

4. Play

- 4.1 **Play begins** with the Red Player standing at HEAVEN and the Blue Player standing at EARTH. The Players bow to the Referee and then to each other. The Blue Player grips the Red Player first. The Red Player then grips the Blue Player.

Upon instruction from the Referee, the players assume static stance. At the command “**GO**” from the Referee, play begins. At the command “**STOP**” from the Referee, play immediately halts. The statement “**OUT**” uttered by a judge will also result in the immediate halt of play.

- 4.2 A Player shall **score points and win a contest** by doing the following:
1. Pulling or pushing the other Player causing him/her to step out of the octagon.
 2. Causing any part of the other Player’s body, other than his/her feet, to touch the floor.
 3. Throwing the other Player out of the octagon.
 4. If the other Player releases grip or attempts to re-grip after play has begun.
- 4.3 The **Time Limit** for a contest shall be 75 seconds. If there is no winner at the end of this time period, play shall stop and both Players shall return to the center of the octagon. The Players re-grip, this time with the Red Player gripping first, then play shall resume for another 45 second time period.

If there is no winner at the end of this second time period, the contest shall be a draw.

- 4.4 **Play ends** with the Red Player standing at HEAVEN and the Blue Player standing at EARTH. The Players bow to each other, then to the Referee and exit the combat area.
- 4.5 **To win a Match**, a Player must win two out of three contests.