

FOOT SWEEPING/ TAKEDOWN

DIVISION RULES

Ages 3-17

- One 1 Minute Round
- Timer Continues to Run for Called Points
- One Point per Takedown. No Half Points
- First to 3 Points or Most Points When Time Runs Out Wins
- 3-5 Year Olds and White-Purple Rear Leg Foot Sweeps Only
- Orange and Up Any Takedown -
Double/Single Legs, Hip Throws, Leg Trips, etc.
- Single Elimination Brackets with No Round Robins
- Must have full uniform with sleeves rolled down.