



Short Sheet for USFL Rules



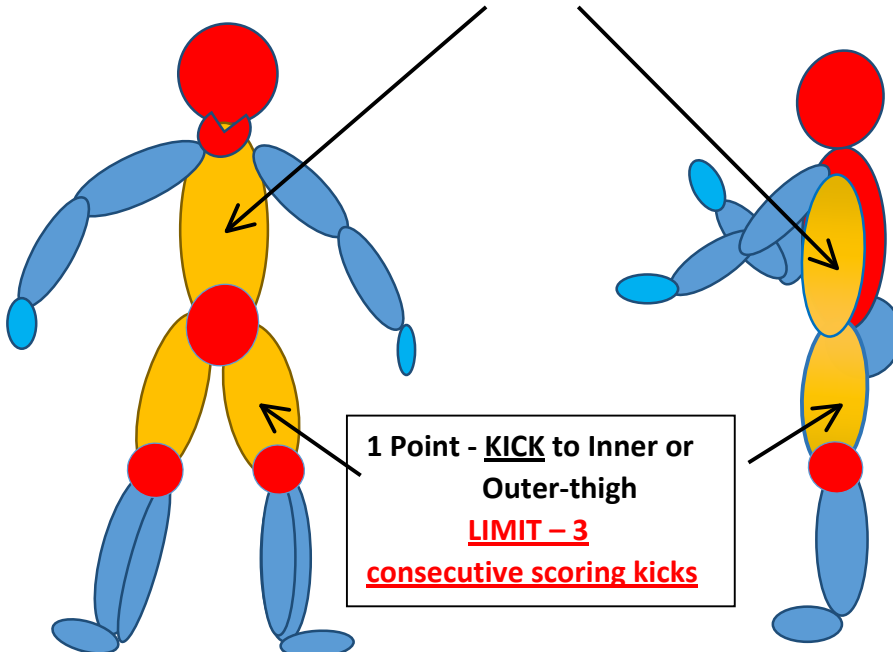
SCORING OF STRIKES

- 2 Points - Unblocked & Unanswered Kick to Torso
- 1 Point - Unblocked & Unanswered punch to Torso

Standing or grappling

LIMIT – 3 scoring Strikes per clinch or ground position

ALL STRIKES MUST LAND WITH IMPACT OR SHOCK



Dealing with Injuries
 Doctor makes decision if fighter can continue or not.
 1. Uninjured wins if no fault foul.
 2. DQ if caused foul & Doc stops.
 3. Draw if injury not directly related to contest.
 4. Loss by inj. default if Doc clears to continue & fighter refuses.

Illegal Striking areas

- Head
- Collarbone & up
- Back / rear ribs
- Groin area
- Knee

 = Illegal striking area
 = Non scoring area

Penalties and Fouls

1st accidental foul/violation = 1pt to fouled competitor
 2nd accidental foul/violation = 1pt additional to fouled Competitor
 3rd accidental foul/ Violation = DQ

Malicious fouls will DQ on 1st

GRAPPLING- All submissions must be with applied pressure. Throws cannot land on neck or head.

- Full Guillotines are illegal for EVERYONE.
- Slamming will result in a DQ
- Twisting chokes/ cranks and twisting leg / foot submissions are illegal for EVERONE.
- Knee Strikes & Leg submissions are illegal for Cadets (14 & 15) and younger.
- Standing or Jumping submissions are illegal for Schoolboy/ Girls (12 &13) and younger.
- Arm in Guillotine, D’arce and Anaconda chokes are illegal for Novice (10 &11) and younger.
- Ground Striking is illegal for Rookie age group (8-9 yrs.)

Scoring of Grappling Techniques:

2 - Points Takedown * 2 – Points Side Control * 3- Points Full Mount

* 4 – Points Back Mount * 2 – Points Attempted submission * 1 – Point passivity