APPROVED BY:

Order No. 21IGF-23 of 29 April 2021

by the President of the International Grappling Federation

**INTERNATIONAL RULES FOR DEMONSTRATION OF GRAPPLING GI / NOGI TECHNIQUES**

1. **AGE GROUPS OF PARTICIPANTS**

Participants are divided only by age groups:

U9 - Children (9 years and younger), boys and girls.

U11 - Children (10 -11 years), boys and girls.

U13 - Children (12-13 years), boys and girls.

U15 - Youngsters (14-15 years old), boys and girls.

U17 - Youth (16-17 years old), boys and girls.

U19 - Juniors (18-19 years old), men and women.

Adults (18 years and older), men and women.

Masters (Group I 35-44 years old; Group II 45-54 years old; Group III 55-64 years old; Group IV 65 years old and older), men and women.

**II. COMPETITION PARTICIPANTS’ CLOTHING**

NoGi – Athlete’s shirt is tight, with short or long sleeves. Shorts should be neat, can be dark or loose.

Gi – Athlete’s kimono clothing must be made of cotton fabric or other similar material, should be in good condition and tidy. A belt should be tightly wrapped around the waist that holds the jacket. Women can wear a T-shirt under a jacket. Men cannot wear a T-shirt under a jacket. Athletes must be without shoes during the demonstration of the techniques.

**III. EVALUATION OF TECHNICAL PERFORMANCE OF COMPETITION PARTICIPANTS**

Aesthetics 0-3 points. Points are awarded for clothing, environment, aesthetic appearance. The aesthetics of the participant and the partner are evaluated.

Martial arts etiquette 0-3 points. Points are awarded for maintaining martial arts etiquette, showing respect: greetings, farewells to the jury, partner. Participant’s and partner’s etiquette is evaluated.

Technical complexity 0-10 points. Points are awarded for the complexity and uniqueness of the performed technique (unusual, non-standard, rare, effective).

Correct performance of the technique 0-10 points. Points are awarded for the performance of the correct technique, the order of demonstration of the technique specified in the regulations, and the performance and efficiency.

**IV. TASKS OF DEMONSTRATION TECHNIQUES**

Participants are required to perform the following combinations of grappling technique demonstrations:

1. Starting from standing, throwing / moving the partner to the floor and ending with a painful hand action. (No more than 3 painful steps).
2. Starting from standing, throwing / moving the partner to the floor and ending with a painful action on the leg. (No more than 3 painful steps).
3. Starting from standing, throwing / moving the partner to the floor and ending with a strangulation action. (No more than 3 strangulation actions).
4. Freestyle programme. Athlete – the participant chooses what he / she wants to demonstrate. Starting from standing, throwing / moving the partner to the floor and ending with a painful or strangulation action. (No more than 3 strangulation or painful actions).

The technique must be demonstrated in a pair.

Technique demonstration combinations are performed in sequence 1,2,3,4.

**V. TIME OF TECHNIQUE DEMONSTRATION TASKS**

The demonstration time for all four techniques must not exceed 2 minutes.

**VI. PRESENTATION OF TASKS PERFORMED FOR TECHNIQUE DEMONSTRATION**

During the grappling technique demonstration competition, the grappling technique must be filmed remotely and sent to Email: igf.dankyu@gmail.com

Each participant uploads only one video, which must include all four technique demonstration tasks.

We recommend that you post the video of the technical demonstration to your personal or your club’s Facebook account, Youtube channel or other account and call it “Grappling Technical Demonstration”, and send the link to Email: igf.dankyu@gmail.com

When submitting a video, you must include your name, age, country, and the club you represent in the email. Athletes participating in the competition must present a license – registration card.

**VII. FINAL PROVISIONS**

The current rules have been approved by the IGF. They can be changed if necessary. In the event of a dispute over the interpretation or application of the rules, the English version shall prevail. In grappling events, participants agree that disputes will not reach the Civil Court. All disputes are settled by the IGF panel of referees and, if necessary, by the IGF Council.