



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

## BASIC RULES FOR SCORING TABLE

### POINTS/SCORING ABBREVIATIONS

• Takedown (T2)	2 pts.	* anytime a grappler goes from neutral position to top control
• Low amplitude throw (T3)	3 pts.	* must be an upper body hold from neutral position
• High amplitude throw (T5)	5 pts.	* must be an upper body hold and meet the Grand amplitude criteria
• Side Mount (SM3)	3 pts.	
• Full Mount (FM4)	4 pts.	
• Back Mount (BM5)	5 pts.	
• Reversal (R2)	2 pts.	* anytime a grappler goes from being on bottom to top control
• Escape (E1)	1 pt.	* anytime a grappler goes from being on bottom to neutral position
• Submission Appreciation Point (SAP)	1 pt.	* SAP's are awarded for having more Sub Advantage Marks at the end of regulation time.
• Submission Advantage Mark (A)		

\* **Control must be established for a count of 3 seconds to score any of the above points or marks.**

### REGULATION TIME

One 6 minute period for seniors

### OVERTIME

1<sup>st</sup> overtime is 2 minutes - Sudden Death with *First Choice* of neutral start/ top or bottom open guard restart

#### First Choice Criteria:

- Most submission advantage marks(A)
- Least passivity infractions(P)
- Most back mount points(BM5)
- Most 5 point throws(T5)
- Most full mount points(FM4)
- Most 3 point throws(T3)
- Most side mount points(SM3)
- Most 2 takedown points(T2)
- Most reversals(R2)
- Most escape points(E1)
- If no criteria is met a coin flip take place

2<sup>nd</sup> overtime has unlimited time - Sudden Death starting in neutral position and the Push Out rule is in effect

### STARTING POSITIONS

- Neutral Start
- Open Guard Restart (go out of bounds or stoppage with leg defenses in play)
- Side Control Restart (go out of bounds or stoppage in side mount or full mount)
- Back Control Restart (go out of bounds or stoppage in back mount)

### PASSIVITY

The grapplers must continuously maintain action by working to improve their position, score points or submit their opponent. When the referee feels that the action has stalled, he shall stimulate the athletes with verbal commands ("Action" or "Open" Red/Blue). If the grapplers continue to remain passive, the referee shall give them the appropriate infraction according to stalling progression below.

1<sup>st</sup> = Caution / 2<sup>nd</sup> = 1 point / 3<sup>rd</sup> = 2 points / 4<sup>th</sup> = DQ

### ILLEGAL TECHNIQUES

- Slams and spikes
- Eye gouging, pulling of hair, fishing hooking, biting, or attacking the groin
- Pulling fingers and small joint manipulation. A grappler shall attack no less than 4 fingers
- 2 on 1 Wristlocks
- Chin ripping
- Crucifix, Full Nelson, Can opener
- Inside or outside heel hooks (does not include lace leg/lunduke leglocks)
- Back splashes from standing back control
- Combination Joint locks/Throws
- Argument/insults towards the opponent or the referee

### CATCH

The referee has complete autonomy to call a submission based on the safety of the athletes. If he believes that the grapplers are not defending themselves intelligently or are in immediate danger, he may call a catch to protect the athlete from injury. Catches will be used more frequently for younger athletes. Any illegal slam or deliberate use of the out of bounds while in a submission will result in a catch.