



# GUIDE for USFL Rules



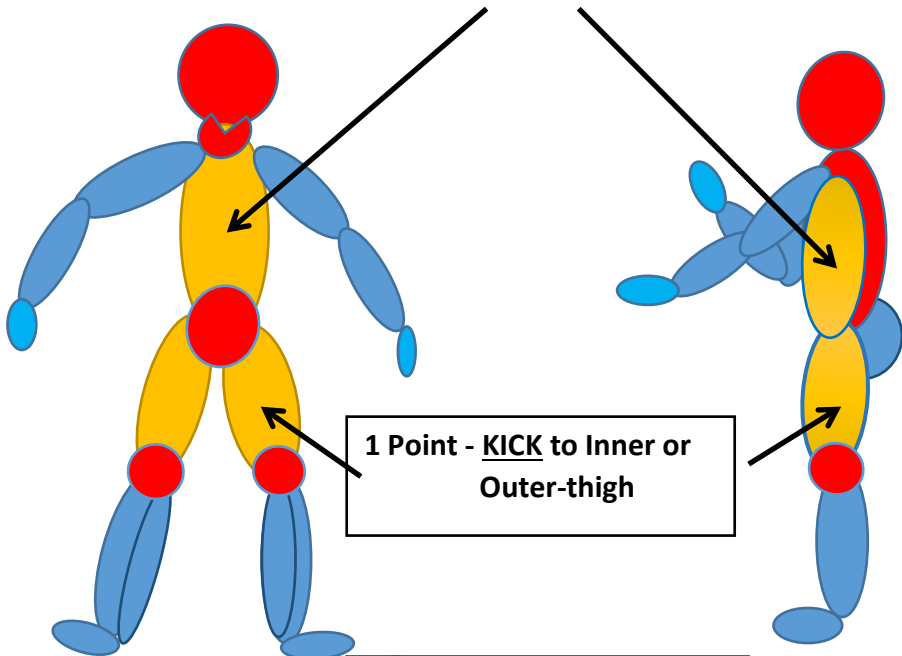
**SCORING OF STRIKES**

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

**Standing or grappling**

**LIMIT – 3 scoring Strikes per ground position**

**ALL STRIKES MUST LAND WITH IMPACT OR SHOCK**



1 Point - KICK to Inner or Outer-thigh

<p><b><u>Dealing with Injuries</u></b>  <i>Doctor makes decision if fighter can continue or not.</i>   <i>Uninjured wins if no fault foul.</i>   <i>DQ if caused by foul &amp; Doc stops.</i>   <i>Loss by inj. default if Doc clears to continue &amp; fighter refuses.</i></p>	<p style="text-align: center;"><span style="color: red;">●</span> <b><u>Illegal Striking areas</u></b></p> <ul style="list-style-type: none"> <li>• Head</li> <li>• Collarbone &amp; up</li> <li>• Back / rear ribs</li> <li>• Groin area</li> <li>• Knee (front are fouls)</li> </ul> <p style="text-align: center;"><span style="color: blue;">●</span> = Non scoring area</p>	<p style="text-align: center;"><b><u>Penalties and Fouls</u></b></p> <p>1<sup>st</sup> accidental foul/violation = 1pt to fouled competitor</p> <p>2<sup>nd</sup> accidental foul/violation = 1pt additional to fouled Competitor</p> <p>3<sup>rd</sup> accidental foul/ Violation = DQ</p> <p style="text-align: center; color: red;"><b>Malicious fouls will DQ on 1st</b></p>
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**GRAPPLING**- All submissions must be with applied pressure. Throws cannot land on neck or head.

**Age based Technique Limitations**

Junior: ages 16 to 17		No additional aged based limitations
Cadet: ages: 14 & 15		Knee Strikes & Leg Submissions
Schoolboy: ages 12 & 13	plus	Standing or Jumping Submissions
Novice: ages: 10 & 11	plus	Arm in Guillotine, Anaconda, & D’arce Choke
Rookie: age 8 & 9	plus	Ground Striking

**SCORING OF GRAPPLING TECHNIQUES:**

- 2 - Points Takedown/ Initial Ground Control \* 2 – Points Side Control \* 3- Points Full Mount**  
**\* 4 – Points Back Mount \* 2 – Points Attempted submission \* 1 – Point passivity**