



KOSEN GRAPPLING / SUBMISSION

Rules for KOSEN Competition (under KJA nsw & IKA)

IN BRIEF: kosen grappling is win only with submissions. Rules have been modified to suit the cage.

In the Kosen competition, there are not many restrictions on practicing "Newaza" (ground work). Kosen judo is what was first described as the strongest fighting art in the world from 1914 through to 1950's it has made a strong come back due to the UFC MMA styles events. Kosen Judo is "not judo one sided" so that grappling & Jujutsu codes are able to compete without the restriction of knowledge or fear of been thrown for ippon (win), with an emphasis on Hikikomi - or pulling your opponent to the ground. Ne-waza is used by all grappling codes, of course safety is first, this is a fast method of grappling that I hope you embrace and try.

- 1) The Tournament Director reserves the right to abandon, amalgamate or disqualify any person, weight division or category where sufficient members are not present, or acting in an unjust manner these guidelines are to ensure that the event is on time and with out delays.
- 2) This is a 1 round only match.
- 3) Athletes must make agreed weight.
- 4) All players are to sign wavier to compete in Kosen grappling events.

These "NEW" modified rules are designed to assist and develop young athletes to better prepare them for the next level of MMA and grappling to reduce risk and increase motivation and confidence

The rules are set to ensure the safety of all competitors No exceptions.

1: Weight Divisions: Men: U/73 kg, U/81 kg, U/90 kg, U/100 kg, O/100
Women: U/50 kg, U/63 kg, U/70kg, O/70kg

2: Match times: Men & Women 3 minutes

3: Dress Regulations & Safety Guards: All players are to wear the traditional Gi / judo / jujutsu uniform. Mouth-guard, groin protectors are optional.

4: Scoring Victory:

Forced tap out by submission either by (choke, arm lock & straight leg-lock)

Disqualification of opponents.

Opponent taps out or yells out stop.

10pts system is used if no submission has taken place or time laps

Referee's discretion to the safety of the players.

Scoring:

EXAMPLE 1: either standing or ground strangle arm locks

EXAMPLE 2: To score 10 points, a player wins by submission either by (choke, arm locks & straight leg-lock).

EXAMPLE 3: Dominate player, this does not mean pulling guard and sitting there, players must be active. Center referee uses discretion. All Throws, sweeps, take downs, pass guard, rear mounts & controls **will NOT score**, only submissions will be awarded full points

EXAMPLE 4: 2 warnings is disqualification from that match.

The referee controls the match, (*like in Judo*) but (dose not) yell out points scored (*like jujutsu*). He is assisted by 3 official table operator that writes the points (if 10pts system is used)

5: Ground & Standing techniques

A) Legal: All strangles with / without GI. All Arm / straight leg locks. All hold-downs judo/jujitsu / wrestling.) All throws, sweeps, take-downs Four finger only lock

B) Illegal (You will be disqualified if you do any of the below NO STRIKING AT ALL)

No Heal locks, No rotation of any joints, No neck cranks of any kind, No hands / fingers on the face

No Spine or neck pressure, **No face contact at all**, No throwing opponent on head / neck, No using neck / head to aid technique. No throws / sweeps that risk injury No throwing a player “onto” your knee.

ADDITIONAL ILLEGAL TECHNIQUES

NO striking of any kind.

NO Slamming a player to the ground

NO Head butting

NO Biting, Scratching & pinching

NO Poking or eye gouging with any part of the body

Any un-sportsman like behaviour (Bad language, disrespecting any official / representatives of IBF, KA, KJAnsw & IKA)

6: Disqualification:

- **2warnings** & your out of contest, for any of the above illegal techniques that are seen to be deliberate & with in tent to harm another player.
- Un sportsman like behaviour, bad language, bringing the sport in to disrepute.
- Any false information supplied on your medical form / registration form, & contest registration form.

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