



OGA

Ontario Grappling Alliance

SAFETY REGULATIONS

www.grapplingontario.com

SPECIAL RULES & RESTRICTIONS FOR KIDS & TEENS

No heel hooks allowed in the kids & teen divisions.
No neck cranks allowed
No twisters allowed
No slicers
No bicep locks

NO STRIKES OF ANY KIND

No strikes of any kind allowed to any part of the body or head at all
No elbows or forearm strikes are allowed
No butting with the head
No knees to the head
No ridge hands or back fist strikes
No kicks to an opponent

OTHER RESTRICTIONS & FOULS

No attacks to the front of the windpipe (i.e. Finger in throat), eyes (elbows, palms, fingers, etc.) or groin.
No pushing palm or elbow directly into nose.
No striking of any kind including: head-butts, punches, elbows, knees, kicks etc.
No dropping or slamming of opponent on their head, no slamming from the Guard Position
No eye Gouging
No attacks to the windpipe either by strikes or clutching the trachea
No fish hooking
No Biting
No Spiking an opponent on his/her head
No Pulling Hair
No Pinching, twisting of skin
No Sticking a finger into a cut of an opponent
No Small Joint Manipulation
No Putting a finger into any orifice
No interference by a corner with any official or fighter
No attacking an opponent in any of these circumstances:

1. Before the fight has started
2. After the fight has ended
3. During a rest period between rounds
4. When an opponent is being looked at by the medic or any other official
5. Spitting and or swearing
6. Throwing an opponent off the mat
7. Unsportsmanlike conduct

SCISSOR TAKEDOWN - When initiating a scissor takedown, at least one hand must be on the ground when applying the takedown. No slamming.

SPECIAL RULES FOR KIDS & TEENS: No Heel hooks, toeholds, or neck cranks are allowed. No Straight Ankle locks where the leg crosses the body.

HYGIENE RULE: All competitors must wear a clean competition uniform (gi, shorts, shirt, etc.). If a referee feels this criteria has not been met they will not allow the competitor to compete. Please wear clean clothing.