

REGULATION

Submission FC

January 21, 2024

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Chapter 1

Introduction

1.1 Overview

Submission FC is a unique grappling competition with an innovative format for the sport: in fact, teams composed of different weights and ranks will face each other. The latter will see two members take the field at a time, who, in a submission-only match, will attempt to earn points for their team. In addition to excellent mastery of technique on the part of the individual, it will be careful strategy and collaborative teamwork that will make the difference between victory and defeat and determine who moves on to the next round. Thus, it is cunning, planning skills and collaboration that are the key players in this new "game."

Chapter 2

Team composition

2.1 Grades

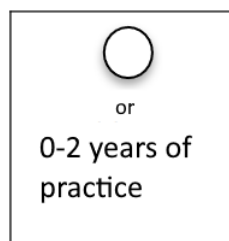
teams must consist of a minimum of 3 members to a maximum of 6 (the latter explained later). Two main divisions will characterize the competition: the Beginner category and the Advanced category.

2.1.1 Male categories

Will be divided into 4 classes according to the experience level of the participants:

- **Beginner** Only beginner athletes can enroll in this category. They are considered those who have 0 to 2 years of practice experience, or if they come from BJJ, they are identified as a white belt.

Dedicated to:



Aid to understanding: The members who make up this team can only be white belts.

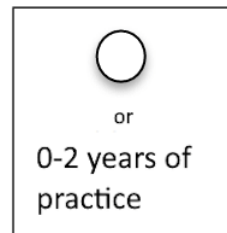
- **Intermediate** This category is for mid-level athletes. They are considered those who practice from 2 to 4 years, or, if they come from BJJ,

are identified in a blue belt. However, this category is not excluded to beginner athletes, who can therefore also register in this class, as well as in all subsequent classes (read NB paragraph below)

Dedicated to:



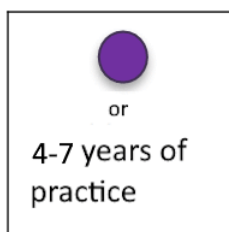
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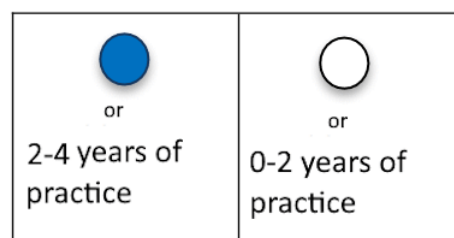
Aid to understanding: members of this team can be independently blue or white belts. Mix and match as you like, have fun in the composition!

- **Advanced** This category is dedicated to advanced athletes. They are considered those who have 4 to 7 years of practice experience, or, if they come from BJJ, are identified in a purple belt. This category is also open to athletes in the lower classes, i.e. Beginner and Intermediate (read NB paragraph below)*.

Dedicated to:



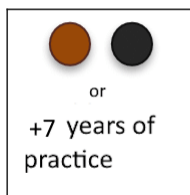
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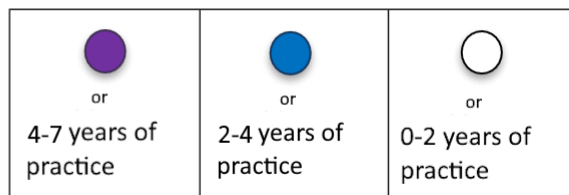
Aid to understanding: members of this team can independently be purple belts, blue belts or white. Mix and match as you like, have fun in the composition!

- **Professional** this category is dedicated to the highest level athletes. They are considered to be those who have been practicing for more than 7 years, or, if they come from BJJ, are identified as brown or black belts. This category is also open to athletes in the lower classes, viz: Advanced, Intermediate and Beginner (read NB paragraph below)
*.

Dedicated to:



Also open to:



Aid to understanding: members of this team can be independently black belts, brown, purple, blue or white. Mix and match as you like, have fun in the composition!

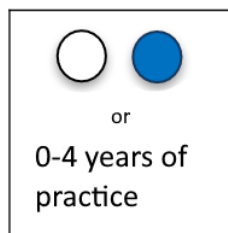
***NB** the division into classes of different grades ensures that all athletes can find in their category opponents of similar experience. However, the opportunity is not denied to the more daring athletes, who feel they can dare more, to participate in the higher categories, face more experienced opponents and try to win the highest prize money. In fact, each category is specific to a certain grade, but is also open to athletes at a lower level.

2.1.2 Female categories

will be divided into three classes according to the experience level of the participants:

- **Beginner** beginner and mid-level female athletes can enroll in this category. They are considered to be those who have 0 to 4 years of practice experience, or, if they come from BJJ, are identified as a white or blue belt.

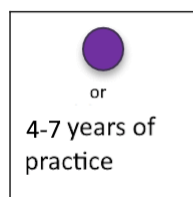
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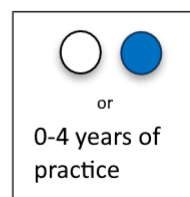
Aid to understanding: The members who make up this team can be either white belts and blue ones. Mix and match as you like, have fun in the composition!

- **Advanced** this category is dedicated to advanced female athletes. They are considered those who have 4 to 7 years of practice experience, or, if they come from BJJ, are identified in a purple belt. This category is also open to female athletes from the lower classes, i.e. Beginner (read para. NB below)*.

Dedicated to:



Also open to:



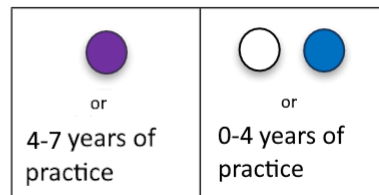
Aid to understanding: members of this team can independently be purple belts, blue belts or white. Mix and match as you like, have fun in the composition!

- **Professional** this category is dedicated to the highest level female athletes. They are considered those who have been practicing for more than 7 years, or, if they come from BJJ, are identified as brown or black belts. This category is also open to athletes in the lower classes, viz: Advanced and Beginner (read paragraph NB below) *.

Dedicated to:



Also open to:



Aid to understanding: members of this team can be independently black belts, brown, purple, blue or white. Mix and match as you like, have fun in the composition!

***NB** the division into classes of different grades ensures that all athletes can find in their category opponents of similar experience. However, the opportunity is not denied to the more daring athletes, who feel they can dare more, to participate in the higher categories, face more experienced opponents and try to win the highest prize money. In fact, each category is specific to a certain grade, but is also open to lower level athletes.

2.2 Weight categories

Each team will have two weight categories to meet. They will be: **-76** and **+76*** in the men's; **-61** and **+61*** in the women's.

Each team must have at least one person for the lower weight category (see tables below for a practical example):

male:

1° member	2° member	3° member
-76 kg	+76 kg or -76 kg	-76 kg or +76 kg

female:

1° member	2° member	3° member
-61 kg	+61 kg or -61 kg	-61 kg or +61 kg

*** with a maximum limit of 120 kg for men and 90 kg for women.**

2.3 Team of 6

At the time of registration, teams can choose to have one to 3 reserves, thus forming teams of 4 to 6 members maximum. These reserves can replace the starting members in any match, as long as they meet the weight category of the same or a lower one. It is mandatory to choose the 3 team participants who will take the field before they enter the match area, from that moment no substitution will be possible.

2.4 Gender and age

There will be exclusively female categories and exclusively male categories.

There are no age categories: athletes of any age can register, provided they are at least 16 years of age. Underage athletes will be required to complete the appropriate forms with a parent's signature. All two forms must be presented, already completed and signed, on the day of the competition at check-in. An identity document of the parent must be enclosed with them. (download the forms from the site or request them by email from staff@submissionfc.it)

2.5 Team identification (name)

Each team must choose a name for their team and register with it. Throughout the course of the individual event, the team will be identified by its peculiar name.

There is no limit in the terms that can be used, as long as they are not or do not contain vulgar or offensive words. The only limit is in the number of words allowed, which goes up to a maximum of 5.

Chapter 3

How to deal with a team

The competition begins with one of the two teams (drawn at random) choosing the first member to take the field. The opposing team will then have one minute to decide who to field against the first opponent. The winning athlete will earn a point for their team and the chance to choose first who to put on the mat for the second match (the time available is always one minute). The opposing team, again in one minute, will choose the next challenger. It will continue in this mode until the end of the 3 matches.

NB: all 3 matches will always be played, regardless of the result and thus whether or not the match is won. This is to give all athletes the chance to fight and to win one of the bonus prizes.

3.1 Competition Rules

The individual matches will last 6 minutes for all the categories. They will take place in 'submission only' mode, so there will be no points system, but victory can only be achieved by submission (or disqualification of the opponent or medical stoppage). In the event that, when time runs out, there is no winner, the fight will end in a draw and no points will be awarded to either team.

The finals of the 'Advanced' and 'Professional' categories will last 10 minutes per match.

Some clarifications:

- **How is the winning team determined?** After the 3 matches, the team with the most points will win the match. In the event that the two teams have accumulated equal points, both teams will have to select one member each. The two selected athletes will play an EBI overtime [see section EBI overtime].
- **Who could I find myself facing?** All team members could find themselves facing any member of the opposing team, regardless of rank and weight.
- **What happens if a member of my team gets hurt?** If I have a team of more than three people I can implement a simple substitution. If, on the other hand, my team consists of only three people I can continue the competition as normal, although I will have a point deducted.

Chapter 4

Illegal techniques

4.1 Prohibited actions and techniques:

4.1.1 Beginner and Intermediate categories

- Slamming.
- “Full Nelson”.
- Any crucifix.
- Spiking your opponent on their head while attempting a takedown.
- Spiking your opponent’s head when opponent is on your back.
- Roll forward while someone is on your back.
- Striking of any kind.
- Eye gouging or fish hooking.
- Grabbing the ears.
- Hair pulling.
- Holding of less than 4 fingers or less than 5 toes.
- Thumbing.
- Scratching and pinching.
- Punching of any kind.

- Kicking of any kind.
- Biting.
- Squeezing or putting pressure on the groin area.
- Hands, knees or elbows on face.
- Use slippery substances on body or clothing.
- Crossface guillotine twisting the chin.
- Use holding of the T-Shirt or shorts.
- Neck crank.
- Can opener.
- Blocking opponent's nose or mouth with hands.
- Any crossface hold or crossface choke.
- Choking with hands wrapped around the throat (Rape Choke).
- Heel hook.
- Any foot locks that twist the knee.

4.1.2 Advanced and Professional categories

- Slamming is allowed only if you are locked in a submission. (If your opponent lets go of the submission while you are about to slam you must let go of the slam)
- "Full Nelson".
- Any crucifix.
- Spiking your opponent on their head while attempting a takedown.
- Spiking your opponent's head when opponent is on your back.
- Roll forward while someone is on your back.
- Striking of any kind.
- Eye gouging or fish hooking.

- Grabbing the ears.
- Hair pulling.
- Holding of less than 4 fingers or less than 5 toes.
- Thumbing.
- Scratching and pinching.
- Punching of any kind.
- Kicking of any kind.
- Biting.
- Squeezing or putting pressure on the groin area.
- Knees on face.
- Use slippery substances on body or clothing.
- Crossface guillotine twisting the chin.
- Use holding of the T-Shirt or shorts.
- Neck cranks that trap both shoulders and puts downward pressure on the neck

Chapter 5

Disqualification cases

- Performing an illegal technique [see illegal techniques section].
- Reaching the third penalty [see penalty section].
- Unsportsmanlike conduct, i.e.: using verbal insults directed at opponents, referees, coordinators, officials, the public and any other figure in the establishment; making gestures that the referees or officials deem to be uneducational, offensive, discriminatory, denigrating (examples pointing at the male member and any other phallocratic and/or sexist gesture, vigorous shouting against one's opponent and any other gesture as a sign of dominance, raising the middle finger against one's opponent, inappropriate gestures of political or religious orientation, etc.)
- No show. The following are considered as "No show": the failure of the entire team to present itself at the weight by the scheduled time; the failure of a team member to present itself at the weight by the scheduled time (in this case the individual member and not the entire team will be disqualified); the failure of the team to present itself in the competition area at the time of its turn; the failure of a team member to present itself in the competition area at the time of its turn (in this case the individual member and not the entire team will be disqualified).
- Not being within the set weight limits.

Chapter 6

Penalties

A penalty is received for passivity in the fight and is assessed and decreed by the referee. Passivity is considered to be a moment of stalemate in the fight where one or both athletes do not attempt an evolution in the fight either on the ground or on the feet. In the case of a standing fight, an athlete is considered passive if he persistently flees his opponent's takedown attempts, allows himself to be carried off the mat and never takes the initiative.

NB: la passività e i conseguenti punti di penalità sono assegnati al singolo atleta (se ritenuto il solo passivo) o ad entrambi (se ritenuti entrambi passivi).

Chapter 7

EBI overtime

Each competitor gets a shot at either their opponent's back, with both leg hooks and a seat belt, OR the spider web position aka arm bar position. The competitor on offense gets the choice. In Spider web, the competitor on offense gets one deep hook, either arm, and the other hand has to be planted on the mat, palm down, it can be right next to opponent's bum or leg. Competitors must be in a perpendicular angle, meaning the guy on defense can't be turning away or turning into his opponent.

There is the TOP of the round and the BOTTOM of the round.

The competitor that goes first on offense at the top of round one will be referred to as competitor A. The competitor on defense at the top of round one will be referred to as competitor B.

Once there is an escape or submission in the top of round one, that half of the round is over. The competitor that was just on defense, competitor B, now gets a shot at the back or spider web, his choice, this will be the bottom of round one.

If A secured a submission at the top of round one, then B has to secure a submission faster than A at the bottom of round one to win the match or he loses the match.

If at the top of round one A does not secure a submission and B escapes, then we go to the bottom of round one. If B secures a submission the match is over, B wins. If B does not secure a submission and A escapes, we go to a second OverTime round.

If after 3 rounds it is still tied up due to escapes, all the escapes times are added up. The competitor with the quickest overall escape time wins the match.

There is a 2 minute time limit in each of the overtime rounds.

The competitor on offense can move from the back to spider web and back, and to the truck and back, and back and forth from these 3 positions as many times as they want and the round is still live. The back is still live as long as the seat belt or double underhooks is in place, losing both leg hooks does not stop time as long as the seat belt or double underhooks is still in place. The round ends in any other position than the back, spider web and the truck unless caught in a submission "in transition". For example, going to an arm triangle from the back which puts the offensive competitor in side control or mount keeps the round live until the escape is complete or there is a tap. Going from spider web to a triangle which puts the offensive competitor on his back in guard is still live until a full escape is achieved. If from that triangle we go to the oma plata position, it is still live until the competitor on defense pulls out of the position. Going to a leg attack from spider web or from the back in OT is not legal. Only leg attacks from the truck are legal in OT.

IMPORTANT If the combatant on defense pulls off a submission it's an escape.

Chapter 8

Racewear

The competition uniform must consist of:

1. A jersey (short- or long-sleeved) of elastic material (close-fitting to the skin), which must be long enough to cover the torso up to the spring of the trousers. The jersey must be at least 10% of the colour of the belt corresponding to the athlete concerned. Other colours permitted on the remaining area, if any, are black and white.
2. Shorts must be free of pockets, zips, buttons and any other type of plastic or metal that could present a risk to the opponent. The shorts must be long enough to cover at least half of the thigh. The permitted colours are: black, white and the belt colour corresponding to the grade of the athlete concerned (here with no obligation or restriction on the area to be covered). Compression shorts and leggings are also permitted, provided they meet the above criteria.

If I don't have an assigned belt? If the sport you come from does not assign belts then follow the diagram below to work out what your competition uniform should be:

- if you are practising from 0 to 2 years old → your uniform will match that of a white belt.
- if you are practising from 2 to 2 years old → your uniform will match that of a blue belt.
- if you are practising from 4 to 7 years old → your uniform will match that of a purple belt.
- if you are practising from 7 to 8 years old → your uniform will match that of a brown belt.

- If you have been practising for more than 8 years —→ your uniform will match that of a black belt.

Both outside and inside the competition area, the members of a team may wear, over their official uniform, shirts identifying their team as a sign of cohesion and/or recognition. They must be removed before stepping onto the mat to play the match.

Chapter 9

Registration & Brackets

The possibility to register for the event will end ten days before the event. After that date, it will no longer be possible to register new teams, but those already registered will still be given the opportunity to change a team member (who, for example, is injured) within two days after the above deadline. To implement this change, please send an email to the following address: **iscrizioni@submissionfc.it**. You will then receive an email confirming the change within 48 hours.

Brackets will be posted two days before the event date.

Chapter 10

Weight in

All team members must show up together at weigh-in, so one team at a time will be verified and registered.

Weighing is to be done in competition uniform [see section Racewear].

- **When to report to the weigh-in?** A 2-hour window will be opened for the weight, which will close one hour before the actual start of the competitions. it is mandatory to make the weight in the time window predetermined.
- **How to show up at the time of weighing?** You must be in possession of an identity document; you must wear a competition uniform that is in good condition and does not present images with discriminatory and offensive references; you must have the shortest possible fingernails and toenails; you must be in good physical and mental condition and personal hygiene.

Chapter 11

Competition area

The competition areas consist of the combat area and the safety area. Different colors of the mat will distinguish the two spaces so that they are recognizable.

Under instructions from the appropriate personnel, the two teams will arrange themselves on one side of the mat, in spaces positioned outside the safety area and dedicated to accommodate the athletes.

Chapter 12

Staff

What are the figures I can find within the event?

- **Referees:** are in charge of refereeing individual matches.
- **Ringcoordinators:** are responsible for managing athletes within the different areas.
- **Management figures:** perform a variety of tasks and work to ensure that the event runs smoothly.
- **Medical staff:** are responsible for ensuring medical care for athletes.