

NAGA Grappling (No-Gi) Rules

Wrestling is humankind's oldest sport. Throughout history the goal of wrestling in every form is control of the opponent. For thousands of years, this control has been recognized in three distinct ways - Pinning, throwing, and submission. Folkstyle, Freestyle, and Greco all end with a pin. Judo and Sambo end with a throw. But the greatest exhibition of control of all sports is forcing your opponent to consciously submit. It is this standard by which NAGA contests are instantly won.

The first Olympics had two forms of wrestling, matches ended by a throw, and matches ended by a submission. Greco-Roman" wrestling comes not from the ancient Olympics, but rather from forms of wrestling practiced in France in the 1800s. NAGA leads in a tradition that has been practice since time immemorial.

Towards the goal of submission, players generally try to take the other player down, control him on the ground, further the control, and then force the opponent to submit. As detailed below, in the absence of a submission, NAGA referees are directed to determine via points which player was closest to getting on top, getting control, and getting submission. However, players should not "play points" rather, they are encouraged to try to submit the opponent.

No-Gi Points are awarded for the following:

Takedown	1 or 2 Points
Sweep	2 Points
Side Control	2 Points
Mount	2 Points
Submission Attempt	1 or 2 Points

If the Takedown or Submission Attempt is not decisive, full, and strong, one point can be awarded by the referee.

No-Gi Point Definitions and Descriptions

Take Down Points:

In awarding two points, the referee is directed to look for the following:

The player must initiate the takedown;

The initiating player must exhibit restraining control;

The initiating player must be on top (higher than the bottom player).

If a player fails to execute a full and strong takedown as defined above, one point can be awarded.

Observations 1: If you snap the other player down and he ends up on all fours, in order to receive two points, you must come around and control him from the back.

Observation 2: If you snap the other player down and he posts on his hands, no points are awarded. If you initiate a snapdown (not a situation where he shoots in) and he ends up on all fours with you controlling from his top, one point will be awarded.

Observation 3: If you take the other player down by jumping on their back and end up in Back Mount facing up, you are awarded two points for the takedown. You also receive two more Mount points.

Observation 4: If you execute a hip throw and end up on bottom, only one takedown point is awarded. If the other player ends up in side control or mount, two points are awarded for the control (but not for the reversal/takedown). If the player taken down uses his guard to sweep the other player over, two points will be awarded for the sweep.

Observation 5: A player can initiate 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 player can get two points.

Observation 6: A full "Ippon" hip throw where the initiating player ends standing while the other player is flat on his back or side is not awarded two points (in Sambo or Judo it would be match ending) as no control is established. In this situation, one point is generally awarded.

Observation 7: In order to achieve Restraining Control, you have to achieve a position for a sufficient duration to initiate passing guard, to further control, to initiate a submission attempt, or to otherwise further your game. This is generally after one or two seconds.

Observation 8: Taking a player down and letting him up, only to take him down again will not result in further takedown points.

Observation 9: If the bottom player initiates the stand up, and then is taken down again, two further points can be awarded. The player who stood up must stand for long enough and be in a position where there is a scoring opportunity. Popping up momentarily only to be immediately taken down again is awarded 1 point.

Observation 10: Purposefully going out of bounds to avoid a takedown will result in the player initiating the takedown receiving two points.

Observation 11: If one player has the other in a position from which a takedown is inevitable and the match is stopped for going out of bounds, two points can be awarded to the initiating player without the takedown having take place.

Observation 12: The player taken down must be on both feet. The player initiating the takedown can be on both feet, both knees, or one foot and one knee.

Observation 13: It is not permitted to pull guard, or “butt flop” without first making contact with the opponent. Sitting down without contact is conceding the takedown, and results in one point being awarded to the standing player.

Sweep Points:

When a competitor on the bottom of any guard is able to reverse the position and end up on top of his opponent, 2 Points are awarded.

Observation 1: A sweep is by definition only applicable if started in any type of guard position. A reversal is executed from positions other than the guard and receives no points. However, if a reversal ends up with the top player in some form of side control, then two points are awarded. The 2 points however are awarded for the side control, and not for the reversal.

Observation 2: When a competitor advances from a guard to the back of his opponent (opponent is still on knees), the competitor will receive two points. However, the two points are awarded not for the sweep, but for the Mount.

Observation 3: If the player executing a successful sweep ends up in Mount or Side Control, a further two points are awarded for position.

Observation 4: Turtle Guard is not recognized as a form of Guard. However, if a player starts in a form of Guard and then aggressively initiates turtle position (not in response to a pass) and in one continuous motion ends up on top, a two point sweep can be awarded.

Side Control Points:

Side Control is any secure form of top control (except for the various Mount variations) that lends itself to submission. The control has to be long enough to set up a submission attempt, which can be as short as a second, depending upon the pace of the match. The most high percentage forms of control include Cross Side, Head and Arm, Knee on Stomach, North/South. NAGA also recognizes a secure Top Turtle (knee in tight, far one on one) as a form of Side Control.

Observation 1: No points are awarded when a player transitions between one form of side control and another. For example, if you have Side Control and then Knee on Stomach, no additional points are awarded.

Observation: 2 more points are awarded when a player moves from side control to any of the forms of Mount.

Observation 3: No points are awarded for escapes. This, if you are Bottom Mount, and you bridge to In Guard, no points are awarded as you went

from a disadvantageous position to a neutral position.

Observation 4: In order for Side Control points to be awarded, the top player must be completely past the legs.

Observations 5: The bottom player does not necessarily need to have his shoulders pinned to the ground in order for points to be awarded.

Mount Points:

When a competitor successfully maintains any of the Mount positions for a length of time and of a form sufficient to allow a submission attempt, two points will be awarded.

Observation 1: NAGA recognizes several variations of Mount including Mount, Back Mount, Back Grab, Back Figure Four, Back Scissor, and Reverse Mount (top player facing towards the legs).

Observation 2: The opponent can be lying on his back, side or stomach to receive two Points for the mount position.

Observation 3: One knee and one foot on the ground will still be considered the mount position. Two feet on the ground is not considered the mount.

Observation 4: The competitor in the (front) mounted position can have one knee over his opponents arm, but never both to receive mount points.

Observation 5: The competitor in the Reverse Mount can have both feet down, both knees down, or one knee and one foot. The bottom player can be facing up or sideways.

Observation 6: Reverse Mount where the bottom player is facing down (Boston Crab) is not awarded Mount points.

Observation 7: A triangle choke attempt from the guard that ends in a sweep to the mount position will not receive any points (for the mount).

However, sweep points may be awarded for this situation, as well as submission attempt points.

Observation 8: When a competitor can control an opponent's back, with both feet positioned on the inner thighs Back Grab has will be recognized. One leg can be hooked into the leg, and one can be hooked over the arm on the opposite side.

Observation 9: With one exception (see Observation 10) only two points are given for moving between any of the various Mount positions. For example, moving from Back Mount to Back Grab, or from Front Mount to Reverse Mount, does not result in a further two points being awarded.

Observation 10: Moving from (Front) Mount to Back Grab will result in a further two points being awarded.

Observation 11: Moving from Mount to Side Control does not result in a further two points, as it is moving from a superior to an inferior position

Submission Points:

Two points are awarded for a full and strong Submission Attempt. A Submission is recognized as full and strong when is one or more of the following occurs:

The finish in question is not a low percentage submission (wrist lock, body scissor, etc);

The defender is 'In Danger' - the finish has the potential for completion (if a kneebar the hips have to be placed correctly, if a choke the neck must have been reached, etc.);

The opponent takes time to escape;

Upon escaping, the opponent does not instantly move to an attack of his own, but instead assumes a defensive posture.

One point is awarded for a Submission Attempt that is significant but does not meet the above criteria.

In a situation that is less than full and strong, referees are directed to award one point as soon as they see it, in order to encourage an aggressive style of play. If the submission in question later proves to be full and strong, an additional point can be awarded.

Observation 1: Submissions must be applied in order to get a submission, and not in order to injure the joint.

Observation 2: Chaining full and strong submission attempts will result in points being awarded for each different submission.

Determining a Tie

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

Judges will first consider initiation and aggression. The ref is directed to consider who made the greatest successful effort to attack and control? In practice, this is most commonly attempting takedowns, and attempting submissions.

In the event that players are equal in terms of Initiation and Aggression, judges 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.

Pace is which Grappler determined the tempo of the match.

Place is which Grappler dictated where on the mat the match took place. This is most commonly seen when one player moves forward while the other circles or backs away.

Position is which Grappler successfully initiated specific tie ups and other action.

If they are still equal, Judges will give the decision to the player with less warnings or cautions.

Last, in the absence of any warnings or cautions, the edge shall be given to the fighter who better exemplifies the sport as an exciting, colorful, viable contest.

If the players are still equal, then an overtime period can be called for. Please note that this should be a very unusual occurrence, and is in essence a failure on the part of the ref to determine a winner.

N0-Gi Division Time Limits

- All Kids and Teens Novice, Beginner and Intermediate divisions are 3 minutes in length.
- All Kids and Teens Advanced /Expert, Adult Novice and Beginner, All Masters, Directors, and Executives divisions are 4 minutes in length.
- Adult Intermediate divisions are 5 minutes in length.
- Adult Advanced/Expert divisions are 6 minutes in length.

N0-Gi Division Illegal Techniques

All Adult Divisions (Male and Female, Adult, Masters, Executive, and Directors)

- NAGA is open to athletes from all forms of grappling, and discriminates against none. All submission holds are legal. Neck cranks and all leg locks including inside heel hooks, outside heel hooks, and knee slices are permitted. Bicep slices and wrist locks are permitted.
- 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.
- Submissions must be applied in order to get a submission, and not in order to injure the joint.
- 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

- No pressure of any type is allowed to the eyes. Explicitly, no fingers, chin, palm heel, etc are allowed to press on the eye.
- No pressure of any type is allowed to the groin, unless it is an inevitable and unintended result of a legitimate technique.
- No pushing palm or elbow directly into nose.
- No striking of any kind including: shoulder, headbutts, punches, elbows, knees, kicks etc.
- No fish Hooking is permitted.
- No biting is permitted. A player defending against a rear naked choke.
- No spiking an opponent on his/her head.
- No Small Joint Manipulation is permitted. No pulling a thumb or less than three fingers is permitted.
- No pulling hair.
- No pinching, twisting of skin.
- No putting a finger into any orifice.
- No Interference by a corner with any official or fighter.
- No attacking an opponent in any of these circumstances:
 1. Before the fight has started
 2. After the fight has ended
 3. During a rest period between rounds
 4. When an opponent is being looked at by the medic or any other official
- No spitting while on the mat is permitted.
- No swearing is allowed by a player in the arena.
- Throwing an opponent off the mat.
- No unsportsmanlike conduct.
- Hygiene Rule: All competitors must wear a clean competition uniform (gi, shorts, shirt, etc.). If a referee feels this criteria has not been met they will not allow the competitor to compete.
- At a minimum a groin protector, mouthpiece, and shorts with a drawstring must be worn, no pockets on the shorts.
- Wrestling/Martial Arts shoes are allowed.
- Excessive taping of hands, wrists and feet are not allowed.
- Knee braces cannot have a solid portion that could result in injury.
- No stalling is permitted.

- No going out of bounds to avoid a submission. It is not possible to restart players in a near submission position, so referees are directed to allow the contest to continue if the out of bounds was inadvertent. Purposefully exiting the ring to avoid a submission will result in disqualification.
- No going out of bounds to avoid a takedown. Purposefully going out of bounds to avoid a takedown will result in the player initiating the takedown receiving two points.

In addition to all forbidden techniques above for adults, the further restrictions below also apply to children.

Kids and Teens No-Gi Competitors

- No neck cranks or cervical locks are permitted. Pulling the head down on triangle chokes is allowed. Guillotines are permitted. Many other techniques including Ezekiel chokes, and Scarf Hold can be done in such a way that the neck is cranked; this is not permitted. If the Ezekiel Choke, Scarf Hold, etc is done in such a way that the neck is not cranked, then it is permitted.
- No mata leo (rear naked) is allowed from Mount. It is allowed from Back Mount.
- No squeezing the legs around an opponent's torso (from guard, back, or side) as a submission.
- No twisting leg locks are permitted. Explicitly, all heel hooks and toes holds are forbidden. In the case of a straight ankle lock, there can be no rolling or reaping. The players outside leg cannot come across past the hip.
- No wrist locks, not calf crush, no bicep slice.
- No scissor takedown is permitted, whether a hand is on the ground or not.

Observations on grabbing Clothing

Observation 1: The opponent's top (tshirt or rash guard) cannot be grabbed under any circumstances. Shorts cannot be grabbed in order to takedown or pin, under any circumstances.

Observation 2: Shorts can be grabbed briefly in order to pass Guard.

Observation 3: Players can grab their own clothing as long as they are not using it to submit. The most common acceptable use of shorts grabbing is to defend against keylocks.

Observation 4: Some players feel there is an advantage to wearing gi pants or sweat pants that extend below the knee. Those players electing to wear full length pants that go below the knee should understand that the pants can be grabbed by the other player, to takedown, to pin, etc

Observations on Stalling:

Observation 5: If there is stalling on the ground, the referee has the right to restart the match standing, in addition to the other penalty actions defined elsewhere.

Observation 6: If there is stalling standing, the referee has the right to restart the match on the mat. The referee will determine based on aggressiveness which is allowed to choose to choose Guard or In Guard.

Observation 7: Athletes must be present when called to the ring. Failure to show when called will result in the opponent being awarded two points.

Observation 8: Taking a player down and then standing up and getting a takedown again receives no further takedown points, and can receive a warning for stalling. If the player is using the second attempt at a takedown to further control on the mat, no warning is necessary.

Observation 9: A player standing up from In Guard cannot call the down player up, and once standing has to aggressively engage. Otherwise he will be warned for stalling.

Penalties:

NAGA referees have three options:

Verbal Warning

Point Deduction

Disqualification from contest

Disqualification from event (competitor cannot continue on in another division)

The usual process with ordinary, unintentional fouls is:

1. First Offense – Verbal Warning
2. Second Offense – Verbal Warning
3. Third Offense – Results in opponent receiving 1 Point.
4. Fourth Offense – Results in opponent receiving an additional Point.
5. Fifth Offense – Results in Disqualification.

The referee is not bound to go through the five step process above.

Depending upon the severity of the infraction, there can be an immediate points deduction, or immediate disqualification.

The most common grounds for immediate disqualification are:

Flagrant disrespect to a referee or opponent (swearing, shoving, etc);

Intention striking;

Intentional slamming;

Refusing to release a submission after a tapout.