating in the weigh-in and the infraction brought immediately to the attention of the director of the tournament.

15.2 **Hygiene Requirements:** Competitors are expected to meet the following hygiene requirements or they may be disqualified.

- Uniform must be washed, dry, and free of unpleasant odor.
- Competitor's toenails and fingernails must be kept short, clean and free from sharp edges or jaggedness.
- Individuals with long hair must secure it so that it will not interfere with their performance or that of their opponents during a match.

- Competitors may not use makeup, hair spray/dye, or any other substance that will come off onto their own uniform, the mats or onto their opponent.
- Any individual with a transmittable disease, viral, bacterial or fungal, will be prohibited from competition.
- An individual with an uncovered cut, sore, rash, wound or lesion will be prohibited from competition. Individuals with cuts, sores, rashes, wounds or lesions that are bandaged may be allowed to compete at the discretion of the medic and tournament officials.

15.4 Competitors who are missing from the warm-up or bull pen area, or have already been called to the match area, will be summoned up to three times to report to the specified location. They will have 5 minutes to arrive at the designated area. After the third and final call, if the competitor does not present themselves, they will be subject to disqualification.

Article 16. Basic Principles for Referees

16.1 The presence of trained and consistent referees is essential for maintaining fairness in competition, as their decisions directly influence the outcomes of individual matches. They are expected to enforce the rules as well as judge the matches in an accurate and unbiased manner.

16.2 Referees should demonstrate an assuredness in their judgments which is a characteristic that will come from a solid understanding of the rules as well as experience. Referees are expected to maintain a calm demeanor regardless of the situation on the mat. They are expected to execute judgments in a clear and concise manner and to execute judgments independently from audience influence.

16.3 Referees and staff are not permitted to encourage, show favoritism, or cheer for any competitor while in the area of competition. Referees who wish to root for a particular competitor must leave the controlled competition area to the spectator area.

16.4 Matches will be judged by a single referee. The referee should not be too close to the competitors while they are in the standing position but stay close to the competitors while they are in a ground position. The referee is responsible for directing the match. Directing the match ensures that competitors are treated equally and gain no unfair advantage. The mat's referee is the highest authority on the mat and has the authority to disqualify competitors during the match.

- The referee will see that everything is in order; for example: the ring, equipment, uniforms, athlete's hygiene, and that scorekeepers are present and ready before starting the competition.
- The referee is to give the athletes on the mat a green and red ankle band for identification and to keep the competitors on their corresponding color side of the mat during the beginning of the match and during standing restarts. The referee will begin the match by blowing their whistle. The whistle will be used to begin the match, for all restarts, for all times the match action needs to be stopped, and for a submission.

- The referee will not allow interference from outsiders during the match.
- The referee must determine and intervene if there is any possibility the public or photographers pose risk or harm to the competitors during a match.
- A medical team or nurse will be allowed on the mat at the referee's discretion.
- The score table will determine expiration of time during the match. The score table will notify the central referee immediately with an auditory, visual, or physical signal. The score table will actualize the referee's gestures on a scorecard. The table will display two official scoreboards displaying the score horizontally or a single monitor, which will have colored scores to differentiate the two athletes. During the match workers at the scoring table are not allowed to converse with the competitors.

16.5 In special cases, the NCGA Referee Director can review and overrule a referee decision. The NCGA Referee Director may also replace a referee during a match if he/she is deemed unfit to judge a certain match.

16.6 Referees must present themselves professionally and appear unified in their appearance, demeanor, and actions. Referees will be held to the same hygiene standards as competitors with a few additional requirements. They should be clean and without odor with well-kept hair. The standard referee uniform will consist of the following:

- a) Properly fitting solid black slacks.
- b) A solid black belt made of leather.
- c) Solid black socks and shoes which are clean and suitable to be worn on the mat.
- d) Solid black polo shirt that is marked with the NCGA federation logo and the word "Referee" in white so that the markings are visible from the front and the back.
- e) A whistle.
- f) Red and blue/green ankle bands.

16.7 A solid knowledge and understanding of the rules is crucial for referees. Referees must read and study the book of rules and regulations, attend NCGA referee seminars, as well as pass required certification courses. Attending referee seminars is essential to developing a solid understanding of the rules and ensuring consistency in scoring as referee directors explain rules and their application in real competition matches.

16.8 Referees are expected to have must have a fundamental understanding of the sport of grappling and be familiar with all techniques, positions, and submissions.

16.10 Referees are expected to direct competitors vocally before penalizing them. Referees should utilize the following commands to warn competitors that they are stalling or may be about to commit a foul:

- a) “Grapple”
- b) “Stop”
- c) “Time”
- d) “Work to improve”
- e) “Release the illegal grip”
- f) “Don’t reap the knee”
- g) “Don’t pull the neck”
- h) “Do you want to continue?”

Article 17. Gestures for Referees

17.1 The central referee will wear an armband on his right wrist (a red and blue/green band) to distinguish his hand gestures between competitors. The points indicated with the right hand will correspond to the competitor wearing the green and yellow belt. The points indicated with the left hand will correspond to the competitor who is not wearing the green and yellow belt. As a match progresses, the referee will raise hand to signal the scoring competitor’s points to the scoring table.



Permission to enter the mat:
The referee will raise both arms indicating to both athletes that they should enter the mat area.

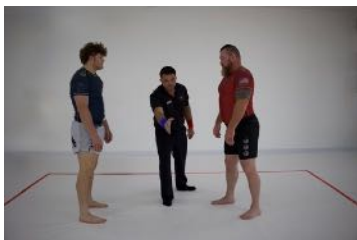


Saluting the referee:
Athletes must salute the referee by shaking hands upon entering the mat area.



Shaking competitor's hand:

Before and after a match, both competitors must shake each other's hand regardless of match results.



Starting the competition:

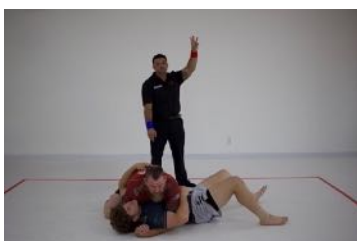
The referee will position the competitors facing each other in the middle of the mat, the referee will raise his arms at the height of his chest and then let it drop thus signaling the start of the match while blowing their whistle.



1 Point: Near finish submissions, out of bounds and penalty: The referee will raise his hand indicating the scoring athlete's color and raise one (1) finger to signify the issue of one point to that athlete's score.



2 Points: Take downs falling in guard, sweeps, reversals, and unintentional out of bounds while in a submission: The referee will raise his hand indicating the scoring athlete's color and raise two (2) fingers to signify the issue of two points to that athlete's score.



3 Points: Passing the guard; Takedowns, sweeps and reversals ending in side control: The referee will raise his hand indicating the scoring athlete's color and raise three (3) fingers to signify the issue of three points to that athlete's score.





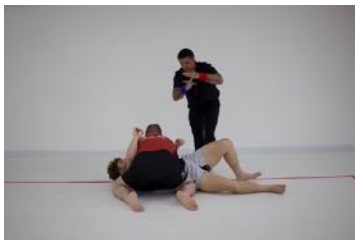
4 Points: Mount, back with hooks: The referee will raise his hand indicating the scoring athlete's color and raise four (4) fingers to signify the issue of four points to that athlete's score.



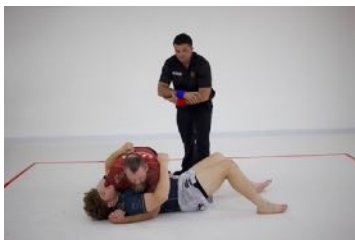
3 Second Count: The referee will lower his hand which indicates that he has opened the count of three (3) seconds of control prior to awarding points for the following: takedown, sweep, reversal, passing the guard, mount, and back control.



Penalties: The referee will turn his hands one over the other with both fists closed then raise a fist indicating the penalized athlete's color.



Pausing the match & time: The referee puts his hands one above the other forming a "T", signaling the timekeeper to pause the time while blowing their whistle.



Stalling: The referee will grab each forearm with his hands and verbally warn the competitor who is stalling and first saying "Work to Improve (Red or Blue)" If the competitor does not work to improve then the referee will issue a verbal stalling warning "Warning. Stalling (Red or Blue)"





Rotate: The referee will raise one finger and rotate it clockwise to indicate to the athletes that they must keep their match within bounds of the mat area.



Get up: The referee will raise an arm indicating to the competitor to stand up wj



Get down: The referee will lower an arm indicating to the competitor to lie down.



Disqualification: The referee lifts his arms above his head and cross them with his fists closed. After that, he points to the disqualified athlete with the hand signifying that athlete's color.





Removing erroneously awarded points: The referee lifts the arm that he gave the point with and waves his palm towards his head to indicate to the table that previously awarded points were incorrectly awarded and must be removed.



Interrupting the competition: The referee opens his arms together on a horizontal plane level with his shoulders and blows his whistle or says "Stop!"



Announcing winner of match: The referee will raise the arm of the winning competitor to indicate who has won the match.



Article 18. Conclusion to Matches

18.1 No match may end in a draw. Matches will be decided by:

- a) Submission
- b) Points
- c) Injury
- d) 4 cautions penalty given to the opponent during a bout.
- e) Technical superiority
- f) Following a forfeit
- g) Disqualification
- h) Unconsciousness

- i) Overtime win
- j) Referee Decision (only in the event of a double injury)

18.2 **Victory by Points:** The referee will stop the match at the end of regulation time. If there is no submission or other match conclusion by the end of the time limit, the athlete with the greater number of points will be declared the winner.

18.3 **Forfeit:** During a Dual Meet a forfeit will result in the team without the forfeit being awarded 25 points.

18.4 **Victory by Submission:** When a competitor applies a submission hold forcing his opponent to give up the match. Submissions can be either a chokehold or joint-lock. A submission is declared with the competitor being submitted either quits verbally (by screaming or saying "tap" or "stop") or quits physically (by tapping the opponent at least two times with his hand, or tapping the mat with his/her hand or foot at least two times) If the referee observes a competitor submitting with physical or verbal signals, the referee will immediately end the match by blowing their whistle while putting their hands on both opponents.

- a) The referee may also choose to stop the competition and declare a submission if he/she notices a competitor in immediate physical danger from a properly applied technique.
- b) For Division I, referees will be significantly more prudent when exercising the right to stop a competition. The referee in most cases will allow submissions to continue until one competitor signals submission or goes unconscious.

5. **An athlete may signal submission with the following:**

- a) Tapping with the palm against any surface in a visible manner.
- b) Tapping the feet against any surface if the competitor is unable to use the hands to tap.
- c) Request verbally to the referee that the competition be stopped (if athlete can neither tap with hands or feet).
- d) Request that the competition be stopped if the athlete gets injured or feels physically incapable or unprepared.
- e) A coach of one of the competitors may request that the competition be terminated by directing themselves to the referee for any reason.
- f) When the competitor is under a submission position and he/she screams or emits noise expressing pain or verbalizes the interjection "Aa!" it will be considered the equivalent of the athlete having tapped.

18.6 **Victory by Opponent's Inability to Continue:** The referee may end the competition when one of the competitors is injured or if the medical attendant examines the competitor

and declares athlete unable to continue. If this occurs, the victory will be given to the opponent as long as conduct worthy of disqualification did not cause the injury intentionally.






1. If a competitor states that they are having muscle cramps or spasms, this may be treated as if the athlete has submitted.

18.7 Victory by Opponent’s Loss of Consciousness: An athlete shall be declared to have lost the match upon losing consciousness due to a legal hold applied by the opponent, or due to an accident not stemming from an illegal technique by the opponent.

- a) Athletes who lose consciousness because of head trauma (concussion) shall not be allowed to compete again in the same tournament and should be directed to undergo treatment from medical staff.

18.8 Referee Decision/Double Injury: If both competitors are injured and cannot continue the match, the athlete leading on scorecard shall be declared the winner. If the score is tied and both cannot continue, then the referee must render a decision based on fighting spirit, superiority of tactics, and superiority of techniques. In all other situations, both competitors will be disqualified from continuing since they cannot continue to compete.

Article 19. Points

Points	1 point	2 points	3 points	4 points	1 point awarded to the opponent
Event	Near Finish Submission ———— Standing out of bounds	Takedowns ending in guard ———— Opponent pulling guard* ———— Sweep ending guard ———— Reversal ending in guard ———— Bottom to top ending in guard ———— Unintentional out of bounds while in a submission	Passing the Guard ———— Takedown ending up in side control ———— Reversal ending up in side control ———— Sweep ending up in side control	Mount ———— Back Control	Penalties
Hand Signal					

19.1 1 POINT:

Near finish submission: 1 point is awarded for a near finish submission attempt that poses real chance of ending the match which lasts a minimum of 3 seconds. The point is given when the opponent escapes the submission attempt. The athlete attempting the submission hold shall be awarded 1 point following the opponents escape.

If the submission attempt has been applied for 3 seconds and match regulation time ends then the competitor applying the submission attempt will still be awarded 1 point. Near submissions apply to both chokes and joint-locks.

Submission hyper extending the joint (near finishing Submission)



Opponent defending the submission and not considered in a near finish submission



Standing Out-of-Bounds If, from a standing position, a competitor is forced out of bounds and touches the protection area with one foot while not in a Submission attempt the referee shall

break the action and bring the competitors back to center of the mat and award the 1 point to the opponent.

19.2 2 POINTS:

Takedown ending in guard: Occurs when both competitors are in a standing position and a competitor completes an action that drops the opponent from a standing position on their side, butt or back while still in a guard position. 2 points are awarded after controlling the opponent on the ground for a 3 second count.

Takedown/ Snap down: forces the opponent to their knees and the initiating competitor acquires a position behind the opponent. 2 points are awarded after controlling the opponent on the ground for the 3 second count.

Pulling guard: Pulling guard can result in 2 points scored to the opponent if the competitor pulling guard has his back less than 90 degrees from the mat and no sweep/reversal occurs before the 3 second count, or if a submission is in place. The 2 points for the takedown is scored to the top competitor after the 3 second count. If a submission attempt is in play the top player must escape the submission attempt and control the bottom player for the 3 second count before points are awarded. If pulling guard results in a sweep/reversal before the 3 second count then the competitor that initiated the guard pull will only receive 2 points the sweep/reversal but will not receive 2 additional points for a takedown.

Yes Takedown



Back less than 90 degrees from the mat

No Takedown



Back more than 90 degrees from the mat



There are 3 points of contact between knees and arms



There aren't 3 points of contact between knees and arms

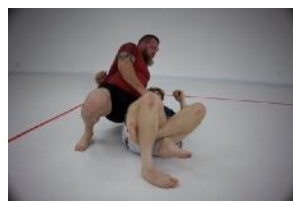
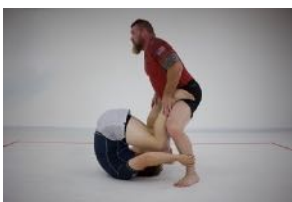
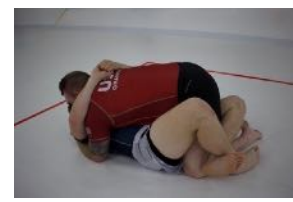


Athlete has passed behind the control of the arms



Athlete has not passed behind the control of the arms

Additional types of guard:



Bottom to top: Sweep/ Reversal Any time a competitor goes from bottom to top ending up in guard, a 2-point reversal is scored. This includes both sweeping from a guard position, or reversing position from under a mount to guard, or escaping a submission attempt ending up on top in guard. 2 points are awarded after controlling the opponent on the ground for the 3 second count.



Unintentional Out-of-Bounds while in a Submission Occurs when a competitor unintentionally goes out of bounds while trying to escape from a submission attempt. *Note: If the competitor forces the action out of bounds in an attempt to escape a submission using the correct defense* The referee will stop the competition, bring the competitors back to the center of the mat and restart the competitors from the standing position. The competitor applying the submission when the unintentional out of bounds occurred will be awarded 2 points.



Note: If an athlete goes out of bounds during a submission attempt (without doing the correct defense) the match will not be stopped until the action is finished or when a part of the head of either grappler is out of the protection area. In that case, the athlete that brings the action out of the protection area, with the purpose of stopping the fight to escape the submission without doing the correct defense, will immediately lose by submission.

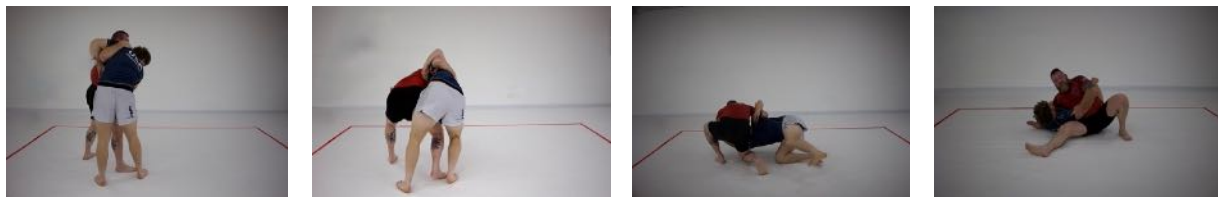
Out-of-Bounds:

Out-of-bounds is called when competitors are in a ground position and no body part of either competitor is touching inside of the circle or when any part of a competitor touches outside of the protection area. When this occurs the referee will stop the action, return the competitors to

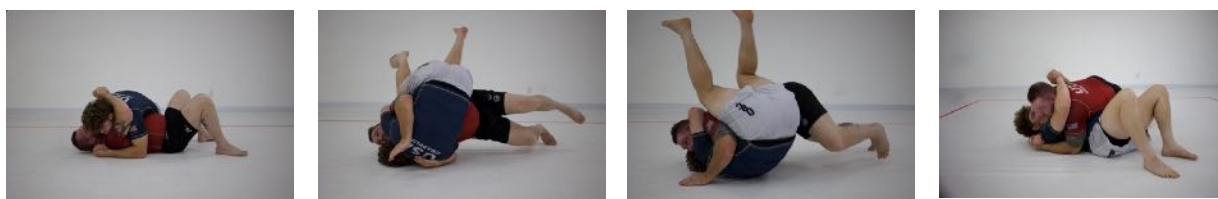
the center of the mat and restart them in the same position that occurred during the out of bounds. In the case that competitor go out-of-bounds during a potential scoring action the referee will allow the action to continue through the 3 second count before stopping the action as long as neither competitor's head is outside of the protection area. The referee will award points for the action scored and then restart the match in the center of the mat in the last position scored.

19.3 3 POINTS:

Takedown ending in side control: Occurs when both competitors are in a standing position and a competitor completes a takedown ending in the side control position. Points for takedown are awarded after controlling the opponent on the ground for the 3 second count.



Bottom to top /Sweep/ Reversal Any time a competitor goes from bottom to top ending up in a side control position, a 3 points reversal is scored. This includes sweeps from guard or reversing position from under mount to guard, or escaping a submission ending up in side control. 3 points are awarded after controlling the opponent on the ground for the 3 second count.



Passing the Guard (3 Points) Passing the guard occurs when the top competitor passes the leg defenses (guard) of the bottom competitor and ends up in either a side control or full mount position.

- a) In order for a competitor to be awarded points for passing the guard the opponent must have had a form of guard established. A guard is any time the bottom competitor is on their back or side and uses their legs to keep the opponent from establishing a control position which awards points i.e. side control, full mount or back mount.

- b) Points for passing the guard will only be awarded after a competitor has passed the hip line of his opponent freeing themselves from his opponent legs for a count of 3 seconds.



- c) If the bottom competitor avoids the move by putting their opponent back in guard, by getting to their knees or by standing up, no points will be awarded.

- d) If a competitor who was in their opponent's guard acquires and establishes control for a count of 3 seconds will be awarded points. This includes side control, north/south, knee on belly, and reverse mount. If the competitor passes the guard directly to full mount the 3 seconds count then they will be awarded 3 points for the guard pass and 4 points for the full mount.



- g) If a competitor who was in his/her opponent's guard acquires and establishes the reversed mount position then he will be awarded points for passing the guard but no points for mount.



- h) If a competitor who was in his/her opponent's half guard acquires and establishes the back hooks position remaining on the top position then he will be awarded points for passing the guard and points for back control.
- i) No points will be awarded for passing the guard while a submission attempt is being applied until the top competitor escapes the submission attempt and establishes control for the 3 second count.



Submission attempt while passing guard

Examples of side control positions:

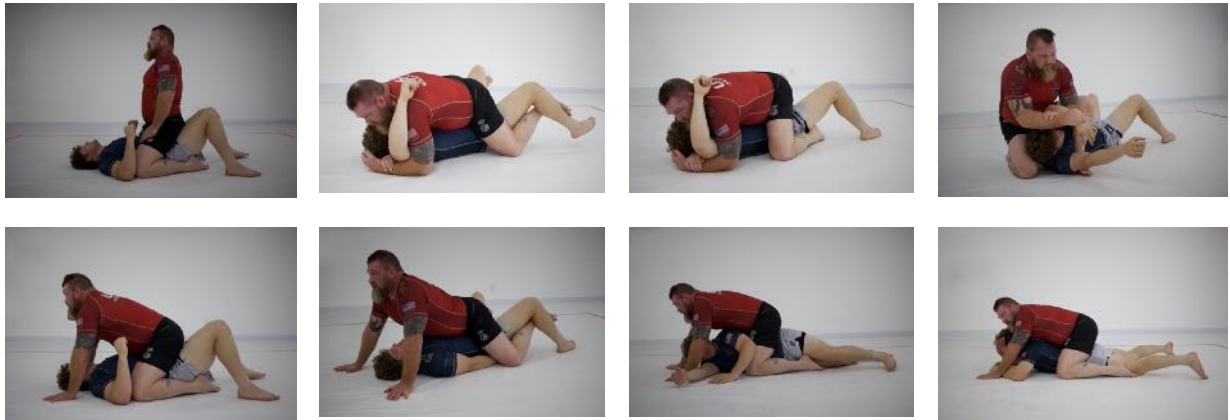


19.4 4 POINTS:

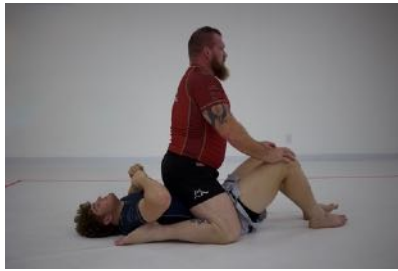
Mount (4 Points) Mount occurs when a competitor is facing the opponent's head while sitting on the opponent's torso. The opponent can be lying on his/her back, side or stomach. The one mounting cannot be on top of one or both of the opponent's arms. It will also be considered a mount if one knee and one foot are on the ground. In the case that the athlete mounting has both opponent arms under his legs, the athlete must have the knees below the armpit line in order to receive points. Guidelines for mount are as follows:

1. Points for a mount position will only be awarded after a competitor has established the mount position for a count of 3 seconds.
2. No points will be awarded if a competitor's feet or knees are on the opponent's leg.
3. If a competitor applies a triangle while in guard and in so doing lands mounted on the opponent, it will be considered a sweep and not a mount until he/she is in the mounted position.
4. If a competitor goes from passing the open guard to a mounted triangle on the opponent, it will be considered a guard pass and not a mount until he/she is in the mounted position.

Examples of mount position

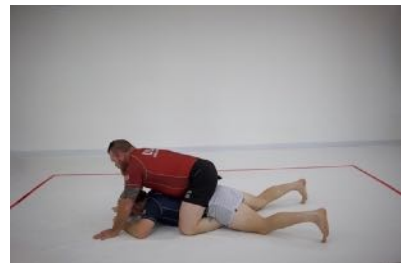


Examples of not mount position



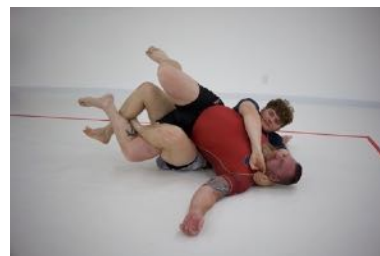
19.5 Back Control (4 Points) Taking the back occurs when a competitor is in a position where his/her chest is against the opponents back, arms are around his/her neck/shoulders/torso, and legs around the opponent's waist or torso. Guidelines for taking the back are as follows:

1. Points for taking the back will only be awarded after a competitor has established a controlling position on the opponent's back for a count of 3 seconds.
2. Points will not be awarded if the competitor does not have control of the opponent's body both with the arms and legs. The competitor must position his/her knees around the opponent's waist and his/her ankles against the opponent's inner thighs.



Examples of Back Control

Examples of non-Back Control



19.6 Progressive scoring system for dominant position

To ensure a higher level of submissions, points for dominant control positions (i.e., side mount, full mount, and back mount) will follow a system of progression, meaning that positions have to be improved to be awarded points (Side Mount > Full Mount > Back Mount).

Once scored, the points for dominant positions will be awarded only when the athlete, which was on the bottom, will regain Closed guard or Open Guard (half-guard is not considered), complete a reversal or stand up to his feet for at least 3 seconds.

i.e.: Once Side Mount points are scored, the athletes can score Full Mount and Back Mount points but cannot score anymore Side Mount points unless his opponent will regain closed guard, open guard, complete a reversal or stand up to his feet for at least 3 seconds.

Once Full Mount points are scored, the athletes can score Back Mount points, but cannot score anymore Side Mount or Full Mount points unless his/her opponent will regain closed guard, open guard, complete a reversal or stand up to his feet for at least 3 seconds.

Once Back Mount points are scored, the athletes cannot score any more points for dominant positions, unless his opponent will regain closed guard, open guard, complete a reversal or stand up to his feet for at least 3 seconds.

19.7 Penalties

Passivity and stalling Point (One point awarded to the opponent) Occurs when a competitor continues to stall and/or not engage in actions following a verbal warning from the referee. Each

stalling call will result in 1 point being awarded to the opponent. The fourth penalty point will result in disqualification.

It is the grapplers' duty to maintain action by continuously working to improve their position, submit their opponent, and make an honest attempt to keep the action in bounds.

When the referee feels that a grappler is exhibiting passivity or stalling, he shall attempt to stimulate him/her by first issuing a verbal command ("Red/Blue Action") without interrupting the match. If, after 20 seconds, the grappler continues to remain passive after the verbal commands have been issued, the referee shall indicate the passive grappler by raising the arm bearing the right color band and give him/her a caution.

If, after another 20 seconds, the grappler continues to remain passive the referee shall give him/her another caution and so on until the competitor in question begins to . Every caution must be reported on the score sheet.

Important examples:

- a) Athlete on top inside closed guard not actively working to open the guard.
- b) Athlete on bottom in closed guard not actively working for a sweep or submission.
- c) Delaying action by communicating with coach/corner.
- d) Leaving the mat without permission.
- e) Taking too much time to go back to the center of the mat for restarts.
- f) Avoiding correct restart position.
- g) Misusing timeouts.
- h) Fleeing the mat (i.e., purposely fleeing the mat with both feet to escape from takedown or another action.
- i) Position themselves constantly near the border of the mat in attempt to use out of bounds to avoid being scored on.
- j) Arguing with the referee

Note: Cautions from Passivity and Illegal Actions add up (e.g. 2 cautions for passivity + 2 cautions for illegal action) lead to disqualification of the athlete.

Consequences for *passivity/stalling* will be as follows:

First will be verbal warning.

1. First offense: One point awarded to the opponent
2. Second offense: One point awarded to the opponent.

3. Third offense: One point awarded to the opponent.
4. Fourth offense results in disqualification.

This sequence is cumulative throughout the match. The penalties are designed to encourage continuous action and discourage passivity.

19.8 Unconsciousness:

If a competitor loses consciousness due to a legal hold applied by the opponent or due to an accident not stemming from any illegal maneuvers, the referee shall immediately stop the match, signal for medical assistance if needed, and help the unconscious athlete regain his/her sense. Loss of consciousness result in the end of the match and the opponent will be declared the winner.

Note: Competitors who lose consciousness due to head trauma shall be suspended from the rest of the competition and be directed to undergo treatment from medical staff.

19.9 Technical superiority:

When a competitor has scored a 15-points advantage over his/her opponent, the referee shall stop the match and declare victory by technical superiority.

19.10 Points victory:

If, at the end of the regulation time, neither of the situations described above occurred, the competitor with more technical points shall be declared winner.

19.11 Tie Score

19.1 In the event of a tie score at the end of regulation time the following criteria will be used to determine the winner of the match

1. The athlete who has the least amount of penalties wins the match.
2. The athlete with the highest scoring point value wins the match
 - i) *(Example: Red has 4 points [4 Back Control] and Blue has 4 points [2 Takedown, 2 Knee on Belly]. Red wins because his point value for 4 points was greater than Blue.)*
3. Last to Score: The last athlete to score wins the match.

Article 20. Illegal actions

- a) Heel hooks.
- b) Knee reaps.

- c) Neck cranks and spine locks.
- d) Spikes and slams are illegal (a suplex with proper technique is legal – picking an opponent from the mat and slamming them is illegal)
- e) Grabbing any cloth from the opponent's rash-guards for shorts.
- f) Grabbing less than 4 fingers (small joint manipulation).
- g) Use of the fingers for throat/trachea choking techniques.
- h) Hand or fingers on face, eyes mouth and genitals.

20.1 Examples of illegal techniques in all divisions:

Heel hooks



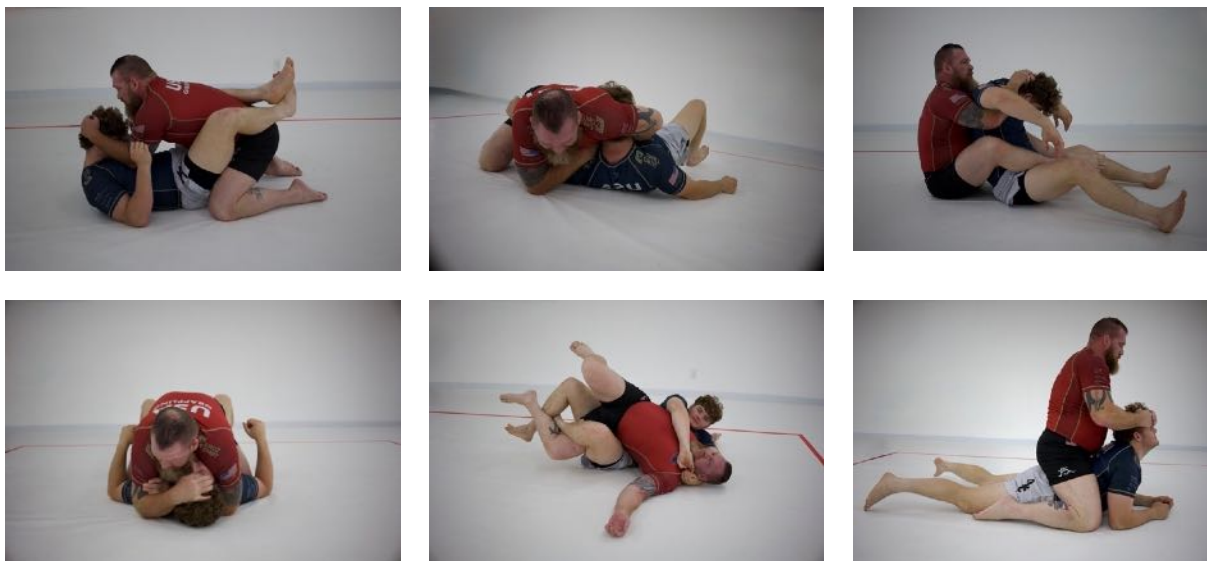
Knee reaping



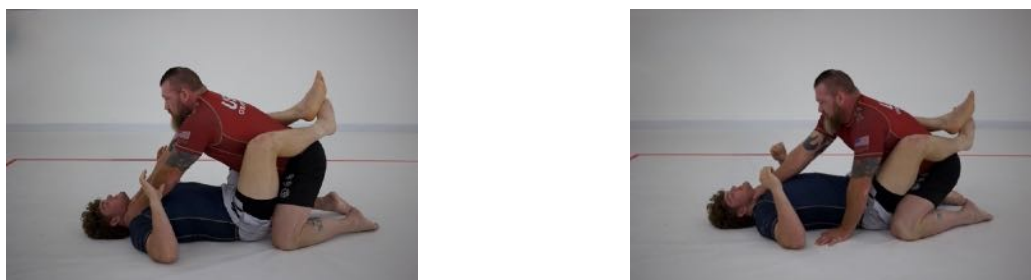
Holding less than 4 fingers or toes:



Neck cranks or Spinal Lock



Use of the fingers for throat/trachea choking techniques



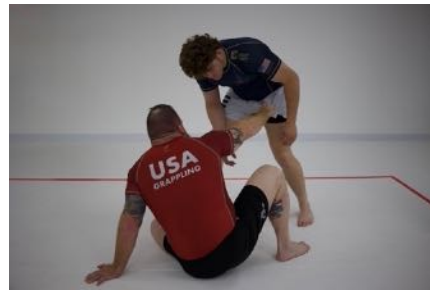
Slams and takedowns landing on the head



Hand or fingers on face, eyes mouth and genitals



Grabbing/ pulling the opponent uniform



Article 21. Disqualification

21.1 **Serious Fouls:** Serious fouls will lead to immediate disqualification by the referee. The following are considered serious fouls:

- a) Putting fingers into the eyes or nose of one's opponent.
- b) The use of fists, feet, knees, elbows, or head butting with the intention to hurt or gain an unfair advantage (e.g. punching, kicking)
- c) When an athlete bites, pulls hair, or applies pressure to the genitals or eyes, or intentionally uses a traumatic blow of any kind (such as punches, elbows, knees, head butts, kicks, etc).
- d) When an athlete directs profane language, obscene gestures, or disrespectful behavior at his/her opponent, the center table, table officials, referee or public during a match or in celebrating victory.
- e) When one or both athletes disregard the seriousness of the competition by performing actions simulating combat.

- f) When an athlete holds on to a submission after an opponent has verbally or physically tapped, and referee has told the athlete to stop.
- g) When an athlete strangles his or her opponent with one or both hands around the opponent's neck or applies pressure to the opponent's windpipe using the thumb.
- h) When an athlete blocks the passage of air to his/her opponent's nose or mouth using his/her hands.
- i) When an athlete intentionally attempts to get his or her opponent disqualified by reacting in a way that places his or her opponent in an illegal position.
- j) When an athlete deliberately flees the match area to avoid a submission.
- k) When it comes to a referee's attention that an athlete is not wearing an undergarment under his or her uniform as outlined in the NCGA Rulebook Article 35.
- l) When an athlete applies creams, oils, gels or any slippery substance to any part of the body.
- m) The suplex movements that will project or force the opponent's head or neck into the ground.
Note: The suplex takedown is defined as the attacking of an athlete by lifting the opponent at the waist in order to take him/her down, by throwing him backwards or sideways to the ground. The use of this technique is still permitted provided that the movement does not force the opponent's head or neck into the ground.
- n) Vomiting
- o) Passing urine or excrement

21.2 **Disqualification:** An athlete may be disqualified at any time for committing a serious foul or utilizing an illegal technique. Guidelines for disqualification are as follows:

- a) An athlete will be disqualified the third time he/she commits a minor foul.
- b) Competitors that fail to show up to the warm-up/bull pen area within the time allotted. Competitors must report the designated area within 5 minutes of being their name being called. They will be called 3 times to report. Not arriving in the designated area after the 3rd call will result in disqualification.
- c) If a competitor does not show up within the allotted time the competitor present will be awarded the win. The competitor who is not present will not receive a medal or classification.
- d) Competitors who are not waiting for a match and are inside the specified competition area could be disqualified at the discretion of the referee.
- e) Competitors who are disqualified by a serious foul in the Semi-Finals will not be allowed to compete for third place.

- f) Competitors who are disqualified by a serious foul in the Finals will not receive a medal and will not be awarded team points.

Article 22. Team scoring

22.1 Team points

- a) **Submission / Disqualification / Default** = 25 pts.
- b) **Forfeit** = 25 pts
- c) **Cumulative Points** = The sum of every team member points scored during their matches will be totaled and applied to total team points. This will include the points scored by a grappler who achieved a submission.

Article 23 Team scoring tie break.

In the event of a tie the following criteria will be applied.

23.1 Most submission victories.

23.2 Most competitor victories.

Article 24. Medical Timeouts and Injury Procedures

24.1 Medical Timeouts:

- a) **Bleeding:** If a competitor begins bleeding during a match the referee will immediately stop the time, separate the competitors, place the non-injured competitor on his knees to wait, and signal to a medic to assist the bleeding competitor. Once the bleeding is under control, the match may continue. Guidelines for bleeding are as follows:
 - i. The Medic may treat the same bleeding injury on two (2) occasions. The third (3rd) time that the same bleeding injury occurs, the Referee shall end the contest for the athlete's own safety and shall declare the opponent to be the victor.
 - ii. At the discretion of the referee and the medic, the match may be stopped if the cut or bleeding is too severe and cannot be contained with the appropriate dressing or tape.
 - iii. Blood must be cleaned immediately from uniforms and mat surfaces. The medical personnel must then clean the surface with chloride type germicidal.
- b) **Injuries:** If a competitor complains of an injury during a match, the referee will stop the match and call the medic to attend to the injured competitor. It is important to note that

this may be considered the same as verbally tapping out to a submission. Guidelines for injuries are as follows:

- i. The Medic may declare that the injured competitor can continue without danger to their health, and if agreed by the Referee the match continues.
- ii. The Medic may declare that the injured competitor cannot continue because their health is in danger. The Referee may declare the injured competitor the loser if the injury was the result of an act that would not have resulted in a penalty for the attacking competitor (must be able to continue within 1 minute) or the Referee may declare the injured competitor the winner if the injury was of a prohibited act outlined in this rulebook.
- iii. The Medic may declare that the injured competitor cannot continue as a result of an attack and of a pre-existing condition (i.e. asthma, physical ailment). The Referee may declare the injured competitor the loser if the injury was the result of an act that would not have resulted in a penalty for the attacking competitor (must be able to continue within 1 minute).
- iv. If both competitors are injured and cannot continue the match, the athlete leading on the scorecard shall be declared the winner. If the score is tied and both cannot continue, then the referee must render a decision based on fighting spirit, superiority of tactics, and superiority of techniques. In all other situations, both competitors will be disqualified from continuing since they cannot continue to compete.
- v. If it is impossible to determine which of the competitors was the cause of the injury, the athlete unable to continue shall lose the match.
 - c) **Sickness:** If a competitor becomes ill during a match and cannot continue then the opponent will be awarded the victory.
 - d) **Accident:** If an accident occurs due to an unforeseeable event or an outside influence, the match will be cancelled or postponed. In the event of this occurrence the Referee Director will make the final decision.

24.2 **Severe Impact to the Head or Back:** The Referee shall call the Medic to attend to an athlete who has received a severe impact to the head or back (spinal column), or whenever the Referee has reason to believe there may be a grave or serious injury. In either case, the Medic will examine the athlete in the shortest time possible and indicate to the Referee whether the athlete can continue or not. Referees will determine match results in accordance with the guidelines identified in Article 47.1.b.

24.3 **Concussions:** A concussion is typically defined as a head injury with a temporary loss of brain function. Symptoms include a variety of physical, cognitive, and emotional symptoms, which may not be recognized if subtle. Fewer than 10% of sports-related concussions are associated with loss of consciousness.

A variety of signs accompany concussion including (consciousness or amnesia), behavioral changes (such as irritability), cognitive impairment (such as slowed reaction times), or sleep disturbances. It is imperative in the event of a suspected concussion that the appropriate steps be

taken to preserve the athlete's health as well as to ensure an appropriate medical follow up. Safety guidelines for suspected concussions are as follows:

- a) The Referee shall stop the match immediately.
- b) The Referee will call the event Medic immediately to examine the athlete. The Medic will make the decision as to whether the athlete has potentially suffered a concussion and cannot continue.
- c) The athlete should respect the recommended rest period prescribed by the Medic and/or Medical Doctor.
- d) The athlete should officially inform the NCGA Medical Commission of injury.
- e) The athlete should return to activity only when medical clearance has been granted.

24.4 Medical Suspension Following Concussion: Athletes who have a confirmed concussion following an assessment by a Medical Doctor, or by a the event's head of medical services, are not allowed to compete within a period of seven (7) days starting the day after the date of injury. Athletes can return to competition only after obtaining a medical clearing from their team medical doctor, family doctor, or any other medical doctor having the authority to issue such a clearing.

Article 25. Visually or Physically Impaired Competitors

25.1 A visually challenged competitor will have the right to choose to start the match with a grip or a touch. If an athlete has a disability affecting the leg or foot may choose to start match in the sitting position. All other physically impaired competitors will begin a match traditionally.

Article 30. Video Review

30.1 Referee Video Review:

- a. When there is no significant action, the referee may stop the match to conduct a video review of a grappling sequence if:
 - 1. There is reasonable certainty an error was made regarding timing, scoring or the proper positioning of the grapplers.
 - 2. the situation is reviewable; or

3. The outcome of a review may have an impact on the result of the match

b. Referee video reviews shall occur before any coach-requested video review is executed There is no restriction on the number of times a referee may stop the match for a review and there is no time limit to conduct a review, but the referee(s) should strive for each review to be efficient and timely When a third-party reviewer is utilized for coaches' video review challenges, the reviewer may consult the referee only to obtain pertinent information (e.g. time, score) for review.

30.2 Coach's Video Review Challenge:

a. Each team is allowed one challenge per dual meet b When video review is used for an entire individual-team advancement tournament, the number of video reviews by each team is restricted to:

1. 1-3 participants in the tournament — 1 video review
2. 4-6 participants in the tournament — 2 video reviews
- 3: 7-10 participants in the tournament — 3 video reviews

- a. If video review is not being used for the entire individual-advancement tournament, tournament committees may determine the number of coach's video review challenges as long as it does not exceed the current allotment
- b. If a coach would like to execute a video review challenge, the coach shall immediately throw the foam brick into the competition circle, which indicates their intent to challenge a call on the mat The referee has sole authority to determine if the review was requested in a timely manner The only time a coach may retract a video review challenge is when the call on the mat is changed by the referee When a coach challenge is requested, the referee will stop the match as quickly as possible, but only when no significant action is taking place
- c. Once the match is stopped, the coach shall explain to the referee and/ or third-party reviewer what is being challenged The challenged error, indicated by the coach, establishes the starting point for the challenge sequence.
- d. If the coach and the referee request/elect to execute a video review at the same time, the referee review shall always occur first.
- e. If the call questioned by the challenging coach is overturned, the institution is not charged with a video review If the call questioned by the challenging coach stands/is confirmed, the institution is charged a video review challenge Any/all other corrections made during

the challenged sequence will not result in either coach being charged with using a video review challenge.

- f. If the referee determines the coach delayed throwing the foam brick, the video review challenge shall not be allowed, and the coach will lose the video review challenge.
- g. If a coach challenges a previously made ruling on a video review challenge or if a coach challenges a ruling when the team's allotment of video review challenges has been exhausted, the actions are considered intentional delay of the match and the coach is penalized with a control of mat violation.
- h. If a coach requests a video review of a submission, which is not reviewable, the coach shall be charged with a video review challenge.

30.4 Coach's Video Review Completion: After the referee completes the review, or is informed by the third-party reviewer of the outcome, the referee should make one of the following announcements:

- a. If the video evidence confirms the on-the-mat ruling: "After further review of the coach challenge, the ruling on the mat stands"
- b. If the on-the-mat ruling is changed: "After further review of the coach challenge, the ruling on the mat is changed"
- c. If corrections unrelated to the initial coach challenge were made, the referee should announce those changes publicly at the conclusion of either announcement.

30.4 System or Operator Failure/Error: If there is no video evidence due to a system failure or operator error, the coach will retain the challenge. If the video review system fails, no challenges shall be permitted for the remainder of the individual match being contested.

30.5 Obstructions: Any obstruction of the view on the video screen caused by participants, coaches, referee(s) or tournament personnel on the mat during any part of the challenged sequence that does not allow for a confirmed ruling by the referee shall result in the challenging coach retaining their video challenge.

