

PGF FRANCHISE SUBMISSION-ONLY TOURNAMENT RULEBOOK

Short Matches. Constant Pressure. Hunt the Finish.

**SUBMISSION-ONLY REGULATION
FIRST SCORE OR SUBMISSION WINS OVERTIME
MAXIMUM 5-MINUTE REGULATION**

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This document is a franchise tournament ruleset inspired by PGF-style grappling. It is not the official PGF rulebook.

1. Competition Philosophy

This tournament is designed around short, aggressive, submission-focused matches. Regulation is submission only. If no submission occurs, the match moves immediately to sudden-death overtime where the first athlete to score or submit wins.

CORE PRINCIPLE

Attack. Submit. Keep moving. Regulation rewards the finish; overtime guarantees a winner without a referee decision.

2. Divisions

Youth

- Ages 6-7
- Ages 8-9
- Ages 10-12
- Ages 13-15
- Ages 16-17

Adult

- Beginner
- Intermediate
- Advanced

Masters

- Masters 30+
- Masters 40+
- Masters 50+

Masters competitors follow the same technique rules as the corresponding Adult skill division. Intermediate and Advanced competitors use the same submission legality; the distinction between those divisions is experience level, not allowable submissions.

3. Match Times

Division	Regulation	Overtime
Ages 6-7	3 min	2 min
Ages 8-9	3 min	2 min
Ages 10-12	4 min	2 min
Ages 13-15	5 min	2 min
Ages 16-17	5 min	2 min
Adult Beginner	5 min	2 min
Adult Intermediate	5 min	2 min
Adult Advanced	5 min	2 min
Masters Beginner	5 min	2 min
Masters Intermediate	5 min	2 min
Masters Advanced	5 min	2 min

4. Regulation

Regulation is submission only. There are no positional points, advantages, referee decisions, or points for submission attempts.

A regulation match may end by

- Submission
- Verbal submission
- Referee stoppage
- Medical stoppage
- Disqualification
- Forfeit

If regulation ends without a submission, the match immediately enters overtime.

5. Overtime - Sudden Death

FIRST TO SCORE OR SUBMIT WINS

Overtime starts neutral. The first legal submission or qualifying scoring action ends the match immediately.

Qualifying overtime scores

- Clean takedown followed by established top control
- Sweep or reversal resulting in established top control
- Guard pass with established control
- Mount
- Back control

A guard pull does not score. A failed takedown does not score. A temporary position during a scramble does not score. The referee should require approximately 2 seconds of clear control before awarding a positional score.

Once a qualifying score is established, the referee stops the match and declares the winner.

6. Activity and Stalling

Athletes are expected to continuously pursue meaningful offense. The tournament is designed to reward athletes who hunt submissions rather than protect a draw.

Meaningful offensive action includes

- Takedown attempts
- Sweeps
- Guard passing
- Positional advancement
- Submission attacks
- Back takes
- Actions that force a meaningful defensive response

The referee may call "ACTION!" when an athlete is inactive, passive, avoiding engagement, or failing to pursue meaningful offense.

INACTIVITY / PASSIVITY - 3 STRIKES, YOU'RE OUT

This rule applies to inaction, stalling, and passive behavior.

1. First strike - Verbal warning
2. Second strike - Penalty
3. Third strike - Disqualification (you're out)

7. Universal Safety Rules

The following are illegal in every age and skill division:

- Jumping guard
- Kani Basami / scissor takedowns
- Slamming
- Intentional head or neck spikes
- Striking
- Eye gouging
- Biting
- Hair pulling
- Fish hooking
- Groin attacks
- Small-joint manipulation of individual fingers or toes
- Intentional attacks after the referee calls stop
- Deliberate attempts to injure an opponent

8. Jumping Guard and Kani Basami

Jumping Guard

Jumping guard is prohibited in every division, from age 6 through Masters Advanced. Athletes may safely sit or pull guard while maintaining controlled contact, but may not jump their body weight onto a standing opponent.

Kani Basami

Kani Basami and other uncontrolled scissor-style takedowns are prohibited in every division. This includes jumping or falling attacks across the opponent's standing knee line.

9. Lift and Slam Rule

KNEE-LINE LIFT RULE

If the lifted athlete's hips or pelvis rise above the lifting athlete's knee line, the referee immediately stops the action and restarts both athletes standing neutral.

Slamming is prohibited in every division. A competitor may safely lift an opponent to demonstrate an escape, but the match is stopped before a dangerous return to the mat can occur.

Legal controlled lift

- Referee calls "STOP - LIFT."
- Athletes safely release the position.
- Both athletes restart standing neutral in the center.
- No submission is awarded.
- No positional advantage is retained.
- A legal controlled lift by itself is not a penalty.

Actual slam or spike

If an athlete intentionally drives, drops, spikes, or violently returns the opponent to the mat, the referee may assess a major foul or immediate disqualification. Intentional head or neck spikes result in immediate disqualification.

10. Youth Referee Stoppages

Athlete safety takes priority in every division under age 18. The referee does not have to wait for a youth athlete to physically tap.

YOUTH SAFETY STANDARD

If the referee believes a legal submission is fully secured and continued resistance presents an unnecessary risk of injury, the referee may stop the match and award the submission. Younger divisions receive earlier stoppages than older teen divisions.

11. Allowable Techniques

The technique matrix below defines the tournament's progressive submission rules. Intermediate and Advanced use the same full submission arsenal. Masters follow the corresponding Adult skill column.

Technique	6-7	8-9	10-12	13-15	16-17	Beginner	Intermediate	Advanced
Armbar	YES	YES	YES	YES	YES	YES	YES	YES
Americana	YES	YES	YES	YES	YES	YES	YES	YES
Kimura	YES	YES	YES	YES	YES	YES	YES	YES
Omoplata	YES	YES	YES	YES	YES	YES	YES	YES
Rear naked choke	YES	YES	YES	YES	YES	YES	YES	YES
Triangle choke	YES*	YES	YES	YES	YES	YES	YES	YES
Arm triangle	YES	YES	YES	YES	YES	YES	YES	YES
Guillotine	YES*	YES*	YES	YES	YES	YES	YES	YES
D'Arce choke	NO	YES*	YES	YES	YES	YES	YES	YES
Anaconda choke	NO	YES*	YES	YES	YES	YES	YES	YES
Wrist locks	NO	NO	NO	NO	YES*	YES	YES	YES
Straight ankle lock	NO	NO	NO	NO	YES	YES	YES	YES
Kneebar	NO	NO	NO	NO	NO	NO	YES	YES
Toe hold	NO	NO	NO	NO	NO	NO	YES	YES
Biceps slicer	NO	NO	NO	NO	NO	NO	YES	YES
Calf slicer	NO	NO	NO	NO	NO	NO	YES	YES
Heel hooks	NO	NO	NO	NO	NO	NO	YES	YES
Knee reaping	NO	NO	NO	NO	NO	NO	YES	YES
Rotational ankle locks	NO	NO	NO	NO	NO	NO	YES	YES
Approved neck cranks	NO	NO	NO	NO	NO	NO	YES	YES
Smother	NO	NO	NO	NO	NO	NO	YES	YES
Jumping guard	NO	NO	NO	NO	NO	NO	NO	NO
Kani Basami	NO	NO	NO	NO	NO	NO	NO	NO
Slamming	NO	NO	NO	NO	NO	NO	NO	NO

* Subject to additional youth referee safety discretion.

Masters Beginner = Beginner rules | Masters Intermediate = Intermediate rules | Masters Advanced = Advanced rules

12. Team Scoring

For franchise competition, team points reward athletes who finish matches in regulation. A regulation submission is intentionally worth more than an overtime victory.

Result	Team Points
Kill - choke or approved neck submission	6
Break - joint submission	3
Submission in first minute	+1 bonus
Overtime win by submission	2
Overtime win by score	1
DQ victory	2
EXAMPLE Rear naked choke at 0:45 = 6 points for the Kill + 1 first-minute bonus = 7 team points. An overtime win by takedown = 1 team point.	

13. Referee Commands

Command	Meaning
FIGHT	Start or resume competition
ACTION	Athlete must produce meaningful offense
STOP	Immediately cease action
STOP - LIFT	Knee-line lift threshold reached; neutral restart
SCORE - MATCH	Qualifying overtime score established; match ends

14. Rules at a Glance

EVENT STANDARD

5 minutes maximum. Submission-only regulation. First score or submission wins overtime. No jumping guard. No Kani Basami. No slamming. Lift above the knee line = stop and neutral restart. Intermediate and Advanced = full submission rules. Youth safety stoppages are permitted. Action over stalling. Finishers score the most team points.

15. Tournament Philosophy

SHORT MATCHES. HIGH PRESSURE. CONSTANT ATTACKS. HUNT THE FINISH.