

Official Rules Book



GEMMAF

GERMAN MIXED MARTIAL ARTS FEDERATION

NO GI GRAPPLING

Referee Responsibilities

**The Referee is the highest authority on the mat!
Failure to adhere to his/her commands will result in penalties assessed, disqualification, event ejection and or probation from future GEMMAF / IMMAF events.**

- **GEMMAF** Referees are among the very best trained submission grappling / Brazilian Jiu-Jitsu officials worldwide.
- **GEMMAF** Referees will perform to the highest standards possible to keep all competitors as safe as possible during an event.
- **GEMMAF** Referees reserve the right to stop a match at absolutely any given time he/she feels injury is imminent regardless of skill or belt rank.
- **GEMMAF** Referee decisions are final and may not be contested by competitors, coaches or spectators during the event.
- **GEMMAF** Referees will officiate each match according to the rules outlined by the GEMMAF grappling rules manual with unbiased intentions towards any competitor, coach, team or spectator attending any event.

Competitor, Coach & Spectator Responsibilities

- Competitors, coaches and spectators are expected to maintain a professional manner suitable for any family environment.
- Competitors, coaches and spectators will be respectful of the Referee's authority on and off the mat at all times. Any disrespectful conduct, verbal abuse or failure to follow the commands of the Referee will result in penalties assessed, disqualification, event ejection and or probation from future events.
- Competitors, coaches and spectators must wear shoes at all times during an event, except when physically stepping on the fight surface mats when the shoes must be removed. Failure to follow this very hygienic safety requirement will result in disqualification or ejection from the competition with NO monetary reimbursement.
- Competitors are required to wait at the mat boundaries until the referee invites the competitor on the mats at the time of his/her competition.
- Coaches and spectators may NEVER step on the mats during a competition. Stepping on the mats will result in penalties assessed to the competitor and possible ejection of the offending coach/spectator.
- **Note:** Severe injury to a team competitor may allow the coach or family member to address the competitor on the mats (without interfering with the medical staff or referees' decisions).

GEMMAF No Gi Grappling Rules

The GEMMAF No Gi Grappling Rules were created by expert blackbelt grapplers, seasoned fighters and experienced coaches.

Main goal of the rules set is to provide a safe and fair environment for all competing athletes!

A GEMMAF No Gi Grappling match can be won four ways

- Submission / Tap Out
- Accumulation of Points
- Referee decision
- Opponent Disqualification

Tapping out can take on multiple forms

- Tapping the opponent, oneself, or the mat with an open hand more than once; if the hands are immobilized, tapping out can be done with a foot or even the head.
- Tapping out verbally, either by saying “stop,” “tap” or by yelling out (verbal submission) when caught in a submission.

Note: A verbal submission is only relevant when a competitor yells while caught in a submission attempt. Other instances of verbally yelling due to pain during the match are not considered a verbal submission. In these instances, the competitor will be addressed by the Referee (or Medic if needed) and the match will resume (if the Medic & Referee feel he/she is capable of continuing). If the competitor yells out in pain again at some point in the match, he/she will be disqualified by the Referee.

Verbally yelling while experiencing any form of cramp will result in immediate disqualification from the match.

If in the Referee’s opinion a submission cannot be escaped, and an injury appears imminent, the Referee can halt the match and award victory to the competitor applying the submission.

Note: A Referee always reserves the right to stop a match if he/she feels injury is imminent!

GEMMAF No Gi Grappling

Point Structure

If there is no tap out in the match, the winner is determined by Points.

Following actions or positions are rewarded:

- Takedown 2 Points
- Sweeps 2 Points
- Reversals 2 Points
- Guard Pass 2 Points
- Mount 4 Points
- Back Mount / Grab 4 Points
- Knee on Belly 2 Points
- Side Control 1 Point
- Submission Attempt 1 Point

Point Definitions and Descriptions

Takedown Points (2 Points)

In awarding two points, the Referee is directed to look for the following: The competitor must initiate the Takedown or complete a strong counter Takedown; The competitor executing the Takedown must exhibit control for three seconds or more in a top dominant position.

Observation 1.1: Forcing a competitor off his/her feet, putting them directly to their rear end, back or side and completing three seconds of dominant positional control will result in a **2 Point** Takedown.

Observation 1.2: A competitor can execute a Takedown as a counter to an already initiated Takedown. Being the first to initiate a Takedown does not guarantee that only the originally initiating competitor can get **2 Points**.

Observation 1.3: If you snap the opponent down and he/she ends up on all fours, in order to receive **2 Points**, you must immediately come around and control him/her from the back for a full three seconds.

Observation 1.4: If you take the other competitor down by jumping on his/her back and in one continuous movement end up in a Back Grab, position facing up on the ground, you are awarded **2 Points** for the Takedown. You also receive accumulative Back Grab points (additional **2 Points** for the Back Grab).

Observation 1.5: Anytime a competitor stands on both feet and is taken down, Takedown points can be awarded. The competitor who stood up must stand for long enough (one to two seconds) and be in a position of balance on both feet to create the Takedown scoring opportunity.

Observation 1.6: A competitor initiates a Takedown, the opponent then jumps Guard; the opponent must be put on his/her back within 3 seconds (and then 3 seconds of control on the ground) for **2 Points** to be awarded.

Observation 1.7: A competitor has a hand on the leg of his/her opponent, the opponent then pulls / jumps Guard, **2 Points** will be awarded for the Takedown once 3 seconds of control has been established.

Observation 1.8: When a competitor takes his/her opponent down to a seated position, 3 seconds of control must be established for **2 Points** to be awarded for the Takedown.

Observation 1.9: In a situation where a competitor attempts a Takedown after his/her opponent begins to pull Guard, **NO** points will be awarded for the Takedown (for the Guard pull was initiated before the Takedown began)

Observation 2.1: GEMMAF does not discriminate against the various grappling arts in competition. However, the basic structure of a grappling competition match dictates a competitor continuing to engage an opponent once a Takedown has been completed. Therefore, taking a competitor down and purposely disengaging the match by backing away from the opponent two or more steps will result in a penalty being assessed for disengaging the match. In this situation, the referee will have the competitors return to the definitive position acquired after the takedown if applicable. If there was not a definitive position established before the disengagement began, the competitors will start in a standing neutral position and the disengaging competitor will receive his/her penalty.

Observation 2.2: The opponent taken down must be on both feet. The competitor initiating the Takedown can be on both feet, both knees, or one foot and one knee. If starting from the ground, an opponent who has at least one knee down cannot be taken down, because he/she is not on both feet.

Observation 2.3: It is not permitted to pull Guard, or “butt scoot” without first making contact with the opponent. Sitting down without contact is conceding the Takedown, and results in **2 Point** being awarded to the standing opponent. Contact must be continuous, from a standing position, down to the ground. If a competitor sits and aggressively moves forward, he/she will not be stood up by the referee, but the opponent will be awarded **2 Points**. **NOTE:** This action is not a Penalty, but simply conceding the **2 Points** Takedown to the opponent.

Observation 2.4: If the competitor initiating the Takedown is caught in a submission hold, the **2 Points** will only be awarded when the submission hold is escaped and if he/she then establishes top dominant control. The competitor executing the submission hold can of course also be awarded **1 Submission Attempt Point**.

Observation 2.5: If one competitor has the other in a position from which a Takedown is inevitable, and the match is stopped for inadvertently going out of bounds, **2 Points** can be awarded to the initiating competitor without the Takedown having taken place. The competitors will be restarted from a neutral standing position in the center of the mat to resume the match.

Submission Attempt Point (1 Point)

1 point is awarded for a full and strong Submission attempt. A Submission is recognized as full and strong when one or more of the following occurs: The defending competitor is 'In Danger' - the submission has the potential to make the opponent tap out or is in danger of being injured by the submission.

Observation 1.1: Submissions must be applied in order to get a tap out or verbal submission, and not in order to injure the opponent.

Observation 1.2: Chaining full and strong Submission attempts will result in points being awarded for each different submission attempt. For example, if a competitor applies a triangle choke in a full and strong manner, and then goes for an arm bar that is full and strong, a further **1 Point** can be awarded for each additional submission attempt.

Observation 1.3: The act of simply locking into a submission position is not enough to receive a **1 Point** submission attempt. The competitor must exhibit the desire to finish the submission attempt. **Example 1:** Locking the opponent in a Kimura, making zero attempts to actively pull the grips to submit the opponent will not be awarded points. **Example 2:** Closed Guard to cross locking the legs for a triangle choke, only to return back to a Closed Guard will not result in points. The **1 Point** submission attempt will only be awarded in this example if the legs are fully put in a figure four triangle choke attempt.

Observation 1.4: If a serious submission attempt is stopped by the Referee out of bounds, the athletes will start in the center of the ring standing and **2 Points** will be awarded to the competitor who had the submission attempt. The competitors will simply resume the match from a standing neutral position.

A submission attempt can NEVER be recreated in the center of the ring after being stopped out of bounds.

Sweep Points & Reversal Points (2 Points)

When a competitor on the bottom of **any Guard, any Side Control or any Mount** is able to reverse the position and end up on top of his/her opponent for minimum three full seconds, **2 Points** are awarded.

Observation 1.1: The reversal points rule covers the aspect of a real MMA fight scenario. Whenever one fighter is able to reverse his position from bottom to top he gained back a strong advantage! This reversal points rule also encourages the fighters to not accept any form of control from top!

Observation 1.2: When a competitor advances from a bottom position to the back of his/her opponent (opponent is still on his/her hands and knees), the competitor will receive **2 Points**. If the Back Grab is attained simultaneously with the Sweep or Reversal the **2 Points** are awarded for the Sweep/Reversal and **4 Points** can be awarded for the Back Grab.

Observation 1.3: If the competitor executing a successful Sweep/Reversal ends up in Mount additional **4 Points** (for Side Control **1 Point**) are awarded for position.

Observation 1.4: Turtle Position is not recognized as a form of Guard or final bottom position! However, if a competitor starts in a form of Guard (or Side Control, or Mount) and aggressively initiates Turtle Position (not in response to a pass) and in one continuous motion executes a Sweep / Reversal to end up on top of his/her opponent, **2 Points** will be awarded for the Sweep / Reversal.

Observation 1.5: A competitor is going for a submission while he is in his/her opponents Guard or in any other top position. The opponent successfully defends and escapes the submission attempt and ends up in top position then NO Points are awarded for the Sweep / Reversal! The top position only was achieved due to the opponent initiating a submission prior to the Sweep or Reversal. As we encourage competitors to execute submissions they will not be punished by losing top position because of the submission attempt!

Observation 1.6: In the event two competitors pull guard at the same time, the competitor who can go from his/her back or rear to the top of the opponent's guard (establishing 3 seconds of control) will receive **2 Points**.

Observation 1.7: In the event two competitors pull guard at the same time, neither competitor attempts to apply submissions or complete the sweep movement, the referee will penalize both competitors according to the rules/regulations of stalling. The competitors will not be forced to stand, but may continue to receive stalling penalties by the referee.

Side Control Point (1 Point)

Side Control is any secure form of top control (except for the Mount and Knee on Belly variations) that lends itself to a submission. Three seconds of control and the ability to attack submissions are required. The highest percentage forms of control include Cross Side Mount, Scarf Hold, Modified Scarf Hold and North/South position.

Observation 1.1: NO Point is awarded when a competitor transitions between one form of Side Control to another. For example, if you have received Side Control points and then transition to North/South position, no additional points are awarded.

Observation 1.2: Additional points are awarded when a competitor moves from a Side Control to any of the variations of Knee on Belly, Mount or Back Grab.

Observation 1.3: In order for Side Control points to be awarded, the top competitor must be completely free of the opponent's legs (and free of any submission attempts) with dominant control of the position.

Observations 1.4: The bottom competitor does not necessarily need to have his/her shoulders pinned to the ground in order for a point to be awarded in a Side Control position.

Observation 1.5: In order to achieve dominant control, you have to achieve a position to further control, to initiate a submission attempt or to otherwise further your match advantage. Three seconds of control is required to achieve **1Point**.

For points to be awarded for a position, the competitor must be able to attack a submission from the controlled position and be free of any submission attacks from his/her opponent.

Mount Points (4 Points)

When a competitor successfully maintains any of the Mount positions for three seconds or more with the ability to attack a submission, **4 Points** will be awarded.

Observation 1.1: GEMMAF Grappling recognizes a number of variations of Mount including: Mount, Back Mount, Back Grab and Technical Mount.

Observation 1.2: The opponent can be laying on his/her back, side or stomach to receive **4 Points** for the Mount position.

Observation 1.3: One knee and one foot on the ground will still be considered the Mount position (for Mount and Technical Mount). Two feet on the ground is not considered the Mount. Back Mount (opponent is flat on his/her stomach) must have both knees on the ground to achieve points.

Observation 1.4: The competitor in the Mount position can have one knee over the opponent's arm, but never both arms to receive Mount points.

Observation 1.5: The competitor in the Reverse Mount (top player facing towards the legs) **WILL NOT** receive any points.

Observation 1.6: Reverse Mount (top competitor facing towards the legs) where the bottom competitor is facing down (Boston Crab) is not awarded Mount points.

Observation 1.7: A mounted triangle is not considered Mount (although it is a Submission Attempt). If the mounted triangle began from Guard, in addition to the Submission Points, Sweep points can also be awarded.

Observation 1.8: Voluntarily moving from Mount to Side Control or Knee on Belly **WILL NOT** result in a further **4 Points**, as it is moving from a superior to an inferior position.

Observation 1.9: The Back Grab is considered to be one of the most dominant forms of positional control in the sport. Moving from the Mount to a form of Back Grab will result in a further **4 points** being awarded.

Back Grab Points (4 Points)

- Back Grab (heels hooked into inner thighs)
- Body Triangle (figure four leg lock across opponent's torso)
- Back Grab with one foot over one of the opponent's arms
(one foot is still hooked into the inner thighs)
- Back Scissor (Back Grab competitor has his/her ankles crossed)

Note: Voluntarily disengaging any Mount position to re-acquire the position will not result in additional points!

Knee on Belly Points (2 Points)

When a competitor establishes his/her knee (shinbone) across an opponent's stomach (torso), with the other foot on the ground for 3 full seconds, he/she will receive **2 Points** (the opponent may be flat on his/her back or on his/her side).

NOTE: "Knee on Back" is not considered a position and therefore receives **NO Points**.

Observation 1.1: The competitor must have one knee on the stomach, the other knee off the ground (foot on the ground) and must be facing the opponents head to receive points.

Observation 1.2: If an opponent is turned away on his/her side from the competitor applying the Knee on Belly, **2 Points** may be awarded once clear dominant control of the position has been established for three seconds.

Observation 1.3: The knee must be at least half way across the competitor's torso to achieve the **2 Points**.

Observation 1.4: Once Knee on Belly points have been achieved, additional Knee on Belly points will not be given for transitioning directly to the opposite side Knee on Belly position. The opponent must escape the Knee on Belly position and/or a definitive break from the position has been established in order to re- acquire the Knee on Belly position to earn **2 additional Points**. Voluntarily disengaging Knee on Belly position to re-acquire the position will not result in additional points.

Additional Side Control points will not be awarded when a competitor has already established Knee on Belly, received 2 Points and then digresses back to Side Control (voluntarily or involuntarily)

Stalling (Penalty)

If there is stalling on the ground, the Referee has the right to restart the match standing upon the third infraction, in addition to the other penalty actions defined below.

Note: Once a competitor receives his/her first verbal penalty for stalling, additional stalling calls may be given every 20 seconds if the referee feels the competitor is still stalling.

Observation 1.1: Taking an opponent down and then intentionally standing, disengaging the match by stepping back two or more steps will result in a stalling penalty. The referee will return the competitors to the definitive position established when applicable. If there was not a position established, the competitors will resume in a standing neutral position and the disengaging competitor will receive his/her penalty.

Observation 1.2: A competitor standing up from “In Guard” cannot call the downed opponent up, and once standing has to aggressively engage. Otherwise he/she will be warned or penalized for stalling. If the downed opponent voluntarily stands, NO penalty will be assessed.

Observation 1.3: Stalling can take place from absolutely any position standing or on the ground.

The only time stalling cannot be called is when a competitor is applying or defending a submission.

Penalty Process

- | | |
|------------------|----------------------------|
| ➤ First Offense | Verbal Warning |
| ➤ Second Offense | Opponent receives 1 Point |
| ➤ Third Offense | Opponent receives 2 Points |
| ➤ Fourth Offense | Disqualification |

Fouls are accumulative. The four-step penalty process defined above does not apply to each separate type of foul. That is to say, it does not have to be the same foul three times in a row to merit points assessed. Each penalty can be different fouls or infractions combined.

Note: Kids (ages 13 & under) are likely to receive multiple Verbal Warnings with NO Penalty Points assessed for infractions that are not considered severe.

The Referee is not bound to go through the four step penalty process above. Depending upon the severity of the infraction, there can be only one warning or immediate Disqualification.

In the event that a competitor intentionally slams another opponent with intent to maliciously hurt, the competitor will be DISQUALIFIED from the Division, any other entered Divisions and the entire event (without monetary reimbursement). The Competitor will be placed on Probation as to whether or not he/she will be allowed to compete in future GEMMAF events.

Determining a Tie

No Advantages are awarded in No Gi Grappling. However, in the event of a tie, the Referee will use significant action to determine a winner.

Referees will first consider initiation and aggression. The Referee is directed to consider who made the greatest successful effort to attack and control. In practice, this is most commonly attempting Takedowns, Sweeps, having dominant positional control and most importantly, attempting Submissions.

In the event that competitors are equal in terms of Initiation and Aggression, Referees will determine a tie by considering who skillfully controlled the Pace, Place, and Position on the mat, in order to ultimately set up an eventual submission.

If the competitors are still considered equal on points, pace, place and position, the Referee will give the decision to the competitor with less warnings or Penalties.

If the competitors are still equal, then a **ONE Minute** overtime period can be given by the Referee.

Please note that this should be an unusual occurrence.

No rest period is given between the end of the match and the start of the overtime period. There can be no interaction with the competitor's coach or outside spectators. The overtime period will begin immediately following the match time duration. There is no 'Sudden Death' - the winner is the competitor who gets the most points (or wins by submission) in the overtime, not the first competitor to score a point.

Illegal Actions

- No scissors Takedowns are permitted, unless a hand is first placed on the mat.
- No slamming from the Guard or to escape submission.
- No slamming is allowed in Takedowns. In determining whether or not a Takedown was a slam, Referees will consider whether the intention was to hurt the opponent. A wrestling style Suplex (front to back contact, throwing the competitor directly over causing him/her to spike his/her head first into the floor) is always illegal. Any act of intentionally “driving” an opponent’s head directly into the ground will be considered an act of slamming worthy of immediate Disqualification.
- Submissions must be applied in order to get a competitor to verbally or physically tap, and not with the intention to injure the competitor.
- No strikes of any kind are allowed to any part of the body or head, by any part of the body or head.
- No clutching of the windpipe is permitted (open hand posting is permitted).
- The thumb is not permitted to apply any pressure to the opponent’s throat.
- No pressure of any type is allowed to the eyes. Explicitly, no finger, chin, palm heel, etc. are allowed to press on or around the eyes.
- No pressure of any type is allowed to the groin, unless it is an inevitable and unintended result of a legitimate technique.
- No pressure may be applied directly into or across the nose unless it is an inadvertent consequence of a legitimate technique.
- No striking of any kind including: shoulder, head butts, punches, elbows, knees, kicks, etc. (this includes repeatedly pushing down on an opponent’s stomach in rapid succession while in their guard).
- No fish hooking is permitted (fingers in the opponent’s mouth).
- No biting is permitted. A player defending against a rear naked choke cannot purposefully open his/her mouth so the teeth contact the opponent’s forearm.
- No spiking an opponent on his/her head.

- No pulling hair.
- No Small Joint Manipulation is permitted. No pulling a thumb or holding less than three fingers is permitted in No Gi competition.
- No pinching, twisting of the skin.
- No putting a finger or toe into any orifice.
- No Interference by a corner with any official or fighter.
- No attacking an opponent in any of these circumstances:
 - Before the referee has started the match.
 - After the match duration time has ended.
 - During a rest period between match duration and overtime.
- When an opponent is being addressed by the Medic, referee or any other official.
- No spitting is permitted.
- No swearing or profanity is allowed by a competitor at any time on the GEMMAF event premises. Coaches and spectators are held to these professional standards as well. **The use of profanity may result in probation from attendance to future GEMMAF / IMMAF events.**
- No intentionally throwing an opponent off the mat.
- No unsportsmanlike conduct.
- Hygiene Rule: All competitors must wear a clean competition uniform (shorts, shirt, etc.). Furthermore, every competitor must also be clean, free from foul odors and with short nails. If a Referee feels these criteria has not been met, he/she will not allow the competitor to compete.
- At a minimum, a groin protector (male competitors), mouthpiece, and shorts / tights (ending above the knee) with a drawstring must be worn. Because fingers and toes can get caught and injured, no pockets or zippers are allowed on the shorts. No athlete is allowed to fight without tight shirt or rashguard. Female athletes must also wear a suitable sports top which is staying in place even under high activity!
- Wrestling/Martial Arts shoes are **not allowed** in No Gi competition.
- Ear guards (ear protectors) are allowed in No Gi competition.
- Excessive taping of hands, wrists, ankles and feet is **NOT** permitted.
- Knee, elbow, ankle and shoulder braces cannot have a metal or plastic portion that could result in injury to other competitors.
- No stalling is permitted.

- No going out of bounds to avoid a submission. There is never a possibility to restart competitors in a near submission position, so Referees are directed to allow the match to continue if the moving out of bounds was inadvertent. Anytime safety becomes an issue for the competitors, the Referee will always be directed to stop the match regardless of the potential submission opportunity. Purposefully exiting the ring to avoid a submission will result in immediate Disqualification.
- No going out of bounds to avoid a Takedown. Purposefully going out of bounds to avoid a Takedown will result in the player receiving a penalty.
- Blood rule. Because there is no blood testing for grappling, a competitor who cannot control bleeding will not be allowed to continue. In the event of bleeding, the Referee will stop the clock and allow the competitor a reasonable amount of time (two to three minutes) to stop the bleeding. If the competitor continues to bleed a second time in the same match (for the same injury), that competitor will be disqualified. If the competitor begins to bleed from a different injury for the first time in the match, the above listed measures will again be followed.
- The competitor is not disqualified from the event if he/she was disqualified for bleeding. If the competitor is competing in another division, or if it is a semi-finals match, the competitor will be allowed to continue in further matches or divisions. Bleeding is defined as an amount of blood that shows when a white cloth is pressed on the area. Any amount of blood noticed by the Referee will result in immediately stopping the match to address the injury.
- Any expulsion of vomit, urine or feces during a match will result in immediate disqualification. Intentional spitting on the mat will also result in immediate disqualification.
- No competitor can compete with a communicable skin disease, including ring worm, impetigo, herpes, etc.

- No grabbing the opponent's clothing. Competitors cannot grab their own clothing or the clothing of their opponent. The ONLY acceptable use of shorts grabbing is grabbing one's own shorts to defend submissions. Example: Defending a Kimura submission attempt, a competitor may grab his/her own shorts as a defense.
- Hair Rule: Women and Men with long hair are required to have her/his hair tied in such a fashion as to not interfere with the match. In the event tied hair is still long enough to continually affect the opponent's eyes, a further tie or head cover will be required. Due to the potential for injury to the eyes, and otherwise interfering with the match, spiked hair, particularly spiked Mohawks, of a length and consistency sufficient to cause irritation to the eyes are prohibited in GEMMAF competition. Spray painted hair that may have the color "run" or "flake" due to sweat is also prohibited in competition.
- Coaches, Spectators and unauthorized competitors are not permitted on the main fight surface mats for any reason while the event is in progress without expressed permission from an official GEMMAF staff member. Breaking this rule may result in competitor disqualification or individual ejection from the event premises.
- **Talking with the Referee while the match is in progress is prohibited and may result in penalties or disqualification being assessed. Flagrant disrespect to any GEMMAF referee may also result in competitor disqualification and/or coach/spectator removal from the event premises. In the event extreme unprofessional or threatening behavior has been displayed, authorities will be notified to immediately eject the offending parties.**

Grapppling Rules

Legal & Illegal Actions by Divisions

Rules & Fight Times	Kids 5-7 years Fight Time 2 Min.	Kids 8-13 years Fight Time 3 Min.	Teens 14-17 years Fight Time 4 Min.	Adult Beginner Fight Time 5 Min.	Adult Intermediate Fight Time 5 Min.	Adult Experts Fight Time 6 Min.	Seniors 35 years & up Fight Time 5 Min.
Straight Foot Locks	Illegal	Illegal	Legal	Legal	Legal	Legal	Legal
Knee Bars	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal
Toe Holds	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal
Heel Hooks	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Illegal
Reaping the Knee	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Illegal
Calf & Biceps Crunches	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal
Rib/ Neck Compressions	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal
Neck Cranks	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal
Triangle Chokes	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Rear Naked Chokes	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Arm In Chokes	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Twisters (Spinal Locks)	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal
Electric Chair	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal
No Gi Ezekiel Choke	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal
Arm Bars / Arm Locks	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Wrist Locks	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal
Scissor Takedowns	Illegal	Illegal	Illegal	Illegal	Illegal	One Hand on Ground	Illegal
Guillotines	Not Standing!	Not Standing!	Legal	Legal	Legal	Legal	Legal
Omoplata	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Gogoplata	Not from Top	Not from Top	Not from Top	Legal	Legal	Legal	Legal
Knee on Throat from Top	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal
Slamming	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Squeezing the Windpipe	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Smothering	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal
Bending Fingers / Toes	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Jumping Guard	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Illegal
Bear Crawl Guard Pass	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal
Boston Crab Guard Pass	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal
Point Structure:	1 Point	2 Points	4 Points	Penalty structure			
To score positional points all positions must be secured for minimum 3 seconds	Strong Submission att. Side Control	Takedown Knee on Belly Guard Pass	Sweep Reversal	Back Mount Back Grap	Mount	1. Verbal warning 3. 2 Points to opponent	2. 1 Point to opponent 4. Disqualification



GEMMAF

GERMAN MIXED MARTIAL ARTS FEDERATION

NO GI GRAPPLING

Divisions / Ages / Weight classes

Male Categories	Kid's 1	Kid's 2	Kid's 3	Teen's 1	Teen's 2	Adults	Seniors
Age	5 - 7	8 - 10	11 - 13	14 - 15	16 - 17	18 - 34	35 & up
Weight classes (kg) *							
Bantamweight	- 20	- 28	- 42	- 52,2	- 61,2	- 61,2	- 61,2
Featherweight	- 24	- 32	- 46	- 56,7	- 65,8	- 65,8	- 65,8
Lightweight	- 28	- 36	- 50	- 61,2	- 70,3	- 70,3	- 70,3
Welterweight	+ 28	+ 36	+ 50	+ 61,2	- 77,1	- 77,1	- 77,1
Middleweight					- 83,9	- 83,9	- 83,9
Light-Heavyweight					+ 83,9	- 93,0	- 93,0
Heavyweight						+ 93,0	+ 93,0

Female Categories	Kid's 1	Kid's 2	Kid's 3	Teen's 1	Teen's 2	Adults	Seniors
Age	5 - 7	8 - 10	11 - 13	14 - 15	16 - 17	18 - 29	35 & up
Weight classes (kg) *							
Atomweight	- 20	- 28	- 42	- 47,6			
Strawweight	- 24	- 32	- 46	- 52,2	- 52,2	- 52,2	- 52,2
Flyweight	- 28	- 36	- 50	- 56,7	- 56,7	- 56,7	- 56,7
Bantamweight	+ 28	+ 36	+ 50	+ 56,7	- 61,2	- 61,2	- 61,2
Featherweight					+ 61,2	- 65,8	- 65,8
Lightweight						- 70,3	- 70,3
Welterweight						+ 70,3	+ 70,3

* Weigh in is with underwear / Weight classes can be combined if needed / Divisions can be combined if needed

Kid's divisions:	Novice (no submissions)	Beginner	Intermediate	Experts
	6 month experience or less	Less than 1 years exp.	Less than 2 years exp.	2 years up

Teen's divisions:	Beginner	Intermediate	Experts
	Less than 1 year exp.	Less than 2 years exp.	More than 2 years exp.

Adult divisions:	Beginner	Intermediate	Experts
	Less than 2 years exp.	More than 2 years exp.	More than 4 years exp.