

# ONTARIO GRAPPLING ALLIANCE

Policies and Regulations  
January 2011

## **I. GENERAL RULES**

### **a. Mission Statement**

Ontario Grappling Alliance (OGA) was created to oversee the sport of Grappling, Brazilian Jiu-Jitsu, Judo, and Wrestling in a safe and regulated environment in Ontario. The goal of OGA is to promote the physical and mental well being of all participants while promoting these sports as an exciting sport in Ontario.

### **b. Premise of the Sport**

As defined by International Regulations, Grappling is a hybrid sport formed of Brazilian Jiu Jitsu, Judo, Wrestling, and other styles of submission fighting whose art consists in forcing the opponent to admit he/she cannot escape the maneuver without harm. However, the grapplers must be properly informed of the correct actions and reactions to adopt in the various submission situations. In accordance with the general philosophy of sport, the Grapplers are required to honor the values of sportsmanship and fair play and they shall never intentionally injure a fellow sportsman in competition.

### **c. Code of Ethics and sportsmanship**

OGA refers to the its Code of Ethics and strongly condemns any form of brutality, violence, or harassment (in particular sexual) on the competition site. Grapplers are expected to treat each other, referees, staff, coaches, and spectators with respect. Any individual who violates these principles shall be dismissed from the competition and may be submitted to OGA executives for review. All unsportsmanlike conduct shall be reported to the tournament convener for final decisions on course of action.

All contestants are expected to abide by the World Anti-Doping Code and agree to be tested is necessary.

### **d. Rules changes and modifications**

OGA reserves the right, at any time, to make the necessary changes or additions to the present rules.

The contestants in grappling events agree not to bring a dispute to civil court. Every disagreement will be settled by the OGA, the organ of appeal being the OGA Executive Committee.

If no settlement is established, the parties can bring the case, at their own expense, to a court of arbitration governed by the laws of the Province of Ontario without regard to its conflict of laws and provisions.

## **II. COMPETITION SYSTEM**

### **a. Competition system**

The competition system follows the system adopted by International Regulations for competitions based on direct elimination with repechage. The pairing is made in order of the numbers drawn. If the number of grapplers is not ideal (i.e. 4, 8, 16, 32, 64, etc.), some qualification matches will take place from the bottom of the brackets. The grapplers who win their matches continue in the brackets until two undefeated grapplers remain. They will dispute the final for the gold and silver medal. The grapplers who lost against the two finalists will have repechage matches in two different groups: the first group with the grapplers who lost against the 1<sup>st</sup> finalist and the second group with the grapplers who lost against the second finalist. The winners of the two repechage groups will both receive a bronze medal.

From the 5<sup>th</sup> place, the grapplers are ranked according to the following criteria:

- Most victories by submission
- Most victories by technical superiority
- Most victories by major decision
- Most victories by decision
- Most technical points scored during the whole competition

Note: If the place of the grapplers cannot be determined with the above criteria, they will be ranked as tied.

### **b. Medical Examination and Weigh-In**

A medical examination will take place at all events. The examination will consist of a skin check to ensure that all competitors are free of contagious lesions (i.e. ringworm) or significant breaks in the skin. The medical staff has full authority to decide whether athletes are suitable for competition or not. It shall examine them for skin infections and

medical conditions such as cuts or abrasions. Once the medical staff has cleared the athletes, they shall be marked and shall proceed to the weigh-in area.

For events requiring an on-site weigh-in, competitors will dress in regulation competition uniform for the weigh-in. Weigh-in shall be conducted in an area near the competition site. Contestants shall be allowed to check their weight on the scales as many times as they wish within the official weigh-in time frame.

Weight allowances will be determined by the events convener, with no allowances greater than 2kg.

#### **c. Tournament procedure**

- The procedure for the drawing of bouts will be decided by the event convener.
- The tournament may be an Open Tournament with no restrictions on pairings, an Age Divided Tournament where athletes are paired based on their age appropriate OGA designated age categories, or Skill Divided Tournament whereby athletes self-designate themselves to compete in pairings against competitors of equal declaration of skill.
- The contestants or their agent shall report to the appropriate registration tables where they will be entered or confirmed in the weigh-in list.
- Registration, medical examination and weigh-ins should be done in an expedient fashion.

#### **d. Age and weight divisions**

All contestants shall be able to provide an official document proving their age and identity upon registering with OGA. Athletes will be placed in age appropriate categories based on their age on January 1<sup>st</sup> of the competition year. A database of existing members and their ages will be provided to the event convener.

Any athlete found competing in an age group lower than his/her OGA designated age category shall be automatically disqualified from the immediate competition. Those athletes found violating this policy repeatedly may be subject to OGA membership disqualification.

#### **Skill Divisions**

Athletes will self designate one of the following skill designations. Competitors are expected to be governed by the principles of fair play.

- **No-Gi Beginner**
- **No-Gi Intermediate**
- **No-Gi Advanced**
- **BJJ White Belt**
- **BJJ Blue Belt**
- **BJJ Purple Belt**
- **BJJ Brown Belt**
- **BJJ Black Belt**

#### **e. Grapplers' uniform and appearance**

##### ***Competition uniform – No-Gi (with shorts & shirt)***

Grapplers shall appear on the edge of the mat wearing regulation competition grappling or board shorts and a sleeveless, short sleeve or long sleeve rashguard shirt. The shorts shall not be excessively baggy or have button/snaps that may be unsafe during competition. The competition shirt shall be tight fitting. The first grappler called shall put on a red ankle-band and the second a blue ankle-band.

##### ***Competition uniform – Gi/BJJ (with kimono)***

Grapplers shall appear on the edge of the mat wearing a competition Gi meeting the OGA requirements. The Gi must be made of cotton or similar material and in good condition. It may not be unusually thick or stiff to the point of obstructing the opponent. The jacket must be longer than the hips, but no longer than the thighs. When extending the arms forward, the distance between the sleeves and the wrists must not exceed 5 cm. The pants must be of proper size and reach to the ankles in upright position. The pants may not be unusually tight or loose to the point of affecting the opponent's ability to make holds or move. The Gi may be of any color, but may not contain patterns or symbols that could interfere with scoring. The first grappler called shall be designated red competitor and the second a blue competitor. The belt shall be tied tight around the waist to secure the jacket.

The use of light kneepads containing no metal parts is allowed. The grapplers shall carry a handkerchief with them during the whole of the match and shall show it to the referee before the start of the match.

### ***Advertising on clothing***

Grapplers may wear a sponsor's name or symbol on their competition uniforms and warm up garments as long as the referee's ability to determine the athlete's competition team is not affected.

### ***Ear protection***

Grapplers may wear OGA approved ear protectors that do not contain any metal or hard cover shells. The referee can oblige a grappler whose hair is too long to wear ear protectors or athletic hair cover.

### ***Shoes***

Grapplers are not required to wear shoes during the match, but those who choose to shall wear OGA approved shoes. The use of shoes with heels or nailed soles, buckles, or any metallic parts is prohibited. Prior to competition, an OGA official shall examine all equipment that is outside of the established normal attire. Shoes with laces shall be wrapped with sticky tape so that they do not come undone during the match. Each grappler is responsible for providing the tape himself/herself for the shoes and laces shall be wrapped prior to stepping onto the mat.

### ***Appearance***

Grapplers are prohibited from wearing any object that might cause injury to an opponent such as necklaces, bracelets, anklets, toe rings, finger rings, piercing of any kind, prosthesis, etc. Grapplers' fingers and toenails (if they opt to not wear shoes) shall be neatly trimmed with no sharp edges. If an athlete's hair is longer than shoulder length and/or bangs extend beyond the ears, the athlete shall wear an athletic hair cover.

Grapplers may not arrive at the mat perspiring for the beginning of the match or for the beginning of the second and third period. The referee may require a grappler to towel off at any time during the match. In the interest of health, hygiene and a sanitary environment for the athletes, these rules shall be strictly enforced.

### **f. Competition mat**

For all OGA sanctioned events, the mats must be OGA approved and must be surrounded by a protection area. The centre of the mat must contain a circle or square that will serve as a starting point for the grapplers.

### **g. Medical service**

The organizer of an OGA event is responsible for providing medical service. The medical staff will be responsible for conducting all medical examinations as well as giving medical surveillance during the entire event. During the competition, the medical staff shall be ready to intervene in the case of an accident or injury and decide whether a grappler is fit to continue the match.

The medical staff has full authority to stop a match at any time if he/she deems either grappler to be in danger. He/she may also stop a match if he/she feels a grappler is medically unfit to continue. A grappler shall not leave the mat in the event of a serious injury. In such case, the referee shall immediately stop the match and ask the Head medical officer to examine the grappler on the mat.

## **III. REFEREEING BODY**

### **a. Composition**

All matches shall be refereed by a single referee and potentially a mat judge; both of whom are trained and certified by OGA. The referee's decisions prevail, but in case of doubt he may consult the mat judge.

### **b. Uniform**

The referee and the mat judge shall wear black pants, black polo/T-shirts, and black sports shoes. In addition, the referee shall wear a red band on his left wrist and a blue band on his right wrist for scoring purposes.

### **c. General duties**

The referee and the mat judge are required to use the appropriate and basic OGA vocabulary and signals appropriate to their respective roles when conducting the matches.

All the points shall be announced to the public by the mat judge, either by hand signal, or by an electronic/manual scoreboard. The mat judge's score sheets are used to tally all the holds executed by the two opponents, including the points, cautions, and warnings for passivity which shall be recorded with the greatest accuracy in the order corresponding to the various phases of the match. At the end of the match, the referee and the mat judge shall sign the score sheet. If the match does not end in catch or submission, the mat judge shall make an evaluation of each competitor's actions and give the final result to referee so that he can declare the winner.

The referee's main duty consists in starting and interrupting the match, awarding the points and impose the penalties in order to determine the legitimate winner and loser. The referee and the mat judge are forbidden to speak to anyone during the match, except amongst themselves when they must consult so as to perform their tasks properly.

The referee is responsible for the orderly conduct of the match which he shall direct according to the official OGA rules. He shall command the respect of the contestants and exercises full authority over them so that they immediately obey his orders and instructions. Similarly, he shall conduct the match without tolerating any irregular and untimely outside interventions. His whistle shall begin, interrupt and end the match. After the execution of a hold (if it is valid and if it has been executed within the limits of the mat surface), he shall indicate with his fingers the points corresponding to the value of the hold by raising the wrist corresponding to the color of the grappler who scored.

#### **d. Referee's duties:**

- Stimulate a passive grappler without interrupting the match, by standing in such a way as to prevent the grappler from leaving the mat.
- Reprimand a passive grappler.
- Be ready to blow the whistle if the grapplers approach the edge of the mat
- Uphold penalties for violations of the rules or for brutality.
- Interrupt the match at exactly the right time when necessary.
- Indicate whether a hold executed at the edge of the mat is valid.
- Rapidly and clearly order the position in which grappling must be resumed.
- Not get too close to the grapplers when they are in a standing position, but stay close if they are grappling on the mat in a ground position.
- Be able to change his position from one moment to the next, on the mat or around it, and in particular fall flat onto his knees or stomach to obtain a better view of an impending catch.
- Not stand so close to the grapplers that he obstructs the view of the mat judge, particularly if a catch appears imminent.
- Ensure that the grapplers do not rest during the match on the pretense of wiping their bodies, blowing their nose, feigning injury, etc. In such case, he shall stop the match and ask for a caution to be issued to the grappler at fault and 1 point to his/her opponent.
- Announce a "catch" after observing that a grappler has signaled submission either physically (by a tap) or verbally.
- Announce a catch if upon observing a submission attempt he feels that the grappler caught in the submission hold will not be able to escape that hold without harm. When signaling a catch, the referee shall say the word "catch" aloud, raise his hand to secure the agreement of the mat judge, signal the catch and then blow the whistle to announce the end of the match.
- If there is a submission stoppage the referee must immediately put a hand on each competitor.
- The reason is to notify each athlete to stop grappling. In the event of a submission there may be a matter seconds that could end in the result of an injury.
- Upon intervention by the mat judge, the referee shall interrupt the match and proclaim victory by technical superiority when the grapplers' scores are 15 points apart. In this situation, he shall wait for the action, either an attack or counter attack, to be complete.
- Ensure that the grapplers remain on the mat until the result of the match is announced.
- Proclaim the winner (by raising the victor's hand) after agreement with the mat judge.
- If the athlete is pulling the garment then the referee shall brush the hand off or verbally warn the athlete.
- The referee may break action if the two competitors have reached a stalemate position.

#### **e. The mat judge**

The mat judge shall follow the course of the match very closely without allowing himself to be distracted in any way. Following each action and on the basis of the referee's indications, he shall write the corresponding points on the score sheet.

Mat judge's duties:

- Keeps the official record of the match scoring on score sheet.
- Make sure that the scoreboards are visible to both the spectators and the grapplers.
- Assist in maintaining the proper score and time.
- Make the referee aware of any possible scores, infractions, or submissions.

#### IV. THE MATCH

The match will be carried out as per OGA guidelines, reflected here in section IV.

##### a. Duration of the match

The novice, schoolboys/girls and veteran matches last 4 minutes. The cadet and junior matches last 5 minutes and the senior matches last 6 minutes.

##### b. Call and start of the match

Both grapplers' names shall be called in a loud clear voice to the mat. Grapplers shall be called 3 times with at least a 30-second time interval between each call. If after the third call a grappler has not checked in at the mat, he shall be disqualified and default the match.

When their name has been called, the grapplers shall report to the mat scoring table and stand in the corner corresponding to their assigned color. The referee stands in the inner circle and calls the two grapplers to his side and asks them to show their handkerchief. The referee shall inspect each grappler to make sure that his/her skin is not covered with any greasy or sticky substance, or with perspiration. After the referee has completed his inspection, the two grapplers greet, shake hands and begin the match when the whistle blows.

##### c. Definition of grappling positions

Defined as set forth by OGA:

###### - **Neutral Standing Position**

*Neutral standing position occurs at the beginning of the regular period. Both grapplers stand opposite one another in the centre of the mat with both feet inside the inner circle. When in neutral position, neither grappler has control. Grappling starts at the signal of the referee's whistle. Neutral position is ordered when: 1) neither grappler has earned advantage in the standing position, but both were taken out of bounds and 2) one grappler forces his opponent out of bounds but does not establish any takedown control.*

###### - **Open Guard Restart Position**

*Open Guard Restart occurs at the centre of the mat with the down grappler on his back, the hands resting on his thighs and his feet flat on the mat in the inner circle. The top grappler kneels in front of his opponent's feet and places his hands on the kneecaps of the down grappler. Once the position is approved by the referee, the match restarts at his whistle. The Open Guard Restart is ordered when both grapplers go out of bounds after top control has been established by one grappler. When the action is restarted in the Open Guard position, all the dominant control positions can be scored again.*

###### - **Half Mount Restart Position**

*Half Mount Restart occurs at the centre of the mat with the down grappler on his back, the hands resting on his opponent's elbows. The top grappler is on his knees straddling on of the bottom grappler's legs. The top grappler's hip must be above the knee and his hands in a diamond formation resting on the bottom grappler's abdomen. Once the referee approves the position, the match restarts at his whistle. The Half Mount Restart position is ordered when both grapplers go out of bounds after one grappler has established half mount control.*

###### - **Side Control Restart Position**

*Side Control Restart occurs at the centre of the mat with the down grappler on his back and the top grappler in the side control position (elbows and knees on the mat and torso flat on his/her opponent). The Side Control Restart position is ordered when a grappler has been awarded points for side mount or full mount and then action goes out of bounds while maintaining control over his/her opponent. When the action is restarted in the Side Control position, then only full mount and back mount points can be scored.*

###### - **Back Control Restart Position**

*Back Control Restart occurs at the centre of the mat with the down grappler on his/her knees and the top grappler in the back control restart position. The top grappler will have the Over/Under Lock around his/her opponent's arm and head with the front knee on the mat and the back leg up. The Back Control Restart position is ordered when a grappler has been awarded points for the Back Mount and then action goes out of bounds while maintaining control over his/her opponent. When the action is restarted in the Back Control position, then the top grappler may no longer score points in the dominant control position progression.*

*Note: If a grappler forces the action out of bounds in an attempt to escape a submission, he/she will be called for a "catch" and lose the match. Out of bounds consist when both athletes' entire bodies completely pass the outside edge of the bounds line.*

#### **d. Scoring for actions and holds**

*Points will only be awarded if a grappler manages to gain a dominant control position for 3 seconds (either from standing or on the ground).*

##### **Dominant control positions (1, 2, 3 and 4 points)**

- *Half Mount (1 point): When a grappler gains advantage by controlling one of his opponent's leg with his own legs locked and the opponent on his back for the count of 3 seconds.*
- *Side Mount (2 points): When a grappler gains control by passing his opponent's leg defenses while keeping his opponent's back to the mat for the count of 3 seconds.*
- *Full Mount (3 points): When a grappler controls his opponent who is lying on the back, from the top with both of his knees touching the ground on either side of the opponent for the count of 3 seconds.*
- *Back Mount (4 points): When a grappler controls his opponent from the back, with his chest to the back of his opponent and his legs hooked inside of his opponent's legs for the count of 3 seconds.*

*Note: The dominant control position progression will reset if the top grappler loses dominant control and the bottom grappler re-establishes ground/standing neutral position for at least 3 seconds.*

##### **Escape (1 point)**

*When a disadvantaged grappler manages to escape and go into neutral position. He will be awarded with 1 point if he maintains the neutral position for 3 seconds.*

#### **e. Injury and blood time**

The referee must stop the match and call for injury time if a grappler is temporarily injured due to an incidental blow (i.e. eye poke, head collision, etc). If the athlete is injured due to the strain and damage of legal competition, they cannot use injury/blood time to stop the match. Injury/blood time per match cannot exceed 3 minutes per athlete. If the referee feels that a grappler is feigning injury to avoid a submission and/or action, he may call a "catch". All effort will aim at maintaining the action without interruptions.

In the event of a grappler bleeding, the referee shall stop the match for the medical staff to intervene. It is the medical staff's duty to determine whether the bleeding and spread of blood have been effectively stopped and whether or not the athlete may continue competition. Besides, all blood must be cleaned from mats, uniforms and bodies with the proper medical solution. Competition cannot resume until all materials used in blood cleanup are properly disposed of in a container designated for contaminated materials and until the medical solution has dried. In the case of a bloodied or torn garment that must be replaced, all athletes must have a back up uniform available mat side. It is the responsibility of the athlete's coach to clean up any blood or bodily fluids from the athlete or mat.

#### **f. Overtime**

Overtime begins at the end of regulation time when the score of the match is tied. All cautions and infractions accumulated during regulation time are carried over to the overtime period.

The overtime period lasts 1 minute for all age divisions. The period starts in open guard position. The grappler who is given the choice of position, either top or bottom, will be determined by the following criteria:

- The least passivity infractions
- The highest scored points
- Coin flip

The first grappler who scores wins the match. If the score is still tied at the end of the overtime period, the grappler who was not given the choice of position receives one point and wins the match because his opponent did not manage to score when being advantaged by the choice of the starting position.

#### **g. Match classification points**

The classification points that grapplers receive for their matches will be used to determine their final ranking and their team ranking in competitions.

- **Victory by submission** (6 points)

*A technical submission occurs when the referee upon observing a submission attempt feels that the grappler caught in the submission hold will not be able to escape without harm. In some cases tapping out the opponent or mat may not be possible physically and the verbal submission command "catch" shall be used to signify the tap out.*

- **Victory by default** (6 points)

*A victory by default occurs when a grappler is unable to continue the match for any reason.*

- **Victory by disqualification** (6 points)

*A victory by disqualification occurs when a grappler is banned from the competition for any reason.*

- **Victory by forfeit** (6 points)

*A victory by forfeit occurs when a grappler fails to appear on the mat for the match.*

- **Victory by technical superiority** (5 points)

*A technical superiority occurs when a grappler has scored a 15-point advantage over his/her opponent. When the technical superiority has been met, the winning grappler may choose to forgo the decision and continue the match in order to go for a submission. If the grappler fails to submit his/her opponent, he/she will be awarded the points for "major decision".*

- **Victory by major decision** (4 points)

*A major decision occurs when the margin of victory is 10 points or more*

- **Decision** (3 points)

*A decision occurs when the margin of victory is less than 10 points.*

- **Overtime loss** (2 points)

*Note: 1 match classification point will be awarded to the loser if he managed to score 3 or more points during the match.*

#### **h. Technical Infractions**

It is the grapplers' duty to maintain action by continuously working to improve their position or submit their opponent and make an honest attempt to keep the actions in bounds. When the referee feels that a grappler is exhibiting passivity or stalling, he shall attempt to stimulate him/her by verbal commands ("Open Red/Blue") without interrupting the match. If 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. Every caution must be reported on the score sheet.

The first caution for passivity is verbal and bears no consequences, the next cautions award 1 point to the opponent up to the fifth caution which results in the disqualification of the passive grappler.

1<sup>st</sup> caution – warning      3<sup>rd</sup> caution – 1 point      5<sup>th</sup> caution - disqualification

2<sup>nd</sup> caution – 1 point      4<sup>th</sup> caution – 1 point

#### **Passivity includes:**

- Holding on in an attempt to neutralize or prohibit action or advancement
- Delaying action by communicating with coach/corner
- Not trying to improve position or create action
- Deliberately falling to the ground to avoid action or engagement
- Taking too much time to go back to the centre of the mat for restarts
- Misusing timeouts
- Fleeing the Mat
  - When a grappler intentionally uses the out of bounds line to avoid being scored on, he/she is considered passive and receives the appropriate passivity infraction. If an athlete flees the mat repeatedly in an attempt to avoid a submission, the referee shall call a "catch".
- Fleeing the position

- Neutral: If a grappler deliberately butt-scoots to avoid neutral action, the referee will stop the match and the athlete at fault shall receive the appropriate passivity infraction. The action restarts in neutral position.
- Ground: If a grappler deliberately avoids the ground game by standing up and completely disengaging, the athlete at fault shall receive the appropriate passivity infraction. The action restarts in the Open Guard restart position.
- False start
  - If a grappler starts grappling before the whistle blows, he shall receive a passivity caution.
- Incorrect starting position
  - A grappler who assumes an incorrect starting position to gain advantage or to demonstrate flagrant disregard for the referee's instructions falls under the false start rule.
- Leaving the mat without permission
  - A grappler shall receive permission from the referee before leaving the mat during a match. Failing to do so, he/she shall be issued a caution for passivity.

### **i. Illegal holds and actions**

All offenses fall under the referee's authority. If a grappler violates the OGA Code of Ethics in a blatant and unsportsmanlike manner, the referee shall disqualify him/her from the match or from the competition. The referee shall report every violator for membership review.

The first offense results in 1 point awarded to opponent, the second offense results in 2 points awarded to the opponent, and the third offense leads to disqualification. If a grappler is injured by an illegal hold and cannot continue the match, the athlete who caused the injury shall lose the match.

#### **Illegal holds include:**

- Intentional breaking of bones or joints
- Punching, kicking, knees, forearms, elbows, head butts, malicious cross faces
- Eye gouging, pulling of hair, fishing hooking, biting, or attacking the groin
- Slams and spikes. At no time may a grappler intentionally slam or spike his/her opponent into the mat. No slams in defense of submission attempts will be tolerated.
- Back splashes from standing back control
- Combination Joint locks/Throws
- Closed hand with use of the fingers to throat/trachea choking techniques
- Cutbacks from attached single leg/wizzer position
- Inside or outside heel hooks (does not include lace leg/lunduke leglocks)
- 2 on 1 wristlocks
- Chin ripping
- Crucifix
- Full-Nelson
- Can opener
- Pulling fingers and small joint manipulation. A grappler shall attack no less than 4 fingers or toes when attempting to break a hold (i.e. no thumb locks allowed).
- Intentional grabbing of competition uniform
- Argument/insults towards the opponent or the referee

#### **Age restrictions:**

Novice and schoolboys/girls are not allowed to make guillotines or foot locks/toe holds. Cadet and junior are not allowed to make foot locks/toe holds.