**Geselligen ringen Swordfish 2012**

**Introduction**

The following document is the rule set for the Swordfish 2012 Geselligen Ringen tournament. Even though these rules have been tested, both on club level and national competition level, they are still to be regarded as experimental. The competition at Swordfish 2012 will serve to test these rules, and to give the Ringen community something to work with.

**Background**

Historically, there are generally two types of wrestling described in the German medieval and renaissance manuscripts. On one hand you have the system for actual fighting, the wrestling of duels and combat, known as Kampfringen. On the other hand you have the wrestling practiced for fun and sport. This was sometimes referred to as Geselligen ringen. This was characterized by forbidding the dangerous and harmful techniques that was practiced and taught in Kampfringen, such as kicks and punches, attacks against exposed parts of the body like eyes etc.

At the Swordfish Geselligen Ringen tournament we have chosen to exclude the use of any and all dangerous techniques. Techniques like armbars, chokes and similar, have been banned in the hope of creating an open and easy system, that is safe for both beginners and more advanced wrestlers to participate in. This is also to assure a separation from techniques used in modern Submission Wrestling and BJJ and the like.

We have however, chosen to keep some of the principles of Kampfringen in this rule set, such as allowing a certain degree of ground fighting, and also the ambition to keep the fights short and focusing on decisively finishing the bout.



**Order of business/competition policy**

The competition will be run in a simple direct elimination tournament, and will be divided into three weight classes. These weight classes are not predetermined, but will be decided upon on site, after the weight ins, to ensure a fair and even spread of competitors. There will be no separation of women and men in this competition.

Each bout will be a best of three rounds, with one minute rounds, with no brakes in between. In case of a two to nothing result (2-0/0-2) a winner is declared and there will be no third round. In case of a draw (0-0/1-1) there will be a sudden victory round, which if unsolved, will be followed by a second sudden victory round. If no winner is deduced after these two rounds, both competitors will be eliminated from the tournament.

The tournaments for the three weight classes will run separately, with the heavyweights first, then middleweights, and lightweights. The tournament will take place on Friday evening, and will go on until each weight class has two finalists, and two competitors who will compete for third place. The finals and third place bouts will take place on Saturday evening, along with all the other finals.

In the event of an uneven number of participants (or in the case of both competitors being eliminated in previous bouts) the tournament staff will randomly award a ‘bye’ to keep the bracket at an even number.

Before the tournament begins, the competitors will be informed of their respective weight class, and in which order they will compete. Before each bout the tournament staff will call out the two wrestlers who are now competing, and who will compete in the bout next (‘on deck’). Those who are about to compete will be designated red or blue, and assigned a corner of the designated tournament area, and will remain there until the referee starts the bout.

**Weigh in**

The weigh in will take place on Thursday evening. Each competitor has to weigh in in the clothes that they will wear when competing, excluding mouth guard or jockstrap/cup and similar equipment.

There will be no separate division/tournament for women; this is a mixed gender tournament.

**Staff**

The tournament staff will consist of one referee and one tournament manager. The referee is in charge of the tournament area, ‘the ring’, and it’s his duty to start and stop each bout, to reset fights and hand out warnings in the event of misdemeanors.

The tournament manager will function as time keeper and score keeper, will call out who’s competing and who’s on deck, assign corners, and keep track of warnings. The tournament staff will give a ten second warning before the end of each round. When a break is called, the tournament staff will pause the round timer, and start it again when the referee restarts the bout.

**Clothing**

Sports pants, shorts, fencing breeches, or similar. No zippers or loose threads/strings/cords. No metal details or any other object which might cause injury.

T-shirt or other thin shirt/sweatshirt.

No shoes. Please make sure all fingernails and toenails are trimmed.

No jewelry, rings or necklaces, earrings or similar.

The use of liniments and oils or other ointments that can affect the outcome of the bout is prohibited.

**Unprofessional conduct**

Foul language, epithets or any other expression of contempt of or anger towards other participants is strictly prohibited! In a mild case this will be issued with a warning, in other cases with direct disqualification. This applies to a competitor’s coach/assistant as well.

The referee will have final say in all matters concerning any unprofessional conduct.

**How to score**

Victory in a round can be achieved in several different ways.

* By remaining on ones feet when the opponent is grounded, and there is no contact between the competitors. This can be achieved by executing a throw or takedown, which results in the opponent falling to the ground and you remain standing, with no contact between you and your opponent. ‘Grounded’ is here defined as when any part of your body, except hands, feet, arms, or legs touch the mat, i.e. any part of the torso, head, or hips/bottom. This can also be achieved by being the first to get back to ones feet if both competitors are grounded. This requires that the opponent is still grounded, and that there is no body contact between the competitors. As long as there is any kind of body contact the bout will continue. Body contact is here defined as any kind of grip, hold, or other kind of pressure between the competitors.
* By achieving dominance. Dominance is achieved when both competitors are on the ground, and one of the competitors is exerting considerable control of the other participant, and can keep this control during a count of three by the referee. By manner of hold or weight, keeping your opponents torso, back or hip/bottom to the ground during a count of three by the referee, dominance is achieved. The referee has full authority when deciding what a dominant position is and what is not.
* If your opponent taps out. If your opponent for any reason performs a tap out (attracting the attention of the referee by rapidly tapping three or more times on the mat, the opponent, or on yourself) you will be awarded the round. This can be due to injury, fatigue etc.
* If the referee at any point perceives a violation of the rules he can immediately reset the bout. The referee will call ‘Break!’ at which point both competitors will cease all activities, separate, and stand up. If the foul is passing (such as an attempted armbar (foul) that fails) and no discerning advantage has been achieved through the foul, the bout can be allowed to continue without interruptions. Repeated attempts to use illegal techniques will result in losing the bout, and eventually disqualification.

**Forbidden techniques**

There will be no scratching, biting, eye gouging, pinching or any use of nails to cause pain or discomfort to your opponent.

No pressure to exposed or weak points of the body, like throat, nose, ears etc.

Locks or holds that go against the natural direction of joints, arms, neck, fingers, and legs (such as armbars, kneebars, joint locks etc) are all prohibited.

Choking is not allowed, neither by cutting of blood supply to the brain or blocking the airways. Holds around the neck are allowed, as long as the application of the hold cannot be considered a choke, but part of a takedown or pin.

No kicking, punching or other forms of striking are allowed.

It is strictly prohibited to execute a takedown or throw without adequate control. Control needs to be exerted all the way through a throw, it is not allowed to, for example, let go of your opponent in midair, or throw your opponent in such a manner that they land on their head. It is not allowed to throw your opponent in such a fashion that they will land outside the mat, or on top of dangerous objects (such as your own knee). Slams are also not allowed (lifting your opponent up, just to throw them with force to the ground, or landing on top of them in a violent manner).

Attacking your opponents face in any way is not allowed. You are however allowed to put pressure over/on the face using your torso for example, if done with the purpose to pin or similar.

By, on purpose, leaving the designated tournament area (the mat) in a bout repeatedly (three times) will result in disqualification. Warnings will be given each time. You are not allowed to push or drag your opponent outside the mat. Leaving the mat is defined as having no body contact with the mat whatsoever.