

MAT WARS

Rules and Scoring

Scoring:

- Take down - 2
- Sweep - 2
- Knee on Belly - 2
- Guard Pass - 3
- Mount - 4
- Back Control - 4

White Belt/Beginners:

- No Leg locks, Wrist Locks or Knee reaping.

Blue Belt/Intermediate:

- Only Straight Ankle Locks and Knee bars allowed.
- No other Leglocks, Wrist Locks or Knee reaping.

*Subject to change