



POINT SPARRING WITH GROUND

CONTROL RULES

Legal Target Areas: Ribs, chest, abs
Illegal Target Areas: NO HEAD CONTACT, groin, back, leg techniques

ABSOLUTELY NO CHOKES, NO LOCKS NO SUBMISSION ATTEMPTS ALLOWED! NO GROUND AND POUND AND ABSOLUTELY NO HEAD CONTACT!

- Single Round Eliminations – 2 minutes each round.
- Championship rounds will consist of 2 rounds 2 minutes each with 30 second break in between. Top 4 fighters are considered “championship” rounds as well as title fight for GRAND Champion.
- All rounds will be continuous unless there is a foul or reset etc. needs to happen. Otherwise score totals will be called at the end of all rounds.
 - Example: Center Judge will have the clickers to keep score by recognizing each successful striking technique. At the end of the match, the judge will give the clickers to the scorekeeper.
- Light contact.
- No blind or out of control techniques of any kind. 1st offense STRONG WARNING, 2nd Disqualification.
- Center Referee can stop the match if it is clear to them that one opponent is incapable of continuing to fight and declare the other fighter the winner.
- Head judge can stop the match if it is clear to them that one opponent is incapable of continuing to fight and declare the other fighter the winner.
- No clawing, head contact, pressure point strikes, twisting techniques, slamming techniques or un-sportsman like attitude. 1st time Disqualification.
- 5 seconds to execute ground control while on ground or after countering a point scored on you – head referee will reset each match after 5 count
- No Knee Strikes or No Elbow Strikes No ground and pound - Automatic Disqualification.
- All fighters must make sure nails are trimmed back and not jagged to cut or hurt anyone.
- Competitor (Male – must have groin cup/sports cup)
- Gi Pants or Fight Shorts may be worn – or full uniform
- Must have approved headgear; hand and foot pads, mouthpieces, groin cups (for male competitors only) and chest guards & face shields (for all competitors 17-year-old and younger) are mandatory for all competitors in sparring divisions.
- Must have Ringstar Fight Shoes / Foam foot gear.
- Women Fighters must have sports bra and turtle Shell Chest Protectors.
- All Fighters male or female must supply own fight equipment and must be approved prior to entering the ring. All Fighters must weigh in prior to event. Weigh ins will close to ring/division starting no last minute entries. All Fighters must sign off on weight.
- NO negative language, attitudes or disrespectful behavior will be tolerated from anyone.
- Takedowns must be done within 5 seconds or match is stopped for reset.

Referee

- The most important function of the referee is to secure the safety of the competitors. Therefore the referee must be aware of the attitude and intent of the participants.
- The nature of a good referee should be fair and unbiased, and impartial. A referee must have extensive knowledge of POINT MMA rules and scoring and must not alter them in the least.
- A center ref MUST NOT argue point of judgment or call with anyone. If someone has a complaint match will be held and a calm conversation will take place. We don't want our refs to destroy their credibility throughout the competition.
- A good referee is there but barely seen in the middle of the fight unless deemed necessary.
- A referee must wear safety gloves at all times while being center referee.
- There will be 2-3 other judges/referees scoring each match.
- Referee (center ref is responsible for making sure that each fighter has the specified required equipment. All equipment must be inspected for usage by either center ref prior to each fight. Must make sure that the striking surfaces are free of abrasive tape that may cut the face of other fighters.
- A few moments of equipment inspection at the beginning of a bout can prevent serious injury.
- Required for use and inspection – boxing/full contact head guard, mouth guard, MMA fingerless fight gloves, Ringstar fight shoes, groin cup men, turtle shell chest protectors women.
- It is also the center ref's responsibility to make sure each fighter's nails are trimmed and not jagged as to hurt or injury other fighters.
- It is the center ref's responsibility to control the fight at all times as well as the ring and not allow coaches, parents, friends or anyone enter ring while fight is in play.
- Referee is as mobile as the movement that the fighters dictate.
- Center ref must make sure that other officials do not congregate on the side of any fighter and remain neutral at all times.
- Referee must make judgment calls immediately upon breaking the fight for any reason and may not confer with any other official or fight team, coach etc. The ref may however, use a brief moment to review rules if deemed necessary.
- The ref should never allow a competitor to compromise his or her authority as an official. The referee enforces the regulations exactly.
- The ref must not tolerate unsportsmanlike conduct or disrespect from the competitors or coaches, parents, friends etc. The match will be stopped and the fighter will NOT be permitted to go on.
- The ref should establish a close working relationship with the judges based on mutual respect. The officials must cooperate completely for the safety of the competitors and the determination of that division's true champion. The ref and judges always support each other on determination of rule violations.
- The ref must control that there is NO dialogue between the fighters once the match starts.
- If the ref has to discuss a violation with the competitor or an issue of warrant the clock must be stopped and start back as the fight proceeds.
- A ref should never ask another judge or official did you see

that kick or punch. All personal conversations about any of the matches should be done so when the division is completely over. There will be no personal discussion while any division is in session.

- The ref must communicate clearly and concisely with the score-keeper and timekeeper. Confusion often erupts when a scorekeeper has not been properly informed as to who scored what, when.
- Must remain during the entire division and not leave position until you speak and check out as head ref.
- Center Ref must be clearly vocal in calling illegal maneuvers, 10 count holds, disqualifications etc.

Scorekeeper/Timekeeper

- Must be trained prior to event
- Must have extensive knowledge of martial arts
- Must be professional at all times
- Must be focused on said divisions at all times
- Must know and understand the rules/ points, etc.
- Must be able to communicate clearly with the head referee
- Must be unbiased, impartial and follow the exact orders of the head referee.
- Must be appointed prior to event or division. No last minute substitutes.
- Must not have a fighter or participant in said division or match.
- Cannot change during a division, must work position throughout division.

Additional Officials/Judges

- Judges are expected to adhere to all rules and regulations of Point MMA as the center ref does.
- While scores are being calculated you are NOT permitted to speak to anyone until center ref collects your score sheets/ clickers etc.
- All official must be aware of rules
- All officials must have extensive knowledge of scoring systems.
- All officials must have an open mind to all styles and systems.
- An official may be removed if deemed necessary for but not limited to: bias toward a fighter or style, friendship interferes with ability to judge fairly, cheating, talking to teams, fighter, promoters etc. while fight or division is in progress, taking bribes etc.
- approved headgear; hand and foot pads, mouthpieces, groin cups (for male competitors only) and chest guards & face shields (for all competitors 17-year-old and younger) are mandatory for all competitors in sparring divisions.
- All officials are expected to only communicate with center ref while division or fight is in progress.

*** All referees, judges, officials, scorekeeper and time keeper must be in POINT MMA Attire or approved black suits. No sweats, etc. will be permitted. Our goal is to promote Refs, judges, officials etc. in the most professional manner possible. ***

Point MMA Scoring

Clean punch – this includes but not limited to punching to the body/torso	1 point
Clean kick - this includes but not limited to punching to the body/torso	2 points
Mount must be held for a 5-count	2 points
Mount reversal within 5-count	3 points
Any take down – does not count if you pull opponent into guard from standing position	2 points
Any sweep take down/ Sweeps of any kind	2 points
Sweeps of any kind	2 points
Knee to belly for 5-count	2 points
Spinning/aerial technique	3 points
Passing the guard	2 points
Taking the back must be held for at least a 5-count tightly with hooks and NO CHOKING!	2 points
Flowing rhymatic combination. <i>Takedowns, aerial ground control kicks and punches must be attempted or judges and refs will add a sudden death match.</i>	4 points
Dynamic throw or over should throw	2 points
If you fall at sacrifice	Warning
Opponent falls to ground after strike to torso	Give 10 count

Automatic Disqualification

Strike to the head	disqualification
Knee strike	disqualification
Elbow strike	disqualification
Open finger gouging	disqualification
Checking the knee of opponent with your foot	disqualification
Ground and pound to head	disqualification
Twisting and joint locking	disqualification
Low groin kicks or punches	disqualification
Not breaking upon center refs commands	first offense: warning, 2nd: disqualification
Kicking or hitting in the back	disqualification
Hammer Fist while in ground position	disqualification
Attempted submissions	disqualification
Stalling for longer than 5 counts	first offense: warning, 2nd: disqualification
Failure to not attempt three or more takedowns	first offense: warning, 2nd: disqualification
Takedowns, ground control kicks and punches must ALL be attempted throughout the match or judges and refs will add a sudden death match.	
Grabbing a uniform or body part has a 5-count time limit	
Any grabs or holds to execute a takedown have a 5-count take down	

To help educate and empower youth and teens, families, community clubs, gyms, and dojos, we recommend online training, DVDs, and/or seminars at licensed facilities.