

Official Rules of Submission Underground (February 8, 2020)

- There is no athletic commission involvement in Submission Underground events.
- No testing of any kind will be conducted.
- No licensing of any kind will be required nor applied.
- The promotion runs the weigh-ins and employs all officials.

I. Overview:

1. Submission only. No points, and no judges--just a referee.
2. All submissions are allowed.
3. All takedowns, throws, and trips are legal--with the exception of spiking the opponent's head (pile driver, DDT).
4. All Singles Bouts consist of One Five-Minute Round, with the possibility of Over Time (see Over Time section below).
5. All Tag Team Bouts consist of One Eight-Minute Round, with the possibility of Over Time (see Over Time section below).
6. All Bouts take place inside an MMA cage.
7. Slams are allowed.

II. Submissions:

1. All submissions are legal and allowed.
2. A submission will come from the following as ruled by the referee:
 - a. Physical Tap Out due to submission or injury
 - b. Verbal Tap Out due to submission (including involuntary scream of pain)
 - c. Technical Submission (Referee Stops contest) due to loss of consciousness or injury

III. Fouls:

1. The following acts are NOT ALLOWED:
 - a. Strikes of any kind--Head butts
 - b. Biting
 - c. Groin attacks
 - d. Eye gouging of any kind (including Fingers, Thumb, Chin, Elbows)
 - e. Fish hooking
 - f. Insertion of digits (fingers, toes) into any orifice (including cuts)

- g. Small joint manipulation (must grab at least 3 fingers or toes)
 - h. Grabbing/holding/pulling opponent's apparel (with the exception of Gi-matches grabbing clothing is legal)
 - i. Pinching/twisting opponent's flesh
 - j. Timidity (failure to engage, running away, stalling)
 - k. Flagrantly or passively disregarding the instructions of the referee
 - l. Unsportsmanlike Conduct of any kind
 - m. No Spiking the Head of any opponent.
2. Competitors are not allowed to perform any move where they stand with their opponent, controlling their body and the position while having the opponent's head facing down and purposely sit back or drive their opponent's head onto the mat.
 3. The referee is the sole arbiter of every bout. All rulings by the referee are final.

IV. Severe Foul(s):

1. If a severe foul(s) occurs, the referee has the choice to either:
 - a. Disqualify the fouling competitor, which results in a disqualification loss
 - b. Call timeout, and restart the two competitors in the center circle, giving the fouled competitor the choice of 2 advantage positions or a restart of the bout in which both competitors are in the standing position.
 - i. Seated Back Control Position with hooks in and hands in either a right side or left side Seat Belt position.
 - ii. Armbar position, one arm through with other arm on the mat or two arms through. The defender can have any configuration with his arms he wishes.
 - c. The fouled competitor can retake the position he got fouled in for the restart.

V. Persistent Infringement:

1. If minor fouls continue to occur (the same minor foul repeatedly or numerous separate minor fouls) despite repeated warnings by the referee, the referee will call time out, and restart the two competitors in the center circle, giving the fouled competitor the choice of 1 of the 4 positions.
 - a. Seated Back Control Position with hooks in and hands in either a right side or left side Seat Belt position.

- b. Armbar position, one arm through with other arm on the mat or two arms through. The defender can have any configuration with his arms he wishes.
- c. Both competitors are standing to restart the bout.
- d. The fouled competitor may remain in his current position if he so chooses.

VI. Stand-up Rule:

1. If the referee deems that the competitor in the top position is making no effort to advance or improve his position, or otherwise stalling, after repeated warnings, then the referee will call time out and restart the competitors in the center circle in a neutral stand up position.

VII. Apparel, Taping, & Equipment:

1. Competitors may wear:
 - a. MMA trunks/shorts
 - b. Boxing/Kickboxing/MuayThai trunks
 - c. Grappling pants/tights
 - d. Compression shorts
 - e. Wrestling singlets
2. Male competitors may compete shirtless, or wear a rash guard
3. Female competitors may wear the same type of shorts or grappling pants as the men, and for the top:
 - a. a sports bra
 - b. rash guard
 - c. Or both a sports bra and a rash guard, but the rash guard must be covering the sports bra
4. If competitors wear grappling pants/tights, they may wear MMA trunks/shorts or Boxing/Kickboxing/Muay Thai trunks, on top of the grappling pants/tights.
5. Gis (jackets and/or pants), t-shirts, sweatshirts, sweatpants and loose fitting clothing of any kind are not allowed, unless the bout is specified and contracted as a “gi match”.
6. Gloves and hand wraps are not allowed. However a wrapping of athletic tape around the wrist from the base of the hand no longer than 3 inches up the arm is allowable with the total length of the tape not more than 3ft (36 inches).

7. Reasonable amount of taping is allowed on fingers and toes as long as it does not create a club of the limb per referee's discretion.
8. First and second knuckles starting from the tip of the finger/toes may be taped with Athletic tape that is no wider than $\frac{3}{4}$ of an inch in width and no longer than 8 inches in length.
9. Footwear and socks are not allowed.
10. Neoprene sleeves may be worn on knees only:
 - a. No hard plastic or metal may be worn on the inside or outside of the brace.
 - b. The length of the knee sleeve is up to the referee's discretion.
11. Mouth pieces and groin protection are OPTIONAL.
 - a. No metal Muay Thai cups allowed.
12. Chest plates are not allowed.

VIII. Tag Team Bout Regulations:

1. All tag team bouts shall consist of two teams comprised of two members per team.
2. Tag team bouts are scheduled for One, Eight-Minute Round.
3. At the end of the completed 8 minute round, the team which has recorded the most submissions shall be declared the winner.
4. If the score is tied, then the tag team bout shall proceed to Over Time (see Over Time rules).
5. At the start of all tag team bouts, both teams shall be given the choice as to which team member they select to go first for their respective team. Each selected team member will meet in the center of the cage on their backs parallel, opposite of each other in head-to-foot position with one hand up flat palmed touching the others. Upon the referee's call to action at the start of the clock, competitor's will begin to scramble for position.
6. During the course of the tag team bouts, the non-active team member MUST remain in his/her corner, and hold the designated rope with one hand. The rope shall measure six inches in length.
7. **Tagging and Transitions:** A legal tag is made while the non-active team member is holding the rope with one hand and:
 - a. Both team members touch any part of each others hands (fingers and thumbs included).
 - b. The legal team member's foot (toes included) touch the hand of the non-active team member.

- c. Once the legal tag is made, this will be signified by the referee, who will slap his/her hands together above his/her head shouting “tag”.
 - d. The referee shall then count to three out loud(three seconds total), indicating this count with an extension/flexion motion of his arm.
 - e. During this three second interval, both team members from the team which made the legal tag can engage their opponent through all legal actions, including submission holds.
 - f. The legal competitor of the non-tagging team can finish his submission for up to 3 seconds of the tag transition if they so choose.
8. If a submission is recorded, both legal competitors will be stood up, to re-start in the center of the cage, from a neutral, non-engaged position.
 9. Further, if a submission is recorded, both teams will be given the option to change their active team members for the restart.

IX. Over Time Regulations:

1. In the event that the bout reaches its allotted time limit (5 minutes for singles, 8 minutes for tag team), the bout will proceed to Over Time.
 - a. Singles
 - i. In Over Time the referee will flip a selected coin. The winner of the coin toss will be given the choice to go first or second in the dominant position during all 3 rounds of Over Time. Once this determination is made, both competitors will be given the opportunity to start the match from one of three dominant positions. These positions are as follows:
 1. Seated Back Control Position with hooks in and hands in either a right side or left side Seat Belt position.
 2. Armbar position, one arm through with other arm on the mat or two arms through. The defender can have any configuration with his arms he wishes.
 - ii. All Over Time bouts will consist of a maximum of three rounds of two-minute periods each, with both competitors starting in the dominant position once per round.
 - iii. An Over Time period will end when one of the following occurs:
 1. a submission is recorded by competitor starting in the dominant position
 2. an escape is recorded by the competitor starting in the defensive position

3. two minutes expires
 - iv. If a submission is recorded, the time of that submission will be recorded.
 - v. If only one competitor records a submission during their period in an Over Time round, then that competitor will be awarded the victory.
 - vi. If both competitors record a submission during their period of the Over Time round, then the competitor who recorded the submission in the shortest period of time will be declared the winner.
 - vii. If the submissions are recorded in the identical time during both periods of the Over Time round, then neither competitor will be declared the winner in this round.
 - viii. If the fighter in the defensive position escapes, then that time shall be recorded.
 - ix. If at the end of the three Over Time rounds, with both competitor having started three times each in the dominant position and three times each in the defensive position, and no submission has been recorded OR the two submissions in the Over Time round were recorded in identical time; then the winner will be determined by quickest cumulative escape time over the 3 Over Time Rounds
 - x. If no submissions or escapes are recorded over the entirety of the 3 Over Time rounds, then the bout will be declared a DRAW.
- b. Tag Team
- i. In Over Time the referee will flip a selected coin. The winner of the coin toss will be allowed to go second in selecting their competing team member for Over Time.
 - ii. The team that loses the coin flip, will make their team member selection first. This competitor will then be given the choice to go first or second in the dominant position during all 3 rounds of Over Time.
 - iii. Everything else then remains the same as listed above for singles Over Time.
 - iv. In the event of injury during Over Time, a competitor can not be replaced by his/her teammate, thus making the opponent the winner.

X. Weigh-Ins:

1. The official weigh-ins will be conducted by the promotion the day of the event.
2. In the event that competitors are required to cut weight, they will be given time to do so which is deemed safe and reasonable by the promotion. This time allowance is at the sole discretion of the promotion, and will be handled on a case by case basis.

XI. Officials:

1. Every Submission Underground event will have the following officials:
 - a. Referee
 - b. Timekeeper
 - c. Scorekeeper
2. These officials will be hired and paid by the promotion, and will NOT be under the control or auspices of any Athletic Commission, Regulatory Agency, or Sanctioning Body for Submission Underground events.

XII. Injury:

1. Singles
 - a. In the event of an injury to a competitor which occurs through legal actions in the course of a bout which renders the competitor unable to compete; then that competitor will lose the match.
 - b. In the event of an injury to a competitor which occurs through an illegal action or actions in the course of a bout which renders the competitor unable to compete; then that competitor will win the match by disqualification.
2. Tag Team
 - a. In the event of an injury to a competitor which occurs through legal actions in the course of a bout which renders the competitor unable to compete; then the remaining team member will be given the option to continue the match by himself/herself.
 - i. If this occurs, then all Tag Team rules will continue to apply.
 - ii. If the non-injured team member chooses not to continue, then that team will automatically lose.
 - b. In the advent of an injury to a competitor which occurs through an illegal action or actions in the course of a bout which renders the

competitor unable to compete; then that competitor's team will win the match by disqualification.