



The QUINTET Main Rule Set

※GENERAL※:

- QUINTET is a Team grappling tournament. The Team wins a QUINTET match, not the individual.
- Matches consist of two teams of five facing each other in a “winner stays on” elimination format.
- Matches begin with one fighter from each team competing. This is called a “round”. When a submission is scored, the round is over and the defeated fighter is out of the match. The winning fighter, though, immediately faces the next member of the opposing team in a new round.
- The match continues, round by round, fighter by fighter until one team is completely eliminated.
- The two most successful team from the opening bouts will meet in the Championship Finale.

※WAYS TO WIN※

- Submission/tapout/ref stops round
- Disqualification - for series foul
- Disqualification
- Round will be ruled a DRAW if no finish in the allotted time (both fighters are then immediately eliminated from the match)
- Tie-Breakers
 - Judgment: (in case of the last bout only) the fighter with less warnings wins.
 - In case of the same number of warnings in the last fight, the team with the less total warnings wins. In case of the same total warnings, the judge determines the result from the last fight by using a flag.

- **Bout will be ruled a DRAW if no finish in the allotted time**

※TIME LIMITS※

1X8min round

- **1X4min round (in case of 20kg+ weight deference)**

※PROHIBITED ACT※ (Serious Fouls – Immediate Disqualification loss)

- **No heel hooks**
- **No pile-driving / spiking /suplexing an opponent onto his head/neck**
- **No neck crank (no twisting of only the cervical spine)**
- **No scissors takedown from stand position**
- **No jumping into closed guard**

※MINOR FOULS ※ (Warnings; each fighter can be warned twice in a match before disqualification)

- **Stalling – playing for a draw – not advancing position**
- **Intentionally forcing opponent off the mat**
- **Intentional escape from the mat to evade bad positioning**
- **In case of indetermination by referee, two sub-referees will judge**
- **Biting, pushing teeth onto opponent**
- **Grabbing hair, body hair, nose, or ears**
- **Attacking or pushing the groin or eyes**
- **Grabbing three or less fingers at one time**
- **Any kind of intentional striking (punch, elbow, knee, head butt, kick, shoulder)**

- **In case of warning given to a fighter, the fighter crawls on all fours to the middle of the mat and the opponent puts both palms on the fighter's waist. The bout is started at the signal of the referee.**
- **In case of a warning to both fighters, both start from standing position.**
- **3 times warning results in disqualification loss**
- **If the referee determines that an illegal act causes serious damage to the opponent, disqualification loss may be ruled.**

※PROHIBITED ITEMS※

- No shoes
- No Vaseline, liniments, body grease, gels, balms, lotions, oils, or other substances that may be applied to the hair, face, or body
- No jewelry (rings, necklaces, piercings etc.)

※TIME LIMITS※

- 1X8min round
- 1X4min round (in case of 20kg+ weight deference)

※BOUTS ARE WON BY※

- Submission
- Passing out / loss of consciousness
- Disqualification (3 verbal cautions=warnings)
- Bout will be ruled a draw if no finish in the allotted time
- Judgment: (in case of the last bout only) the fighter with less warnings wins.
- In case of the same number of warnings in the last fight, the team with the less total warnings wins. In case of the same total warnings, the judge determines the result from the last fight by using a flag.

※FIGHT MAT※

- 12 m² square wrestling mat. No action outside of the mat. In case of obvious risk of falling out of the mat area, the referee stops the bout and the bout is restarted in a safe area in the same position.

※SURVIVOR STAYS-ON SYSTEM ※

- Winner fights to the next fighter from the opposing team.
- Draw means both fighters are out.
- If the final fighter loses, the team loses.

ONE DAY TOUNAMENT SYSTEM

- The team winning the first round must present the order of fighters - *who have not yet fought* - to fight next.

※WEIGHT-IN AND WEIGHT LIMIT※

- **Total weight of the team (all five fighters) must be under 430kg (948lbs) one day prior to the event.**