

TCL - Concept of Rules

Sport Concept

- Team-based grappling sport focused on restraint, control, and escape. Two Controllers attempt to restrain one resisting competitor (Resister).
- Emphasizes teamwork, communication, tactical movement, safe control techniques, and escape skills.
- No striking, submissions, chokeholds, neck restraints, or excessive force.

Team Structure & Divisions

- Teams consist of three competitors.
- Each competitor serves once as the Resister during a match.
- Divisions are based on combined team weight:
 - Lightweight: Under 500 lbs
 - Middleweight: 500–650 lbs
 - Openweight: Over 650 lbs

Match Format

- Six total rotations per match.
- Three-minute maximum per rotation with one-minute recovery periods.
- Lowest cumulative Control Time wins.
- Coin toss determines initial role selection.

Objective

Controllers must secure a restraint pin and maintain it for a continuous 10-second referee count.

Elevated Positions (standing, seated, kneeling, turtle):

- Both hands controlled behind the back.

Prone Position (face down with torso and hips grounded):

- One hand controlled behind the back.

Escape Victory Conditions

The Resister immediately wins the rotation by:

- Removing all four Controller retention flags; or
- Escaping both Controllers and reaching the designated boundary.

Retention Flag System

- Each Controller wears two retention flags.
- Loss of both flags removes that Controller from the rotation.
- Removed Controllers may not re-enter or assist.
- Flags are not replaced during the rotation.

Starting Position

- Resister begins standing with hands together in front of the body.
- Each Controller begins with a grip on an opposite arm.

Permitted Techniques

- Controlled takedowns.
- Joint pressure for positional control only.
- Directional head control.
- Balance disruption and positional lower-body techniques.
- Defensive movement, hand-fighting, framing, and escape mechanics.

Prohibited Techniques

- Strikes of any kind.
- Chokes or neck restraints.
- Submission holds.
- Small-joint manipulation.
- Spine locks.
- Slams.
- Excessive force or intentional injury attempts.

Resister Restrictions

The Resister may resist, escape, move, bridge, roll, stand, crawl, hand-fight, and remove flags.

The Resister may not:

- Strike.
- Apply submissions.
- Execute offensive takedowns.
- Use pain-compliance or injury-producing techniques.

Safety Rules

- A Resister may stop action by tapping for referee review.
- Illegal technique: 1-minute penalty to Controllers and restart.
- Legal technique: Resister forfeits the rotation.
- Only one Controller may apply body-weight pressure at a time.
- No chest, neck, diaphragm, or abdominal compression intended to restrict breathing.

Scoring & Tie-Breakers

- Faster restraint times produce lower scores.
- Escapes score the full 3:00 against the Controllers.
- Lowest cumulative Control Time wins.

Tie-Breakers

1. Longest cumulative Resister Time.
2. Sudden-death rotation.

Officiating

- Head Referee: rules, scoring, fouls, and final decisions.
- Safety Referee: competitor safety and stoppages.
- Timekeeper/Scorekeeper: official timing and records