

RULEBOOK



ILLCS- Rulebook

International Luta Livre Championships is open to all athletes who practice grappling arts. The ILLCS Rulebook was created to motivate grapplers of all styles to compete in our tournaments, the goal is to create active and attractive fights with only little limitations of the sport.

1. Systematic Information

We fight in a **MULTISTAGE** system:

The First Round of the Tournaments is a round robin (pool) system.

The minimum number of competitors in a pool should be 3; the maximum number of competitors should be 5. So you will have two or 4 fights in the first round of the tournament.

Match duration: 6 minutes+ EBI Overtime

After that the elimination rounds beginn.

Match duration: 6 Minutes + EBI Overtime

Finals: 10 Minutes+ EBI Overtime

Absolute Classes Fight in the Elimination (KO) System.

Weight:

300 gr. overweight is tollerated.

Above 300 gr. overweight athletes will be disqualified, there won't be the chance to enter another weightclass, athletes have to be professional concerning their weight. They will get the chance to weigh in again until the end off he official weigh in time.

There won't be any refunds.

Registration:

No registrations at the event, you have to register online!

1.1. Weight Classes and divisions

The weightclasses and divisions will be developed with the growth of the event, especially Youth and Women Classes will be focussed on in the future.

Youth	Women	Men						M		
14-17		Adult 18 – 29			Master 1977-87 (+30-39)			Master 2 1967-77 (40- 49)		
		White- Orange	Blue- Purple	Brown- Black	White- Orange	Blue- Purple	Brown- Black	White- Orange	Blue- Purple	Brown- Black
-52	-58	-64	-64	-64	-64	-64	-64	-64	-64	-64
-58	-64	-70	-70	-70	-70	-70	-70	-70	-70	-70
-64	-70	-76	-76	-76	-76	-76	-76	-76	-76	-76
-70	-76	-82	-82	-82	-82	-82	-82	-82	-82	-82
-76	-82	-88	-88	-88	-88	-88	-88	-88	-88	-88
	-88	-94	-94	-94	-94	-94	-94	-94	-94	-94
	+88	+94	+94	+94	+94	+94	+94	+94	+94	+94

1.2 Ranking

Every athlete will be ranked in his/her division. The first RANKING PERIOD will end with the ILLCS WORLD CHAMPIONSHIP in 2020. The second Ranking Period will start after the World CS in 2020 with the nationals.

As for example Masters can start in lower age divisions for example in the mens divisions, they can be ranked in more than one division, all division points will be considered separately.

The Ranking and Pointing System for the athletes positioning in the world Ranking is kept as simple as possible.

1st Place = 3 Points

2nd Place = 2 Points

3rd Place = 1 Point

Open Class Points are slightly higher.

1st Place = 4 Points

2nd Place = 3 Points

3rd Place = 2 Points

Value of Championships:

Championships are weighed differently, so the points for the rankings are multiplied with the value of the Championships.

ILLCS Worlds Points x 5

ILLCS Europeans Points x 3

ILLCS Nationals Points x 2

2. Expectations of Referees, Competitors, Teams and Spectators

2.1. Referees

- The Referee is the highest authority on the mat.
- Referees have to be blue belts in Luta Livre or in BJJ.
- ILLCS referees are trained in ILLCS seminars to be up to date with the ILLCS rulebook and all kinds of situations that can take place in a tournament.
- The ILLCS referee's highest duty is to keep all competitors safe, therefore they can stop a match if there is the possibility of an injury.
- Referee decisions are final and not arguable, however the referee can counsel with his co-referee or chief-referee if present.

2.2. Competitors, coaches, teams and spectators

- Competitors, coaches, teams and spectators have to respect each other.
- Any disrespectful behaviour, verbal assaults or failure to follow the commands of the Referee will result in disqualification, event ejection and bans from future ILLCS events.

- Competitors have to wait until they are invited to step on the mats by the referee.
- Coaches have to sit/stay on the areas they are advised to. They are only allowed on the mats if they are invited by the referee i.e. to help an injured competitor.

2.3. Hygiene & Fight Gear

- Competitors and coaches must wear shoes or flip-flops **at all times** except when stepping on the mats. Violations of this rule can lead to disqualification.
- Competitors' gear has to be clean! If they are too wet, they need to **have extra rashguards and shorts** to get changed, if the referee demands it.
- If rashguards and shorts smell the referee can demand a change of the competitors clothing.
- Competitors can fight with shorts and/or tights/spats, the rashguards can be sleeveless, shortsleeved or longsleeved.
You can't fight without a rashguard!
- No obsceneties on fight gear.
- Finger- and toenails have to be clipped and clean.
- Ear protection (Headgear) has to be soft.
- No groin protection.

3. ILLCS Match Rules

3.1. Winning matches

An **ILLCS** match can be won in three ways:

1. by submission
2. by injury of the opponent
3. by opponent disqualification

3.2. Match duration

Finals: 10 minutes + EBI Overtime

All other matches: 6 Minutes + EBI Overtime

3.3. Tapping out

- to tap out, you have to tap the mat or the opponent with an open hand more than once
- if the hands are locked, you can tap with the feet or verbally
- to tap out verbally you call: TAP or STOP
- it is also a verbal tapout if you yell out in pain or surprise when caught in a submission
- or if you yell out because of an injury
- the referee can stop the fight and declare a winner, if one fighter is stuck in a submission, this is to prevent the athlete from harm, it happens in the best interest of the competitor

If one competitor is stuck in a submission, the match is not ended when the time is over. Time does not save the competitor! The referee ends the match!!! Not the time keeper! Either the competitor gets out of the submission or he/she taps out and loses the match.

3.4. SUB Only modified EBI rule set

- There are no points given in our matches.
- You can win by any submission that is legal. If a submission is not permitted in our rule set it is illegal.
- If you are stuck in a submission time will not save you, you have to get out of it or tap.
- If there is no tap in the first 6 minutes of the match, there will be an overtime, starting in the sitting backmount seatbelt position or in the armbar spiderweb position. The referee will ask the more dominant competitor whether he/she wants to be first or second.
- A single submission wins the match.
- If there are two submissions the faster one wins.
- If there are only two escapes from the position the faster one wins.
- In the unlikely event that both submission times or escape times are identical, the position will be restarted.

4. Penalty System

Competitors and coaches can be warned, can receive penalties or can be disqualified. This can be a consequence of violation of rules or unfair, or inappropriate behaviour.

4.1. Reasons for immediate Disqualification are

- Slamming: Lifting a competitor off the ground and dropping or even accelerating the opponent to the ground is considered as slamming and won't be tolerated.
- Striking & Slapping: Hitting another competitor intentionally, no strikes of any kind are allowed to any part of the opponent.
- Late release of a submission hold, or overcommitment in enforcing a submission, without giving the opponent the chance of tapping.
- Disrespectful behaviour towards referee, opponent, judges, timekeeper, staff member or audience (i.e. swearing, exaggerated celebrating, disrespectful gestures, etc.)
- Severe violations can lead to bans for a couple of tournaments, a whole season or for good from ILLCS tournaments worldwide.

4.2. Warnings and penalties for minor violations

1st Warning	Competitor is warned for unfair behaviour (minor violations like grabbing shorts etc.)
2nd Warning	If behavior is repeated or another violation appears.
3rd Warning	Last warning, the competitor is warned that he/she will be DISQUALIFIED
After 3rd Warning:	Disqualification

4.3. Major violations

Major violations like disrespectful behaviour etc. the competitor can be disqualified directly!!! There is no need for three warnings.

Further explanations concerning warnings and penalties

Stalling

- It is considered as Stalling if a competitor is trying to keep a position static, so that none of the two competitors can advance. The competitor who keeps it static will be warned.
- If a competitor doesn't improve his/her situation (attacking or defending) he/she can be warned for stalling every twenty seconds.
- **Most likely** stalling will happen standing, in guard positions, sidecontrol, etc. **but less likely** in mount, backmount, truck or other fully established attacking positions. Here the competitors will most likely attack or defend all the time.

Sandbagging

If a competitor competes in a skill-bracket lower than he/ she is capable of, it is considered as sandbagging. If this is detected by a referee, it can lead to a disqualification.

If a competitor starts in a lower skill-bracket than he/she has to, due to his/her ranking and if this is identified by a staff member, the competitor will be disqualified.

Completely forbidden actions

- Small Joint manipulation (holding of less than three fingers)
- Throwing the opponent onto the head
- Slamming
- Hair pulling
- Pinching
- Twisting of skin
- Smothering
- Putting fingers or toes into any orifice
- Unsportsmanlike behaviour
- Wrestling shoes are forbidden
- Intensive bleeding, that can't be stopped
- Vomiting on the mat or on other competitors
- Spitting
- Skin diseases like ringworm, herpes etc

Overview of forbidden and allowable techniques



ALLOWABLE TECHNIQUES

Technique	Under 18 years	Skill Level		
		Beginner	Intermediate	Advanced
Arm Locks	✓	✓	✓	✓
Wrist Locks	✓	✓	✓	✓
Leg Locks (including kneebars)	✓	✓	✓	✓
Ezequiel Choke	✓	✓	✓	✓
Triangles (arm+leg triangles)	✓	✓	✓	✓
Omoplata, Gogoplata	✓	✓	✓	✓
Mata Leao (Rear Naked Choke)	✓	✓	✓	✓
Guillotine Chokes (all versions)	✓	✓	✓	✓
Toe Holds (all versions)	X	✓	✓	✓
Biceps Cutter (Slicer)	X	✓	✓	✓
Calf/Biceps Cutter (Slicer)	X	✓	✓	✓
Full/ Half Nelson	X	✓	✓	✓
Jumping Full Closed Guard	X	✓	✓	✓
Heel Hooks (all versions)	X	X	✓	✓
Neck Cranks, Face Locks	X	X	✓	✓
Twister (Exorcist etc.)	X	X	✓	✓
Scissor Takedown	X	X	✓	✓
Slams	X	X	X	X
Smothering	X	X	X	X
Squeezing Windpipe	X	X	X	X