



SUBMISSION

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SUBMISSION

SUBMISSION rules must be organized **mandatory** in all continental and world championships.

*short description: a **ground fighting** system using empty-hands / throws, chokes, pinning, keys, and immobilizations; no strikes allowed.

TECHNIQUES PERMITTED

- takedowns and throws
- ground fighting with chokes, armbars, leg bars, pinning techniques.

Notes:

- *chokes or any kind of arm/leg/wrist/finger bars from standing up are forbidden;*
- *chokes, keys, s or throws against the spin are illegal and forbidden; the intention will be punished.*
- *slam directly on the spine or back of the neck is not allowed;*

Other rules:

- it is not allowed to kick or to punch the opponent
- it is not allowed to lay down voluntarily, with no action from the opponent (passive fight; -1 point)

FIGHTING TIME

1 round x 3 minutes for over 16 years old. In case of a draw, there will be an extra round of 1 or 2 minutes depending on the organizer's decision. The extra round will start from 0-0 and after this extra round, all referees must decide the winner.

1 round x 2 minutes. In case of a draw, there will be an extra round of 1 minute. The extra round will start from 0-0 and after this extra round, all referees must decide the winner.

Note: ground fighting time continues as long as there is a full action.

POINTS

- takedowns, sweepings, short throws: 1 point
- large throws: 2 points
- chokes/armbar/immobilizations (scored techniques) maintained for 10 sec: 2 points

PENALTIES and SCORES

- in case of repeated intentional fouls the ring referee will give: warning, -1, -3 points, disqualification.
- depending on the intensity of the foul the central referee can disqualify the athletes directly or after the first/second warning for the competitor, with the approval of the chairman of referees.
- just the penalties and points given by the central referee will be scored on the score table.

HOW TO WIN

- by decision
- by abandon

EQUIPMENT

- white Gi pants next to the ankle, Black Gi jacket, Red/Blue belts depending on the corner.

KEMPO UNIFORM & EQUIPMENT (TRADITIONAL KEMPO & SUBMISSION KEMPO) - all competitors -

