

SUG RULES

EBI RULES

- Matches are 8-minutes
- Submission only – no points. All submissions legal
- If nobody gets a submission, we go to overtime rounds
- Competitors flip a coin to decide who goes first
- Competitors choose to start attacking from the back (Rear mount with seatbelt) or 'spiderweb' position (armbar)
- Competitors take turns to attack from chosen position
- If one competitor submits, and the other does not (opponent escapes), he is declared winner
- If both competitors escape, we move to the next overtime round (maximum 3 overtime rounds)
- If there are no submissions at the end of the three overtime rounds, the competitor with the fastest combined escape time wins the match.
- In the event a competitor gives up the preferred starting position and moves to any leg attack, the referee will end the match in 10 seconds if a submission is not secured

ILLEGAL MOVES

- Fingers and toes through the cage to hold a position or advance a position are not legal
- Grabbing skin, fish hooking or grabbing hair are not legal
- Small joint submissions are not legal (Fingers and toes - wrist and ankles ARE legal)
- Spiking the head or pile drivers are not legal
- No strikes of any type

All submissions are legal and competitors are expected to be versed in defense of cutters and heel hooks that are customarily only allowed in advanced belt tournaments.

TEEN EXCEPTIONS

- No heel hooks, neck cranks, twisting spine or twister
- These rules also apply to any tag team matches including teens