

# GUIDE FOR USFL RULES

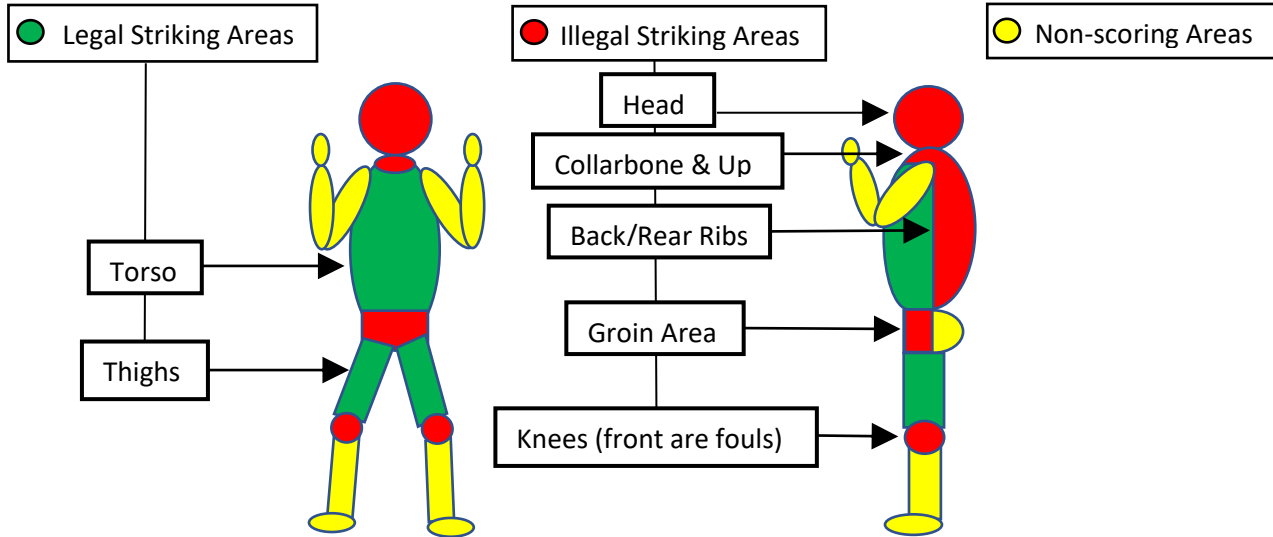
## SCORING of STRIKES

(DO NOT count all punches and kicks in a clash or flurry of strikes)

**ALL STRIKES MUST LAND CLEAN, UNBLOCKED AND UNANSWERED WITH IMPACT OR SHOCK**

- 1 Point – Punches to the torso, standing or grappling
- 2 Points – Kicks to the torso
- 1 Point – Kicks to the inner or outer thigh (maximum of 3 consecutive kicks)

**3 SCORING STRIKES PER GROUND POSITION OR CLINCH**



## SCORING of GRAPPLING TECHNIQUES

(Throws cannot land on the head or neck)

**ALL SUBMISSIONS MUST BE WITH APPLIED PRESSURE**

- 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

## AGE-BASED TECHNIQUE LIMITATIONS

Group	Ages		Technique Limitations
Junior	16 – 17 years		(No age-based technique limitations)
Cadet	14 – 15 years	No	Knee Strikes or Leg Submissions
Schoolboy	12 – 13 years	Plus No	Standing or Jumping Submissions
Novice	10 – 11 years	Plus No	Arm in Guillotine, Anaconda, or D'Arce Choke
Rookie	8 – 9 years	Plus No	Ground Striking

## Penalties for Accidental Fouls

Violation #	Result
1 <sup>st</sup>	1 point to the fouled competitor
2 <sup>nd</sup>	1 additional point to the fouled competitor
3 <sup>rd</sup>	DISQUALIFICATION

**MALICIOUS FOULS WILL DQ ON 1<sup>ST</sup> VIOLATION**

## Dealing with Injuries

- Doctor makes the decision if the fighter can continue or not.
- Uninjured wins if no fault foul.
- DQ if caused by foul & Doctor stops.
- Loss by injury default if the Doctor clears to continue & fighter refuses.