

# Arizona Desert Challenge Rules

## **Match Times:**

**Kids and Teens 3 minutes**

**Adults 4 minutes**

## **Gi Division:**

**All gi competitors must wear a full gi (Belt, Jacket, Pants) No Exceptions.**

**Wrestling shoes are not allowed.**

## **No Gi Division:**

**A competitor has the option of wearing full gi or just gi pants.**

**Shorts, Rash Guards T Shirts and wrestling shoes are acceptable.**

**Clothing must be free of buttons, zippers, metal or other hard surfaces which could injure.**

1. Clean takedown - 2 points
2. Sweep - 2 points
3. Pass opponents guard - 3 points
4. Mounted position - 4 points
5. Back Mount with Hooks in - 4 points
6. GI division only Knee on the Belly- 2 points

**NOTE: To gain points for position, the competitor must show clear control for 3 seconds. Points will be accumulated from the start of the match until the end of the match. If a match is tied at the end of regulation time, a 2 Minute sudden death overtime will be done. The first person who scores is the winner.**

7. No fleeing the ring to avoid takedown/submission attempts). The 2<sup>nd</sup> offense will result in a 2 Point deduction. A 3<sup>rd</sup> offense will result in a disqualification.
8. Pulling/Jumping guard to avoid a takedown will result in the person attempting the takedown receiving 2 points.
9. If competitors are going out of bounds, the referee has the option of bringing them back on to the mat and restarting the match. This will be done at the referee's discretion.
10. Heel Hooks, Twisting Leg Locks, (except in the ABSOLUTE DIVISIONS) and Rapid Neck Cranks are **ILLEGAL**. No strikes, biting, eye gouging (includes chin to eye), head butting, small joint manipulation (finger or toe locks), hair pulling, or ear pulling. There will be no Leg Locks or Neck Cranks of any kind in the Children's & Teen's Divisions

- 11. No slamming at all. \*NOTE - Takedowns are not considered slamming, unless intent to injure is determined by the referee. This is to avoid slamming to escape the guard and various submissions from the guard.**
- 12. We also will be enforcing fully, the zero tolerance rule of disrespecting, threatening with physical violence, or verbally abusing referees, other staff members, competitors or spectators for the entirety of the event. If any coach, parent, or competitor threatens or abuses the said persons in any shape or form, they will be escorted out of the building.**