



**TNT GRAPPLING PRESENTS**  
**Friday, April 19, 2019**



# MONGOOSE OPEN



**San Antonio, TX**

**Grappling/Jiu-Jitsu GI and No GI**  
**Continuous Sparring**

For information call Mike Palomo  
Team Mongoose  
(210 ) 912-6991

**Qualify for the TNT State Finals**

**REGISTER ONLINE**  
**[www.TNTGrappling.com](http://www.TNTGrappling.com)**

**JUST**  
**\$40**



We are pleased to invite you to the **Mongoose Open Grappling and Continuous Sparring event!** We have established a rating system for tournaments and athletes, as well as judging parameters that will serve to elevate the standards and quality of Sport Grappling. A Competitors to be ranked and qualify for State Finals must attend a TNT Grappling Qualifier! Tournaments that uses TNT rules and divisions will be considered a TNT "Qualifier". There will be TNT regions throughout Texas. The players from each of the Region with the most points will earn top ranking at State Finals. **THE MORE YOU COMPETE AND WIN AT A TNT QUALIFIERS, THE BETTER CHANCE YOU WILL RECEIVE THE #1 SEED AT STATE! ALL 1ST PLACE AT STATE RECEIVES THE CHAMPIONSHIP RING!**

The state tournament is open to anyone regardless of being a TNT member; however, all TNT members will be eligible to be seeded (placed in a preferred position of competition) at the state finals. Non seeded competitors will be seeded as “Wild Card” players. The winner of the wild card players will then advance with the seeded players to compete for the state title. We will be using TNT rules at all TNT events . All competitors are required to check and send any corrections before the TNT State Finals deadline on our website. The season begins January and ends October of each year. A copy of the official TNT rules can be downloaded on our website.

We look forward to another fantastic year and hope to see you real soon!

Wayne Nguyen  
TNT Grappling Founder

**Pre-register before April 15th and save!!!**

**Date:** Friday, April 19th

**Location: Palo Alto College Gymnasium**  
1400 W Villaret Blvd, San Antonio, TX 78224

**Nearest Hotel:**

For all nearest hotels and motels go to [HOTELS.COM](https://www.hotels.com) for the best deals!!

**TKO Promoter:** Mike Palomo

**Tournament Coordinators:** Wayne Nguyen

**For information call For information call:**

Mike Palomo  
Team Mongoose  
mpkmongoose@yahoo.com  
(210 ) 912-6991

**There is no Door Registration on day of event.** You must be registered online prior to the event. Discounts for early registration ends Monday, April 15th. Late online registration will end on Thursday, April 18th at midnight.

Doors open Friday at 5:30 pm. Weigh-in will be open to all competitors regardless if you pre-registered or not. The weigh-ins will be at the staging area (all competitors must weigh-in). Adults must bring a photo ID to weigh-in.

**Gi and No Gi will start at 6:00 pm sharp, followed by Continuous Sparring.** We will announce and check-in all divisions at the ring. There will be no refund if you have to leave early.

**Proof of Age:** All youth competitors must retain on their person a birth certificate and present it upon request or risk disqualification and forfeit all fees. No refunds.

TNT Grappling is based on the rules created by the **International Brazilian Jiu-Jitsu Federation**

BEAT the DEADLINE!  
Register Online!!!  
**[www.TNTGrappling.com](http://www.TNTGrappling.com)**

## GI - BRAZILIAN JIU JITSU

### Age Divisions:

- Kids ages 4 – 11 (male and female)
- Juniors ages 12 -17 (male and female)
- Adults Men ages 18 - 34
- Masters Men ages 35 - 44
- Seniors Men ages 45 and up
- Adults Female ages 18 - 34
- Masters Female ages 35+

### Skill Levels:

Kids Ages 4 - 11 (male & female)

Beginner 0 - 1.5 years experience

Intermediate 1.5 years experience and up

Juniors Ages 12 - 17 (male & female)

Beginner 0 - 1.5 years experience

Intermediate 1.5-3 years experience and up

Advance 3 years and up

Adults, Masters, & Seniors (male & female)

Beginner 0 – 1.5 years experience.

Intermediate 1.5 - 3 years experience

Advanced 3 years experience and up

### Weight Classes for "KIDS" (Male & Female).

"4-11 years old", "Beginner" or "Intermediate"

(If there are 2 or more **GIRLS** in a division, we will create a separate division for the girls).

G-1 - 49.9 lbs & under

G-2 - 50 to 59.9 lbs

G-3 - 60 to 69.9 lbs

G-4 - 70 to 79.9 lbs

G-5 - 80 to 89.9 lbs

G-6 - 90 to 99.9 lbs

G-7 - 100 to 109.9 lbs

G-8 - 110 to 119.9 lbs

G-9 - 120 to 129.9 lbs

G-10 - 130 to 139.9 lbs

G-11 - 140 to 149.9 lbs

G-12 - 150 to 159.9 lbs

G-13 - 160 to 169.9 lbs

G-14 - 170 to 179.9 lbs

G-15 - 180 lbs & over

### Weight Classes for "TEENS" (Male & Female).

"12 and 17 years old"

"Beginner", "Intermediate" and "Advance"

(If there are 2 or more **GIRLS** in a division, we will create a separate division for the girls).

GT1 - 87 lbs. & under

GT2 - 88.1 - 102 lbs.

GT3 - 102.1 - 116 lbs.

GT4 - 116.1 - 127 lbs.

GT5 - 127.1 - 141 lbs.

GT6 - 141.1 - 154 lbs.

GT7 - 154.1 - 167 lbs.

GT8 - 167.1 - 181 lbs.

GT9 - 181.1 - 194 lbs.

GT10 - 194.1 - 208 lbs.

GT11 - 208.1 lbs. & Over

### WOMEN Weight Classes for "Adults". "18+ years" "Beginner", "Intermediate", "Advance"

GW1 - 116 lbs. & under

GW2 - 120.1 - 135 lbs.

GW3 - 135.1 - 150 lbs.

GW4 - 150.1 - 170 lbs.

GW5 - 170.1 & up

### WOMEN Weight Classes for "Masters" "35+ years" "Beginner", "Intermediate", "Advance"

GWM1 - 116 lbs. & under

GWM2 - 120.1 - 135 lbs.

GWM3 - 135.1 - 150 lbs.

GWM4 - 150.1 - 170 lbs.

GWM5 - 170.1 & up

### MEN Weight Classes for "Adults". "18 + years" "Beginner", "Intermediate", "Advance"

GM1 - 127 lbs. & under

GM2 - 127.1 - 141 lbs.

GM3 - 141.1 - 154 lbs.

GM4 - 154.1 - 167 lbs.

GM5 - 167.1 - 181 lbs.

GM6 - 181.1 - 194 lbs.

GM7 - 194.1 - 208 lbs.

GM8 - 208.1 - 221 lbs.

GM9 - 221.1 lbs. & Over

### MEN Weight Classes for "Masters". "30-39 years" "Beginner", "Intermediate", "Advance"

GMM1 - 160 lbs. & under

GMM2 - 160.1 - 180 lbs.

GMM3 - 180.1 - 200lbs.

GMM4 - 200.1 lbs. & Over

### MEN Weight Classes for "Seniors". "40+ years" "Beginner", "Intermediate", "Advance"

GMS1 - 170 lbs. & under

GMS2 - 170.1 - 190 lbs.

GMS3 - 190.1 – 210lbs.

GMS4 - 210.1 lbs. & Over

## NO GI

### DIVISIONS AGE AND WEIGHT

Weight Classes for "KIDS" (Male & Female).

Age Category "4 - 11 years old"

"Beginner" or "Intermediate"

(If there are 2 or more **GIRLS** in a division, we will create a separate division for the girls).

NG-1 - 49.9 lbs & under

NG-2 - 50 to 59.9 lbs

NG-3 - 60 to 69.9 lbs

NG-4 - 70 to 79.9 lbs

NG-5 - 80 to 89.9 lbs

NG-6 - 90 to 99.9 lbs

NG-7 - 100 to 109.9 lbs

NG-8 - 110 to 119.9 lbs

NG-9 - 120 to 129.9 lbs

NG-10 - 130 to 139.9 lbs

NG-11 - 140 to 149.9 lbs

NG-12 - 150 to 159.9 lbs

NG-13 - 160 to 169.9 lbs

NG-14 - 170 to 179.9 lbs

NG-15 - 180 lbs & over

Weight Classes for "Teens" (Male & Female).

"12 and 17 years old"

"Beginner", "Intermediate" and "Advance"

(If there are 2 or more **GIRLS** in a division, we will create a separate division for the girls).

NGT1 - 87 lbs. & under

NGT2 - 88.1 - 102 lbs.

NGT3 - 102.1 - 116 lbs.

NGT4 - 116.1 - 127 lbs.

NGT5 - 127.1 - 141 lbs.

NGT6 - 141.1 - 154 lbs.

NGT7 - 154.1 - 167 lbs.

NGT8 - 167.1 - 181 lbs.

NGT9 - 181.1 - 194 lbs.

NGT10 - 194.1 - 208 lbs.

NGT11 - 208.1 lbs. & Over

### WOMEN Weight Classes for "Adults". "18+ years" "Beginner", "Intermediate", "Advance"

GW1 - 116 lbs. & under

GW2 - 120.1 - 135 lbs.

GW3 - 135.1 - 150 lbs.

GW4 - 150.1 - 170 lbs.

GW5 - 170.1 & up

### WOMEN Weight Classes for "Masters". "35+ years" "Beginner", "Intermediate", "Advance"

NGWM1 - 116 lbs. & under

NGWM2 - 120.1 - 135 lbs.

NGWM3 - 135.1 - 150 lbs.

NGWM4 - 150.1 - 170 lbs.

NGWM5 - 170.1 & up

### MEN Weight Classes for "Adults". "18+ years" "Beginner", "Intermediate", "Advance"

NGM1 - 127 lbs. & under

NGM2 - 127.1 - 141 lbs.

NGM3 - 141.1 - 154 lbs.

NGM4 - 154.1 - 167 lbs.

NGM5 - 167.1 - 181 lbs.

NGM6 - 181.1 - 194 lbs.

NGM7 - 194.1 - 208 lbs.

NGM8 - 208.1 - 221 lbs.

NGM9 - 221.1 lbs. & Over

### MEN Weight Classes for "Masters". "30-39 years" "Beginner", "Intermediate", "Advance"

NGMM1 - 160 lbs. & under

NGMM2 - 160.1 - 180 lbs.

NGMM3 - 180.1 - 200lbs.

NGMM4 - 200.1 lbs. & Over

### MEN Weight Classes for "Seniors". "40+ years" "Beginner", "Intermediate", "Advance"

NGMS1 - 170 lbs. & under

NGMS2 - 170.1 - 190 lbs.

NGMS3 - 190.1 – 210lbs.

NGMS4 - 210.1 lbs. & Over

## REGISTRATION FEE INFORMATION (No Door- Deadline until Thursday 4/15/19)

Register Early \$ Save Money \$	Early Registration by 04/15/19 By mail only	Registration After 04/15/19	<b>TOTAL</b>
<b>Entry Fee – 1</b>	\$40	\$50	=
Additional Events	\$20 x _____	\$30 x _____	=
<b>Spectator Pass</b>	\$10 x _____	\$15 x _____	=
<b>Tournament T-shirt</b>	\$15 Size _____	\$20 Size _____	=
<b>TOTAL REGISTRATION FEE =</b>			

**PAYMENTS:** Make payable to Mike Palomo – Mail to : 1511 Peterson Ave. San Antonio TX78224. No personal Checks accepted at the door. Only U.S. Currency, Travelers Checks or Money Order. NO REFUNDS, NO TRANSFERS, NO SUBSTITUTION — PLEASE DO NOT ASK! Got Question? Call 210-912-6991



## Continuous Sparring Division Code

### Skill Levels:

#### Kids Ages 4 - 11 (male & female)

Beginner 0 - 1.5 years experience

Intermediate 1.5 years experience and up

#### Juniors Ages 12 - 17 (male & female)

Beginner 0 - 1.5 years experience

Intermediate 1.5-3 years experience and up

Advance 3 years and up

#### Adults, Masters, & Seniors (male & female)

Beginner 0 - 1.5 years experience.

Intermediate 1.5 - 3 years experience

Advanced 3 years experience and up

### Weight Classes for "KIDS" (Male).

#### "4 -11 years old", "Beginner" or "Intermediate & up"

CS-1 - 49.9 lbs & under

CS-2 - 50 to 59.9 lbs

CS-3 - 60 to 69.9 lbs

CS-4 - 70 to 79.9 lbs

CS-5 - 80 to 89.9 lbs

CS-6 - 90 to 99.9 lbs

CS-7 - 100 to 109.9 lbs

CS-8 - 110 to 119.9 lbs

CS-9 - 120 to 129.9 lbs

CS-10 - 130 to 139.9 lbs

CS-11 - 140 to 149.9 lbs

CS-12 - 150 to 159.9 lbs

CS-13 - 160 to 169.9 lbs

CS-14 - 170 to 179.9 lbs

CS-15 - 180 lbs & over

### Weight Classes for "KIDS" (Female).

#### "4 -11 years old", "Beginner" or

#### "Intermediate"

CSF-1 - 49.9 lbs & under

CSF-2 - 50 to 59.9 lbs

CSF-3 - 60 to 69.9 lbs

CSF-4 - 70 to 79.9 lbs

CSF-5 - 80 to 89.9 lbs

CSF-6 - 90 to 99.9 lbs

CSF-7 - 100 to 109.9 lbs

CSF-8 - 110 to 119.9 lbs

CSF-9 - 120 to 129.9 lbs

CSF-10 - 130 to 139.9 lbs

CSF-11 - 140 to 149.9 lbs

CSF-12 - 150 to 159.9 lbs

CSF-13 - 160 to 169.9 lbs

CSF-14 - 170 to 179.9 lbs

CSF-15 - 180 lbs & over

### Weight Classes for "TEENS" (Male)

#### "12 and 17 years old"

#### "Beginner", "Intermediate" and "Advance"

CST1 - 87 lbs. & under

CST2 - 88.1 - 102 lbs.

CST3 - 102.1 - 116 lbs.

CST4 - 116.1 - 127 lbs.

CST5 - 127.1 - 141 lbs.

CST6 - 141.1 - 154 lbs.

CST7 - 154.1 - 167 lbs.

CST8 - 167.1 - 181 lbs.

CST9 - 181.1 - 194 lbs.

CST10 - 194.1 - 208 lbs.

CST11 - 208.1 lbs. & Over

### Weight Classes for "TEENS" (Female)

#### "12 and 17 years old"

#### "Beginner", "Intermediate" and "Advance"

CSTF1 - 87 lbs. & under

CSTF2 - 88.1 - 102 lbs.

CSTF3 - 102.1 - 116 lbs.

CSTF4 - 116.1 - 127 lbs.

CSTF5 - 127.1 - 141 lbs.

CSTF6 - 141.1 - 154 lbs.

CSTF7 - 154.1 - 167 lbs.

CSTF8 - 167.1 - 181 lbs.

CSTF9 - 181.1 - 194 lbs.

CSTF10 - 194.1 - 208 lbs.

CSTF11 - 208.1 lbs. & Over

### WOMEN Weight Classes for "Adults".

#### "18+ years" "Beginner", "Intermediate", "Advance"

CSW1 - Women's Lightweight: (125 lb. & Under)

CSW2 - Women's Welterweight: (126 - 135 lb.

CSW3 - Women's Middleweight: (136 - 145 lb.

CSW4 - Women's Light Heavyweight: (146 lb. & above)

### WOMEN Weight Classes for "Masters"

#### "35+ years" "Beginner", "Intermediate", "Advance"

CSWM1 - Women's Lightweight: (125 lb. & Under)

CSWM2 - Women's Welterweight: (126 - 135 lb.

CSWM3 - Women's Middleweight: (136 - 145 lb.

CSWM4 - Women's Light Heavyweight: (146 lb. & above)

### MEN Weight Classes for "Adults".

#### "18 + years" "Beginner", "Intermediate", "Advance"

CSM1 - Men's Featherweight: (145 lb. & Under)

CSM2 - Men's Lightweight: (146 - 155 lb.

CSM3 - Men's Welterweight: (156 - 170 lb.

CSM4 - Men's Middleweight: (171 - 185 lb.

CSM5 - Men's Light Heavyweight: (186 - 205 lb.

CSMS - Men's Heavyweight: (206 lb. & Above)

### MEN Weight Classes for "Masters".

#### "35+ years" "Beginner", "Intermediate", "Advance"

CSMM1 - Men's Featherweight: (145 lb. & Under)

CSMM2 - Men's Lightweight: (146 - 155 lb.

CSMM3 - Men's Welterweight: (156 - 170 lb.

CSMM4 - Men's Middleweight: (171 - 185 lb.

CSMM5 - Men's Light Heavyweight: (186 - 205 lb.

CSMMS - Men's Heavyweight: (206 lb. & Above)

# REGISTER ONLINE AT [www.TNTGrappling.com](http://www.TNTGrappling.com)

**PLEASE NOTE** – Due to point tabulations and rankings for the 2019 State Finals, all divisions are set, and cannot be moved or separated. If there is no one in your division, you will win by default, and an exhibition match will be offered.

We will make announcements for your division number to report to the assign ring. Once your ring is assigned, please head their immediately so you do not miss the division. Make sure to check in with the judge in the ring you are assigned to.

**NOTE:** You can enter as many divisions that you qualify to enter. Use the Division Code listed on above of page. Please fill in the **Code Number** for divisions entered (example G1, CS1): \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ /

Registration and payment instructions. Print and fill out all information requested to **Mike Palomo** –Mail to: **1511 Peterson Ave. San Antonio TX78224. , 77573**. To ensure your pre-registration you should mail by certified mail to ensure your registration. No Door Registrations! Beat the Deadline go online at [www.TNTGrappling.com](http://www.TNTGrappling.com)

Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age: \_\_\_\_\_ Sex: **M / F** Weight: \_\_\_\_\_ Height: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Club Name: \_\_\_\_\_ Instructor: \_\_\_\_\_ School Phone: \_\_\_\_\_

Club Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Liability Waiver:** I, \_\_\_\_\_ the undersigned, do hereby release Mike Palomo, TNT Grappling, and all other persons associated with this event in any capacity, from any liability due to injuries, etc. that may incur as a result of my attendance or that of my child, through participation at the TNT Grappling event.

Furthermore, I hereby permanently waive any compensation whatsoever for the use of pictures, videos, media coverage, etc. utilized by those associated with this event which may be used for profit making purposes. I clearly understand the fighting aspect of this sport and competition involves bodily contact. I have read, understand and agree to abide by the rules associated with TNT Grappling events and assume all responsibility and any associated liability for infringement of such rules. Additionally, I am fully aware of my personal medical condition and hereby certify that I am mentally and physically fit to compete at this tournament and also understand that a valid birth certificate should be presented to compete at the TNT Grappling event.

Date: \_\_\_\_\_ Competitor Signature: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_ (If under 18 years of age)



# TNT GRAPPLING RULES AT GLANCE

## TNT Grappling No Gi Points

Takedowns	1 or 2 Points
Submission Attempts	1 or 2 Points
Sweeps	2 Points
Side Control Variatons	2 Points
Mount	2 Points
Back Grab	2 Points
Knee on Bell	2 Points

**NO-GI TAKEDOWNS:** 2 Points are awarded when you initiate a Takedown, take your opponent off their feet, and remain on a top position for two seconds. 1 Point may be awarded for Takedowns that do not result in top control. All Takedowns are legal except dropping an opponent on their head, or a Scissors Takedown without placing your hand on the mat first (Scissors Takedowns are illegal for Children and Teens). Slamming an opponent with the intention to cause injury will result in immediate disqualification.

**NO-GI DOMINANT POSITIONAL CONTROL:** 2 Points are awarded for all forms of top control that provide common submission opportunities, including Side Mount, North-South, Knee on Belly, Scarf Hold, Modified Scarf Hold, Top Turtle control, Mount, and Back Grab positions. Consecutive control points are only awarded for going from a form of Side Control to Knee on Belly/Mount/Back Grab, not from a Side Control to another form of Side Control. Positional Control has to be long enough to set up a submission attempt, which is deemed a two second count. A total of 6 positional points can be achieved in succession.

**NO-GI SWEEPS:** 2 Points are awarded when you initiate a Sweep from any form of Guard, and go from the bottom to a top position. If the Sweep ends in a form of Side Control or Mount, you earn two additional points for the Dominant Control. NO Points are awarded for Escapes or Reversals; if you are Bottom Mount, and you bridge to “In Guard,” NO Points are awarded. If you are bottom Side Control and reverse ending up in Top Side Control, 2 Points are awarded for the Dominant Control, not for the Reversal.

**SUBMISSION ATTEMPTS:** 1 or 2 Points are awarded for a Submission Attempt. Submission attempts that are of a high percentage of the opponent being finished will result in 2 Points being awarded. A Submission attempt that fails to meet the Full and Strong Criteria may be awarded 1 Point.

Kids & Teens No Gi Legal / Illegal Techniques: Novice Kids divisions do not allow submissions to be applied.

**The following are Illegal techniques for Beginner, Intermediate, Advanced & Expert Kids / All Teens divisions:**

All forms of neck cranks, No Gi Ezekiel choke, jumping Guard, wrist locks, bicep & calf compressions, body com-pressions used as a submission, slamming, “Boston crab” & “Bear crawl” style guard passes, twisting or reaping forms of ankle / leg locks, squeezing windpipe w/ hand, “electric chair,” and spine locks are illegal.

All No Gi chokes require an opponent’s arm inside the choke except Guillotines, rear naked chokes, forearm chokes and gogoplatas. Straight ankle locks and straight knee bars are Legal techniques in Teen No Gi competition.

Adult Men & Women, No Gi Legal / Illegal Techniques: Heel Hooks—Illegal for Novice & Beginners / Legal for Intermediate & Expert. All skill levels are permitted to apply virtually all other submission techniques. Slamming, pulling back fingers or toes and squeezing windpipe w/ hand are Illegal techniques for all Novice, Beginner, Intermediate and Expert No Gi competitors.

# TNT Grappling Gi (BJJ) Points

Takedowns	2 Points
Sweeps	2 Points
Knee on Belly	2 Points
Passing the Guard	3 Points
Mount	4 Points
Back Grab	4 Points

TNT Gi Competition is based on the rules created by the International Brazilian Jiu-Jitsu Federation. All achievable points require 3 seconds of dominant control. Advantages are awarded for techniques applied that almost achieve points or almost submit an opponent. Note: Advantages do not equal points. One point is worth more than an infinite number of Advantages.

Kids & Teens Gi Legal / Illegal Techniques: Novice Kids divisions do not allow submissions to be applied. The following are illegal techniques for Beginner, Intermediate, Advanced Kids / All Teens divisions: All of the rules associated with No Gi competition are identical in the Gi competition except the following: Gi based Ezekiel chokes are permitted. Teens are permitted to apply straight ankle locks in Gi competition.

Adult Men & Women, Gi Legal / Illegal Techniques: All forms of heel hooks, neck cranks, slamming, pulling back fingers or toes, scissors takedowns and spine locks are illegal for all belt levels. White Belts— Straight ankle locks are permitted (no twisting or reaping of the knee). Jumping Guard is not permitted for White Belts. Blue & Purple Belts— add wrist locks, jumping Guard & body compressions. Brown & Black Belts— add toe holds, knee bars, bicep & calf slicers.

## TNT No Gi & Gi Time Limits:

Kids (ages 13 and under) & Teens (ages 14-17)  
Novice, Beginner, Intermediate & Advanced  
**3 Min**

Adults (ages 18-29) Novice, Beginner & White Belt (ages 30-39) All skill & belt levels (ages 40-49) & (ages 50 & above)  
All skill & belt levels Adults (ages 18-29)  
**4 Min**

Intermediate / Blue Belt Adults (ages 18-29)  
**5 Min**

Purple, Brown & Black Belts  
**6 Min**

Our number one goal at TNT is **SAFETY**. Referees reserve the right to stop a match at any time he/she feels injury is imminent. Any interference from a coach or spectator during a match will result in disqualification of that competitor. Please remember this is a martial arts event and professionalism is what we expect from our coaches and competitors. **For more information visit our website at [www.TNTLeague.com](http://www.TNTLeague.com)**

# TNT Continuous Sparring Rules

## Definition:

Light Contact Fighting in a Continuous Manner. Under no circumstances should light contact continuous fighting simulate full contact kickboxing. Utilizing well-controlled techniques, ring craftsmanship and combination skills, competitors should attempt to “outscore” rather than “overpower” their opponent.

Competitors will fight continuously until the referee’s command to “STOP/BREAK”. Techniques should not “strike through” or “push through” the target. Striking with excessive contact, or uncontrolled striking of any kind will lead to disqualification. Emphasis must be placed on both punching and kicking techniques. Punching or “boxing” only to body or leg (Above the knee), for an extended period of time without throwing kicks will downgrade the judge’s evaluation of your performance.

Each match is carried out with running time. The referee and judges will evaluate the relative effectiveness of each fighter based on the number, quality and variety of scoring strikes, defense and conditioning. Rules violations (whether penalized by the referee or not) will downgrade the judges evaluation of the offending fighter. The three officials will determine the winner of each match by majority decision.

## Equipment Needed:

- Adult divisions: mouth-guard, Head Gear, 10oz gloves or larger, groin protection, shin/instep guards.
- Teen & Junior divisions: mouth-guard, Head Gear, 10oz gloves or larger, groin protection, shin/instep guards.
- Shorts or pants and school tshirt/rash guard or Martial Arts Uniform must be worn.

**Weigh-in time:** All competitors must weigh at scheduled time. If a competitor missed the weigh-in time, weigh-in will take place at the time when the competitor is called to compete.

## Time and Rounds

- Two (2) - Two (1) minute rounds with a 30 second break. If both Fighter wins each round, a 3<sup>rd</sup> round of 30 second is needed. Head judge will only judge 3<sup>rd</sup> round to insure no ties.

## Weight Divisions and Weigh-in Procedures

- See ‘Divisions’ listing on website and in event program.

**Coaching:** Coaching is allowed on both side of the ring. Coaches are not allowed to badger or yell at judges. The competitor’s coach can also make the decision to forfeit a fight by calling time, and informing the head judge to forfeit the fight.

## Legal Target Areas

The following parts of the body may be attacked using the authorized fighting techniques:

Torso – front and side

Legs – Inside and outside (above knee)

Feet – only for sweeping

Legal Techniques – Scoring

Both hand and foot strikes should be used. In evaluating each fighter’s performance the judges will give more credit to the athlete that is effective with a balanced attack of kicks and punches thrown in combination. Punching or “boxing” only for an extended period of time without throwing kicks may be cause for penalization or may downgrade the judge’s evaluation of a fighter’s performance.

The authorized striking area of the hand or foot may only make “Clean/ Controlled” Light contact. The fighter must be looking at the point of contact when executing the technique. All techniques must be well executed. Weak techniques or techniques that simply touch or brush or push an opponent will not be scored. Excessive contact, mauling, pushing or rough-housing will be grounds for penalization, downgrading in the judges evaluation and/or disqualification.

If a fighter jumps in the air to attack, he must land inside the ring to score, and he must keep his balance (it is not allowed to touch the floor with any part of the body except the feet).

#### **HAND TECHNIQUES:**

The following hand techniques may be applied:

- All kind of fighting punches.

#### **FOOT, LEG TECHNIQUES:**

- Front kick
- Sidekick
- Roundhouse kick
- Heel kick (sole of the foot only)
- Crescent kick
- Axe kick (sole of the foot only)
- Jump kicks

#### **THROWING TECHNIQUES:**

- Foot sweeps (foot to foot – ankle/foot level only)

#### **Illegal Target Areas, Prohibited Techniques and Prohibited Behavior**

Any technique not listed as legal above, or striking any target not listed as legal above, including, but not limited to the following:

- Head/Face of any kind or above the neck area.
- Attack the throat, lower abdomen, kidneys, back, joints, and groin.
- Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder or a spinning hand strike.
- Turn one's the back to the opponent, run away, fall down, intentional clinching, blind techniques, wrestling and ducking below opponent's waist.
- Attack an opponent who is falling to the floor or is already on the floor, that is, as soon as one hand or knees touches the floor.
- Leave the ring without any permission.
- Continue after the command "stop" or "break" or the end of the round has been sounded.
- Oil the face or body.
- Hooking, tripping, and hitting with knees or elbows.
- Butting with the head, shoulders, forearms and elbows, strangling the opponent, crushing his face with arm or elbow and pushing back the opponent.
- Hitting with open gloves, with the inside of the gloves or with a wrist.
- Hitting the opponent's back, particularly on the nape of his neck, head and kidneys.
- Lying down, wrestling or not fighting at all.
- Attacking an opponent who is on the floor on getting up.
- Clinching without any reason.
- Hitting while hooking the opponent, or pulling the opponent into the blow.
- Hooking or holding opponent's arm or putting an arm underneath the arm of the opponent.
- Suddenly lowering one's head below opponent's belt in a way that would be dangerous for the latter.
- Using artificial means for a passive defense and falling down intentionally, in order to avoid a blow.
- "Spoiling". Intentionally preventing your opponent from engaging you by moving around the ring or clinching your opponent in order to cut down on round time.
- Using insulting and aggressive language during a round.
- Refusing to withdraw after the order "BREAK".
- Trying to land a blow on the opponent immediately after a "BREAK" order and before withdrawing.
- Assailing or insulting the referee at any time.
- Exiting the ring during the fighting competition



- 1st violation or exit – Verbal caution
- 2nd violation or exit – Official warning
- 3rd violation or exit - Disqualification

Violations of the rules and regulations will lead to cautions, warnings, and/or disqualification. Referees may warn penalize a competitor at their discretion depending upon the severity or repetitive nature of the rules violation.

**The Center Referee is the arbiter of the rules. If he perceives that a violation has occurred he has the discretion to issue one of the following:**

#### **A *Caution***

A "Caution" may be issued without stopping the action of the fight.

#### **An *Official Warning***

An "Official Warning" is issued by stopping action of the fight. The "Official Warning" indicates that if the referee has to stop the match again for the same or a similar infraction the offending athlete will be disqualified.

#### **A *Disqualification***

A "Disqualification" awards the match to the offending fighter's opponent. The referee has the discretion to use Cautions, Warnings and Disqualification according to the severity of the offense. A fighter does not have to be Cautioned in order to receive an Official Warning. Nor does he have to receive an Official Warning prior to being Disqualified.

**The following may lead to immediate disqualification:**

- Excessive contact resulting in an injury
- Repeatedly striking with excessive contact
- Uncontrolled or malicious attacks
- Excessive or continuous hitting after "stop" command
- Extreme unsportsmanlike conduct of a fighter such as insulting the referee or the opponent

#### **Injuries**

The match should be interrupted if an injury occurs. In the event of injury, time may only be interrupted until the doctor decides on the seriousness of the injury, that is, whether or not the fight can continue or whether it must be stopped. Treatment of the injury can only be done in between rounds or after the match. If the injury needs to be treated, the match must be stopped. In any case, cuts cannot be taped. If the match is stopped due to injury, the officials must decide:

- Who caused the injury?
- Whether or not it was intentional.
- Whether or not it was self-inflicted.

If the injury was not intentional and the injured fighter cannot continue fighting immediately, the uninjured fighter is declared the winner.

If the injury is due to a violation of the rules, the responsible fighter may be disqualified.

If the injury is due to his own fault, the uninjured fighter is declared the winner.

#### **Referees Powers and Responsibilities:**

The referee has the power to:

- Stop a fight at any moment if he finds it to be too one-sided.
- Stop a fight at any moment if one of the fighters has received an unauthorized blow or is wounded, or if he considers a fighter unable to continue.
- Stop a fight at any moment if he finds the fighters behaving in an "unsportsman-like" manner. In such a case, he must disqualify one fighter.
- Warn a fighter or stop the bout and give a minus point or warning to a fighter for an offence.
- Disqualify a coach or a second who has broken the regulations or the fighter himself if his coach or the second fails to obey to his orders.
- Disqualify, with or without a warning, a fighter who has committed an offence.

- Interpret the rules as long as they are applicable or compatible with the fight that is taking place, or, at a special moment, decide on a move which does not appear in the rules.
- If a fighter breaks the rules but does not necessarily deserve a disqualification, the referee must stop the fight and give a warning to the fighter of a foul. Before the warning, the referee must order the fighter to stop fighting. The warning must be given clearly, so that the fighter understands the reason and cause of the penalty. The referee must hand signal to each judge that a particular warning has been given and clearly show which fighter has been punished. After having given the warning, the referee orders the fighters to fight again. If a fighter has given three official warnings within the same bout, he is disqualified.
- A referee may give a caution to a fighter. A caution means a warning given by a referee to a fighter for breaking the rule. In order to do this he doesn't need to stop the fight, and may reprimand the fighter during the fight.

### **Judges Scoring System**

Every round is separately evaluated by each of the judges according to a positive criteria that will gain a fighter points and negative

#### **Criteria that will earn points:**

Positive Judges Criteria (That Will Earn a Fighter Credit towards Victory)

- clean and controlled scoring punches and kicks
- the demonstration of effective combination striking
- the effectiveness of the fighters defense
- the variety of strikes used (hands and feet)
- excellent physical condition

#### **Negative Judges Criteria (That Will Reduce a Fighters Credit towards Victory)**

- Rules Violations whether cautioned or warned by the referee or not
- Cautions and/or Warning by the referee for rules violations
- "bullying", or any effort to overpower an opponent rather than demonstrate superior skill
- lack of combination striking
- lack of variety in strikes (hands and feet)
- poor physical condition

#### **Courtesy Rule:**

Salute to the judges first and then competitors salute to each other before the bout begins. After the bout finishes, salute to the judges again and then competitors salute to each other.

#### **Weight Classes Weight Classes Kids:**

10lbs pounds max weight difference between 2 or more competitors

If less than 2 competitors in a weight class, the judge & competitor reserves the right to combine weight classes. (If Needed)

#### **Weight Divisions and Age Bracketing:**

All competitors will be matched according to their weight. We do our best to match competitors by weight and rank. with no more than 2 years of age. A duplicated bracket will be created if we have a minimum of at least two (2) competitor in the same age bracket. The division will be split/separated with placing and points awarded to both. If we cannot create a new bracket to accommodate the competitor, he/she will have no choice but to fight in that weight division. (See division codes below)