



ICO GRAPPLING OFFICIAL RULEBOOK 2026

Official International Competition Regulations for Thonon-les-bains 2026

ICO DISCLAIMER

The International Combat Organisation (ICO) reserves the right to interpret, modify, or update any rules within this rulebook when necessary to ensure athlete safety, fair competition, and the integrity of the sport.

Participation in any ICO sanctioned competition constitutes full acceptance of all rules, procedures, safety regulations, and referee decisions outlined in this document.

All athletes, coaches, referees, officials, and representatives are expected to demonstrate professionalism, sportsmanship, and respect at all times throughout the competition.

ICO assumes no responsibility for injuries sustained during competition beyond the medical and safety procedures established at the event.

Referee decisions are final unless a procedural or administrative error has occurred.

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ARTICLE 1 – REFEREEING AUTHORITY

The referee is the highest authority during a match. All athletes must obey referee commands immediately.

The referee may stop the match at any time for safety concerns, rule violations, injuries, or unsportsmanlike behavior.

The referee's interpretation of scoring, advantages, penalties, and match control is final unless an administrative scoring error has occurred.

ARTICLE 2 – MATCH DECISIONS

Matches may be decided by:

- Submission
- Technical Stoppage
- Disqualification

- Loss of Consciousness
- Points
- Referee Decision

ARTICLE 3 – POINT SCORING SYSTEM

Points are awarded for dominant positional control.

4 POINTS

- Mount
- Back Mount

3 POINTS

- Guard Pass

2 POINTS

- Takedown
- Sweep
- Knee on Belly

Positions must be controlled for approximately three seconds for points to be awarded.

ARTICLE 4 – LEGAL & ILLEGAL TECHNIQUES

Illegal techniques include:

- Heel Hooks (ALL Gi Division and junior no gi divisions)
- Twisting Knee Locks
- Slams
- Scissor Takedowns
- Spinal Locks without choke
- Finger manipulation
- Dangerous suplex variations
- Throwing an opponent onto the head or neck

Any dangerous or reckless action may result in immediate disqualification.

ARTICLE 5 – PENALTIES

Penalties are divided into:

- Lack of Combativeness
- Serious Penalties
- Severe Penalties

Stalling, fleeing the match area, refusing engagement, or intentionally delaying the match may result in warnings, penalties, or disqualification.

ARTICLE 6 – SUBMISSION ONLY RULES

Submission Only matches are 5 minutes in duration.

No points are awarded during regulation time.

The only way to win during regulation is through a legal submission.

If no submission occurs during regulation time, the match proceeds to ICO EBI Overtime Rules.

ARTICLE 7 – EBI OVERTIME RULES (SUB ONLY MATCHES)

Each competitor receives offensive and defensive rounds from either:

- Back Control
- Spiderweb Armbar Position

The attacking competitor chooses their starting position.

The competitor with the fastest total escape times after overtime rounds is declared the winner if no submission occurs.

ARTICLE 8 – GI COMPETITION

Competitors must wear:

- Clean Gi
- RED OR BLUE BELT (provided by the organization)
- Properly fitted uniform

Athletes with torn, damaged, or unsanitary uniforms may be asked to change Gi for competing.

ARTICLE 9 – NO-GI COMPETITION RULES

Competitors must wear:

- Rash Guard
- Shorts or Leggings

No pockets, zippers, or dangerous materials are allowed.

ARTICLE 10 – ATHLETE UNIFORM REQUIREMENTS

Uniforms must be clean, professional, and competition appropriate.

Finger and toenails must be trimmed.

Jewelry, watches, piercings, and hard accessories are prohibited.

ARTICLE 11 – HYGIENE & SAFETY

Athletes showing signs of contagious skin infections, open wounds, or unsafe medical conditions may be removed from competition.

Medical staff and referees maintain full authority regarding athlete safety.

ARTICLE 12 – ATHLETE CONDUCT

All competitors and coaches are expected to demonstrate sportsmanship and respect.

Unsportsmanlike conduct, verbal abuse, aggressive behavior toward officials, or inappropriate conduct may result in penalties or removal from the event.

ARTICLE 13 – MEDICAL REGULATIONS

ICO medical personnel may stop a match if an athlete is unable to safely continue.

Athletes who lose consciousness may not continue competing during the same tournament.

ARTICLE 14 – COACHING RULES

Only designated coaches may enter coaching areas.

ARTICLE 15 – EVENT PROCEDURES

Athletes are responsible for arriving on time for matches.

Failure to report when called may result in disqualification.

ICO reserves the right to modify schedules and divisions when necessary.

OFFICIAL ICO CHAMPIONSHIP DOCUMENT

This rulebook serves as the official competition standard for ICO World Championship events in Thonon-les-bains 2026.

All participants are expected to review and understand the rules before competing.

For official questions or clarifications, contact your national ICO representative.