



# LA BOXING



&

# RAW POWER WEAR



## 2009 WESTCHESTER INVITATIONAL

Location:

[LA Boxing Mamaroneck](#)

300 Waverly Ave

Mamaroneck, NY 10543

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[www.LABOXING.COM](http://www.LABOXING.COM)

Date:

Friday, August 28<sup>st</sup> 2009

Start Time:

7:00pm

Weight INS:

5:30pm

Competitor's Meeting

6:30pm

(Review Rules, Regulations & Scoring System)

Pre-Registration only: \$25.00      Deadline: August 14<sup>th</sup>

Registration at Door: \$40.00

Bank checks or cash ONLY no personal Check's Please Note There Are NO REFUNDS

Spectator's @ Door: \$ 10.00

# Rules & Regulation for all Divisions

By **ROB G**

## **Robert Gutierrez No-Gi Scoring System & Official Rules and Regulations**

1. NOTE: To gain points for any move or position, the competitor (aggressor) must show clear control for a 3 second count by the referee – this is the key in point scoring for LA Boxing – TOTAL CONTROL FOR 3 SECONDS TO EARN POINTS
2. Each competitor will be asked to wear a Red or Green Ankle Marker to assist with the referee in scoring points correctly
3. Takedowns or Throws: Land on Top in Guard or Half Guard - 1 points ---- Land on Top in Side Mount or Full Mount– 1 Points (points will be awarded separately for Full Mount after an additional 3 seconds of control).
4. Sweep with Legs (from Half Guard or Full Guard) - 1 point – Inversions (Power Rolls from the Side Mount or Full Mount are NOT considered Sweeps and are not awarded any points or advantages
5. Pass opponents guard or Half Guard to Side Mount – 1 point
6. Mounted position (both knees on the ground) - 1 point
7. Back Mount with Leg Hooks (or Knees on the Ground with Opponent Flat on his Stomach) - 1 point
8. Points will be accumulated during the entire length of the match.
9. **Advantages:** described as submission attempts that posed a real threat to the other fighter, near takedowns, near sweep, near passes etc.). The referee will signal verbally (i.e. Advantage Red) and with his/her arm by moving it in a horizontal motion. Advantages will also be scored for a competitor passing from their opponent's Full Guard to a Secure Half Guard (opponent should be more on their back than on hip to score)
10. Advantages will only be used in the case of a tie with points.
11. Referee will signal all Points Verbally (i.e. 1 Point Green) and by signaling with his/her color coded wristbands and fingers as points are tallied – to ensure points/advantages are properly counted.

**Match Lengths: All Kid's/Teen's (Beg. and Adv.)/Women's Beginner/Men's Novice & Men's Beginner = 5 mins.**

**Men's Intermediate/Men's Executive & Masters/Women's Advanced = 7 minutes**

**Men's Advanced/No-Gi Absolute Matches = 8 minutes**

Overtime (OT): In Case of a Tie with Points and Advantages, competitors will compete in one overtime (1/2 time of regulation match) and then the referee will make a decision based upon effective aggressiveness. The competitor dictating the pace and trying to score points would win.

### **13. Ways to Win a Match at LA BOXING:**

- **Tapout Submission** – Ends match immediately when you signal referee to give up
  - **Verbally:** If you cannot tap or yell during a submission, the referee has the authority to stop the match if he/she believes you are in danger.
  - **Points:** During the match, your score is tracked at the Judges Table via two large point flippers. At the beginning and end of each match, please line-up competitors on the same side as their scoring side.
  - **Advantages:** If the score is tied, the referee will award the match to the competitor who has recorded the most Advantages.
  - **Ref Stoppage/Injury Default:** If a competitor cannot continue due to injury or if the referee determines the submission has caused unconsciousness or another serious injury
  - **Disqualification:** If a competitor breaks any of the rules after officially being warned or blatantly attempts to hurt their opponent, shows bad sportsmanship, or slams their opponent illegally, they will lose the match by DQ, immediately
14. **All Referee Decisions are 100% FINAL** – all of the referees are paid professionals and have many hours of professional training in the arts of Brazilian Jiu Jitsu, Wrestling, and Submission Grappling, amongst other ground fighting and stand-up arts. They are to be respected at ALL TIMES will have a threat-free and pressure-free environment. Disrespect and “hounding” the referee will not be tolerated. Repeat offenders will be escorted out of the building.

15. **No Compression Locks Allowed** (Bicep, Calf Crunchers or Compression Knee Locks) – Safety is our primary concern

16. **LEG LOCKS** (No-Gi) for Children's and Teen's Divisions:

Beginner (less than one year) = No Leg Locks or Lower Body Attacks are allowed

Advanced (more than one year) = Only Straight Ankle Locks and Knee bars are allowed

NOTE: No Twisting Leg Locks are permitted in ANY Children's or Teen's Divisions

17. No Wrist Locks, No Neck Cranks, and No Cervical Locks in all divisions EXCEPT MEN'S ADVANCED

18. No covering of the mouth or "muffler" techniques to smother your opponent will be tolerated.

19. **LEG LOCKS** (No-Gi) for Men's, Executive/Masters and Women's Divisions: Executive/Masters: **Only Straight Leg Locks** (Ankle Locks and Knee Bars) are permitted – No Figure Four Ankle Locks Permitted

Men's Novice, Beginner & Intermediate: Only Straight Leg Locks (Ankle Locks and Knee Bars) are permitted – No Figure Four Ankle Locks Permitted

Men's Advanced: All non-compression leg locks are permitted (heel hooks, figure four toe holds, knee bars, etc.)

Women's Beginner: Only Straight Leg Locks (Ankle Locks and Knee Bars) are permitted – No Figure Four Ankle Locks Permitted

Women's Advanced (More Than One Year): All non-compression leg locks are permitted (heel hooks, figure four toe holds, knee bars, etc.)

21. **Uniform for No-Gi:** Tight/Snug Fitting T-shirt or Rashguard on Top with Board Shorts, Lycra Shorts, or Kimono Pants on the bottom. Please make sure all pants have a drawstring and or another way to keep them secured at your waist during the match

22. **Absolutely 100% No Clothing Grabbing in No-Gi Submission Grappling Divisions**

23. **ABSOLUTELY NO SANDBAGGING OR YOU WILL BE DISQUALIFIED WITH NO REFUND**



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TOURNAMENT RELEASE AND WAIVER (by finalizing this application, you agree to the terms listed below):

I hereby waive all claims against any and all persons associated with any of the participating schools and competitors. I understand the rules of the tournament and will abide by them. I understand that I am participating in a sport that usually has body contact. I assume full responsibility for all of my actions during and connected to the above tournament. I understand the risk of competing in this form of Martial Arts competition and hereby release DBJC Inc. (LA Boxing & Raw Power Wear) and all of its employees and associates, tournament sponsors, Hosting Venue, and Dean Bellantoni, Jacqueline Cirincione and Robert Gutierrez from any type of injury, loss, or death sustained while competing in this competition. I also state that I am in good physical condition and know of no reason why I cannot participate in this Martial Arts event. I have current and valid health insurance. I understand that divisions or weight classes are subject to change. I understand that DBJC Inc. (LA Boxing & Raw Power Wear) **does not offer refunds**. In case of an emergency, I hereby authorize any licensed medical personnel to perform any accepted medical procedure deemed necessary and I agree to bear the expense of any such treatment. I also agree that my attendance and/or performance at the tournament may be photographed, filmed, or taped and used by any schools and/or DBJC Inc. (LA Boxing & Raw Power Wear) and I waive any compensation thereof. I have read the rules and the release above and agree to all of its terms and enter this application to complete this form.

First & Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_

E-Mail \_\_\_\_\_

Entrance Song: **(Pre-Registered fighter's Only)** \_\_\_\_\_

Weight Class \_\_\_\_\_

Team or School \_\_\_\_\_

Male/Female \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Beginner

Less than 6 months experience

Intermediate

6 months – 2 years experience

Advance

2 years – 5 years experience

Fighters Signature \_\_\_\_\_ Date \_\_\_\_\_

(Parent or Guardian signature required if contestant is under 18 years of age)

Signature \_\_\_\_\_ Date \_\_\_\_\_