

VAMOS à LUTA

VAMOS à LUTA Cage Grappling Rules Outline (Dec, 2023)

Overview

VAMOS à LUTA Cage Grappling aims to provide a transitional platform between pure grappling competitions and MMA competitions. While emphasizing submission grappling, **VAMOS à LUTA** Cage Grappling also allows competitors to utilize the cage.

VAMOS à LUTA Cage Grappling General Rules

- 2 Rounds, 4 minutes per round, with 1 minute rest in between rounds;
- Winner will be determined by submission, points by judges (scoring system similar to MMA). If there is a draw after two rounds, it will go to an Extra Round with another 4 minutes. If it is a draw after the Extra Round, the referee will determine the winner;
- No strikes or any kind is allowed;
- **VAMOS à LUTA** MMA submission rules applied, no twisting leg attacks such as Heel Hooks etc; and submission deemed as applying pressure to the neck or spine such as Twister and can opener etc;
- All takedowns, throws, and trips are legal--with the exception of spiking the opponent's head (pile driver, DDT), and Kani Basami crab scissor takedown.
- Slamming IS NOT allowed during throws or for submission escape. Slamming = to hold the opponent above waist level, and smash opponent on to the ground.
- Competitor allows to utilize the use of cage.
- Each competitor can bring up to **THREE** people as cornermen and audience, **ONLY TWO** cornermen can be inside the cage during round breaks.

Equipment and Apparel *(Unless noted, athletes are required to bring their own equipment and apparel)*

- All athletes **must** wear mixed martial arts shorts or compression shorts, which means, no zip, pocket and other additional attachments will be permitted in the competition area.
- Rashguards are also **mandatory**, the use of material should be stretchable and tight-fitting, only short-sleeve rashguards are permitted.
- Groin protector IS NOT allowed for **VAMOS à LUTA** Cage Grappling
- All athletes are required to wear mouthpiece.

Weigh-in

- Weight class will be the same as MMA, athletes must choose a weight class upon registration for any competition. Each athlete will be given 0.5kg of weight allowance. **[Not applicable to catchweight or matches with specific agreed weight]**
- If an athlete weighs no more than 3kg over the upper limit, the opponent may choose whether to accept the fight or not.
- Weigh-in will be conducted on specific time decided by **VAMOS à LUTA**, athlete who shows up late to their weigh-in will be disqualified.
- Athlete should weigh-in with their rash guards and fight shorts on.

Medical Requirement

Participant will have to ensure they are in proper physical condition to participate in combat sports, and they are not a carrier of HIV, Hepatitis B/C or any other form infectious disease.