



POINTS AND SCORING DEFINITIONS

POINTS

Points are awarded when a competitor executes one of the following techniques and maintains control of their opponent for at least 3 seconds afterward.

Takedown= 2pts

Sweep= 2pts

Knee on Belly= 2pts

Guard Pass/Side Control= 3pts

Mount/Back Mount= 4pts

Back Take= 4pts

- **Example 1:** Competitor A executes a successful takedown on Competitor B and maintains control of Competitor B on the ground in a top position for 3 seconds- 2pts awarded to competitor A.
- **Example 2:** Competitor A executes a successful guard pass on Competitor B. Competitor B hip escapes and gets to his/her knees before Competitor A holds position for 3 seconds- No points awarded.

DEFINITIONS

1. TAKEDOWN

A successful takedown attempt- ex. single leg, double leg, ankle-pick, hip toss- followed by control of opponent in a bottom position for 3 seconds by competitor that initiated takedown technique. If a competitor takes down their opponent and lands inside their opponent's guard, the competitor is still considered to be in a top position and points will be awarded unless their opponent can escape to their feet or perform a sweep within 3 seconds.

- **Example 1:** Competitor A initiates a single-leg takedown attempt and takes Competitor B to the ground and ends up in Competitor B's full guard. Competitor B fails to sweep, advance his position or escape to their feet for 3 seconds- Competitor A is awarded 2pts for the successful takedown.
- **Example 2:** Competitor A initiates a single-leg takedown attempt and takes Competitor B to the ground and ends up in Competitor B's full guard. Competitor B is able to hip escape and get back to his/her feet before 3 seconds is up- No points are awarded.

2. SWEEP

A sweep is defined as being in a bottom guard position- bottom half guard, butterfly guard with opponent on knees or standing, spider guard, etc...- and moving to top position via techniques involving the legs.

- **Example 1:** Competitor A is on their back and has Competitor B in spider guard. Competitor A raises one leg and tilts Competitor B in a sideward direction, Competitor B falls to their side or back and Competitor A comes to their knees and keeps Competitor B on the bottom position for 3 seconds- Competitor A is awarded 2pts.
- **Example 2:** Competitor A is in bottom side control and is able to sit up and roll Competitor B to his back ending in Competitor A being in top side control or half guard- no points are rewarded because Competitor A did not start from a guard and the legs were not involved.

3. KNEE ON BELLY

Knee on Belly is a dominant top position in which a competitor's knee/shin is placed on the torso of their opponent and their other leg extended out and away from their opponent. The competitor on top must have the foot of the extended leg on the mat and must be facing towards their opponents head, not their feet, to be awarded points after controlling the position for 3 seconds.

- **Example 1:** Competitor A is on top side control and brings his knee over Competitor B's stomach. Competitor A extends out their other leg and plants their foot on the mat. Competitor B is not able to get out from under Competitor A's knee or advance their position within 3 seconds- Competitor A is awarded 2pts.
- **Example 2:** Competitor A is on top side control and brings his knee over Competitor B's stomach. Competitor A extends out their other leg and plants their foot on the mat. Competitor A is facing Competitor B's feet and holds the position for 3 seconds or more- No points are awarded because Competitor A is not facing Competitor B's head.

4. GUARD PASS

A guard pass is when a competitor is able to clear their opponent's legs or guard and move into a dominant top position such as side control, north south, etc... and hold the position for 3

seconds or more. The competitor must stay out of leg entanglement with their opponent for the entire 3 seconds to be awarded points.

- **Example 1:** Competitor A is inside of Competitor B's full guard. Competitor A is able to break Competitor B's legs open and clear Competitor B's legs by using a passing technique such as a knee slide, pin and back step, etc... and makes it to a side control position perpendicular to Competitor B's body. Competitor A holds the top position for 3 seconds- Competitor A is awarded 3pts.
- **Example 2:** Competitor A is inside of Competitor B's full guard. Competitor A is able to break Competitor B's legs open and clear Competitor B's legs by using a passing technique such as a knee slide, pin and back step, etc... and makes it to a side control position perpendicular to Competitor B's body. Competitor B is able to regain a half guard position within 3 seconds- No points are awarded.

5. MOUNT/BACK MOUNT

Mount and Back Mount are dominant top positions in which a competitor is straddling their opponent who is either face up on their back in a laying position or face down on their stomach in a laying position. The competitor on top will have both knees on the mat outside of the opponent's legs. The competitor on top can have their arms/hands in various positions such as outstretched over their opponent's head with their palms on the mat, one arm around their opponent's head and the other outstretched, etc...

- **Example 1:** Competitor A is in top side control and steps one leg over Competitor B so that Competitor A's knees/legs are on either side of Competitor B. Competitor A places both hands on the mat over Competitor B's head and Competitor B is not able to escape or advance their position for 3 seconds- Competitor A is awarded 4pts.
- **Example 2:** Competitor A is in top side control and steps one leg over Competitor B so that Competitor A's knees/legs are on either side of Competitor B. Competitor A places both hands on the mat over Competitor B's head. Competitor B traps one of Competitor A's arms and rolls Competitor A over before 3 seconds has passed- No points awarded.

6. BACK TAKE/CONTROL

A back take or back control is when a competitor is behind their opponent with over/under grips –one arm over the opponent's shoulder and the other arm under the opponent's opposite arm with the competitor's hands gripping one another- and the competitor's feet/hooks on the upper thighs/lap of the opponent. The competitor must hold the position as described for 3 seconds to be awarded points.

- **Example 1:** Competitor A gets over/under grips on Competitor B then places their feet/hooks in Competitor B's lap. Competitor B is unable to remove either hook, turn into Competitor A or escape to a neutral or better position- Competitor A is awarded 4pts.
- **Example 2:** Competitor A gets over/under grips on Competitor B then places their feet/hooks in Competitor B's lap. Competitor B is able to remove one of Competitor A's hooks within 3 seconds by pushing the foot off of their lap and to the side and then proceeds to start turning into Competitor A. Competitor A now only has one hook and the over/under grip- No points are rewarded.

SITUATIONAL EXPLANATIONS

1. Points are only to be awarded after a competitor holds each scoring position for 3 seconds. The exception to this rule is as follows:
 - Scoring can be cumulative if a competitor is moving through scoring positions in order from 2pts to 4pts as long as the competitor holds the final position for 3 seconds.
Example: A competitor passes full guard and goes to Mount and holds it for 3 seconds- the competitor is awarded 3pts for the Guard Pass and 4pts for the Mount which equals 7pts total. If a competitor goes through the same sequence but loses Mount within 3 seconds, no points are rewarded.
2. Points are only awarded during a progressive scoring sequence meaning that if a competitor goes from Mount to Knee on Belly, no points are awarded for the Knee on Belly because they already held a higher scoring position. The only exception to this is if the competitors both stand up again and then re-engage or if both competitors are stood up by the referee to restart due to stalling/no action.