



Official Rules and Scoring

Version 1.0, October 2026. The reference copy for athletes, coaches, corners and officials.

1. Philosophy

Grappling is a competition of positional dominance and control. No competitor should win by managing the clock or collecting advantages. Winning must be clear and decisive: dominate and control your opponent.

FRCS encourages takedowns, throws, positional control, fast transitions and submissions. There is no guard pulling and no butt scooting. Playing guard on the way to victory is allowed, but it is not rewarded as a dominant position.

2. Time Limits

All matches are 6 minutes: two 3-minute rounds with a 60-second rest. With no pin, submission or verbal tap at the end of time, the competitor with the most points wins.

3. Ways to Win

By pin

Hold the opponent for 20 seconds in a position they cannot improve from:

- Past the guard with the opponent's shoulders on the mat.
- Mount held without losing the position.
- Back control with both hooks in, opponent stretched out and belly down.
- Knee on belly maintained.

By submission

A tap or verbal submission wins. All submissions are legal. Each competitor is responsible for tapping before an injury.

By points

Most points at the end of time wins. On a tied score, the referee and two side judges each show the card for the corner they pick. A unanimous or 2 to 1 majority decides the match.

4. Super Matches

A drawn super match goes to two 90-second sudden-death overtime rounds. The first takedown of any kind followed by control wins. If there is still no winner, the three officials decide by majority or unanimous decision.

5. Technical Stoppage

If a competitor cannot continue because of injury, impact, dizziness or loss of consciousness, the opponent wins by technical stoppage. The referee may give a standing 8 count after a hard throw. A 10 count ends the

match.

6. Fouls and Illegal Techniques

- No eye poking or gouging.
- No headbutts, standing or on the ground.
- No fish-hooking.
- No fingers in any opening of the opponent's body.
- No intentional knees, shins or feet to the groin.
- No excessive cuffing or slapping to the head, ears or neck.
- No elbows, knees or strikes of any kind.
- No shin kicking. Leg attacks and foot sweeps must be made with intent to score a takedown and while engaged.
- No stomps or direct attacks to the knee. Kani basami and other leg attacks are permitted.

7. Scoring

Move	Points
Simple takedown, dump, trip or fall to a dominant position	2
Skillful takedown, both of the opponent's feet leave the ground	3
Masterful throw, the opponent's feet go over their head	5
Escape from an inferior position back to your feet	1
Sweep or reversal from an inferior to a dominant position	2
Passing the guard	3
Mount held for 2 seconds	4
Taking the back with hooks in	4
Knee on belly held for a 3 count	2
Knee on belly held for a 5 count	3
Knee on belly held for 20 seconds	Pin

8. Passivity, Guard Pulling and Butt Scooting

Every guard pull must come with intent to attack, score or pressure. Flying triangles, flying armbars and sacrifice throws are not passive guard pulls even when they do not finish. A competitor who pulls guard concedes the takedown points unless the pull ends in a sweep or dominant position. Two or three scoots are allowed at the referee's discretion.

- First time: stand-up.

- Second time: warning.
- Third time: 1 point to the opponent.
- When the opponent has been awarded 4 passivity points, the match ends by referee stoppage.