

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Class #: \_\_\_\_\_

Score: \_\_\_\_\_/33

GO / NO-GO

**UNITED STATES ARMY COMBATIVES COURSE**  
Tactical Combatives Course  
*Standard Rules Exam*

1) Guard is worth:

- a. 0 pts.
- b. 2 pts.
- c. 3 pts.
- d. 1 pt.

2) Side Control / North-South is worth:

- a. 2 pts.
- b. 3 pts.
- c. 1 pt.
- d. 0 pts.

3) Knee Mount is worth:

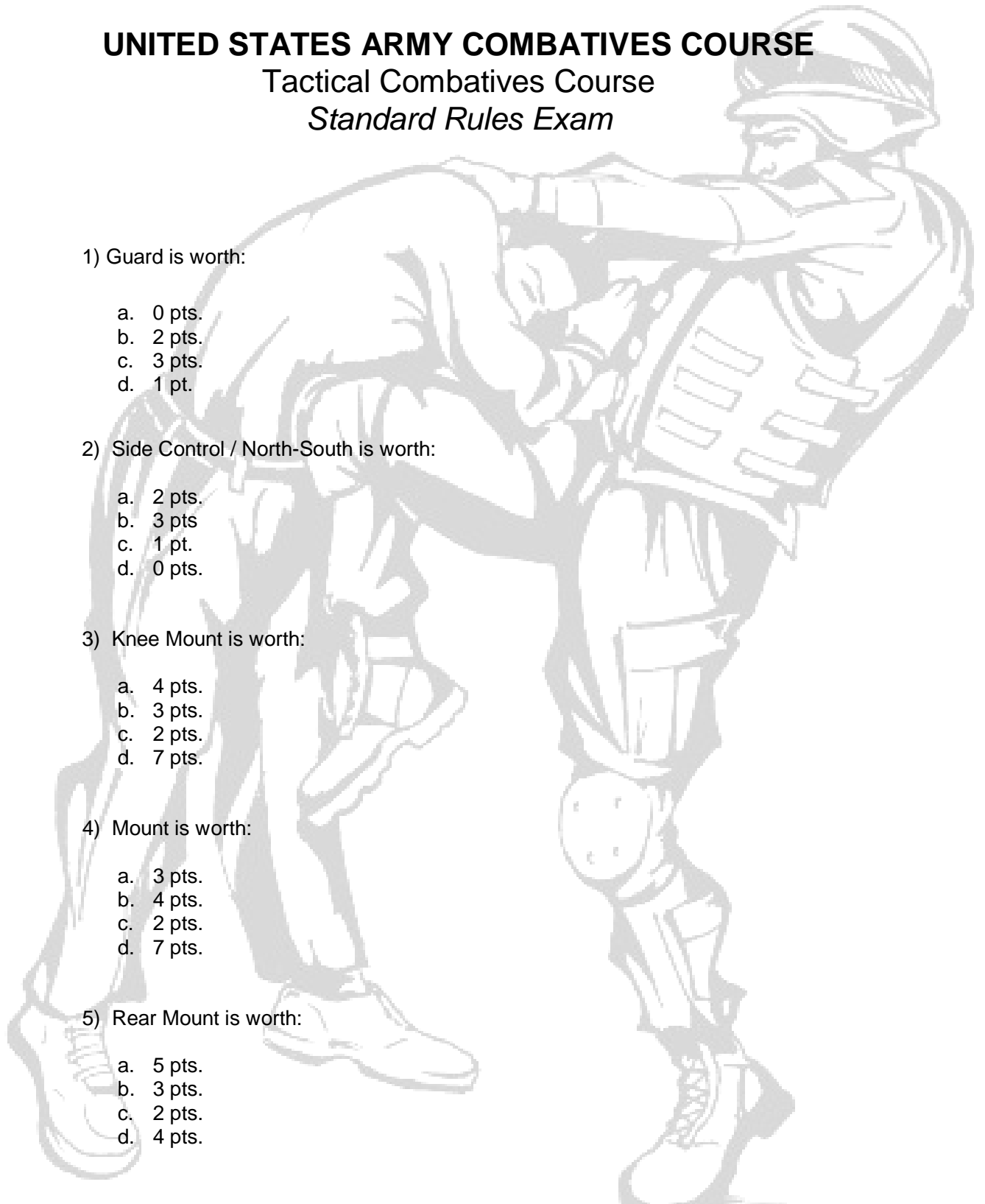
- a. 4 pts.
- b. 3 pts.
- c. 2 pts.
- d. 7 pts.

4) Mount is worth:

- a. 3 pts.
- b. 4 pts.
- c. 2 pts.
- d. 7 pts.

5) Rear Mount is worth:

- a. 5 pts.
- b. 3 pts.
- c. 2 pts.
- d. 4 pts.



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6) Takedown to a dominant position is worth:

- a. 1 pt.
- b. 4 pts.
- c. 2 pts.
- d. 3 pts.

7) Pulling Guard is worth:

- a. 2 pts.
- b. 3 pts.
- c. 2 pts. to opponent.
- d. 3 pts. to opponent.

8) Takedown to a Non-Dominant Top Position is worth:

- a. 0 pts.
- b. 3 pts.
- c. 1 pt.
- d. 2 pts.

9) A Sweep is worth:

- a. 3 pts.
- b. 5 pts.
- c. 7 pts.
- d. 2 pts.

10) Passing the Guard is worth:

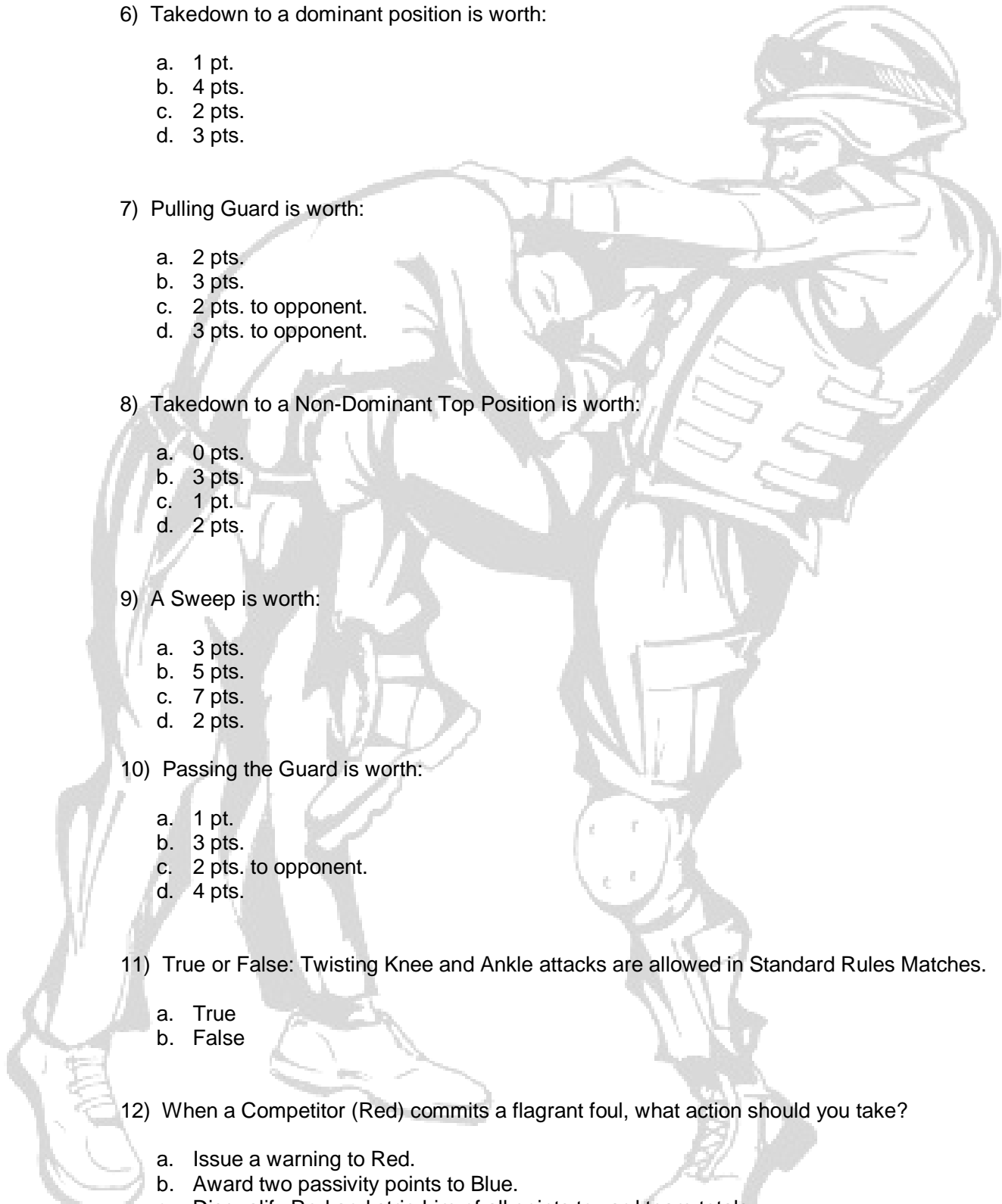
- a. 1 pt.
- b. 3 pts.
- c. 2 pts. to opponent.
- d. 4 pts.

11) True or False: Twisting Knee and Ankle attacks are allowed in Standard Rules Matches.

- a. True
- b. False

12) When a Competitor (Red) commits a flagrant foul, what action should you take?

- a. Issue a warning to Red.
- b. Award two passivity points to Blue.
- c. Disqualify Red and strip him of all points toward team totals.
- d. Pause the action and reset the competitors back in the center of the competition area.



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13) Red takes Blue down and ends up inside Blue's Guard. Red then passes the Guard directly to Mount. How many points does Red receive?

- a. 9 pts.
- b. 7 pts.
- c. 11 pts.
- d. 6 pts.

14) Red is caught in a Rear Naked Choke and rolls out of bounds to avoid the submission attempt. What action should you take?

- a. Reset the competitors back in the center of the mat in the same position.
- b. Disqualify Red for fleeing the area and award the submission victory to Blue.
- c. Reset the competitors back in the center of the mat from standing.
- d. Warn Red and award 2 passivity points to Blue.

15) How are ties decided in Standard Rules?

- a. Referee's decision.
- b. Judge's Decision.
- c. Most time in a Dominant Position.
- d. Allow time to continue until the next points are awarded, scored, or the submission is achieved.

16) How many support personnel (Coaches & Second's) are allowed per competitor per match/bout?

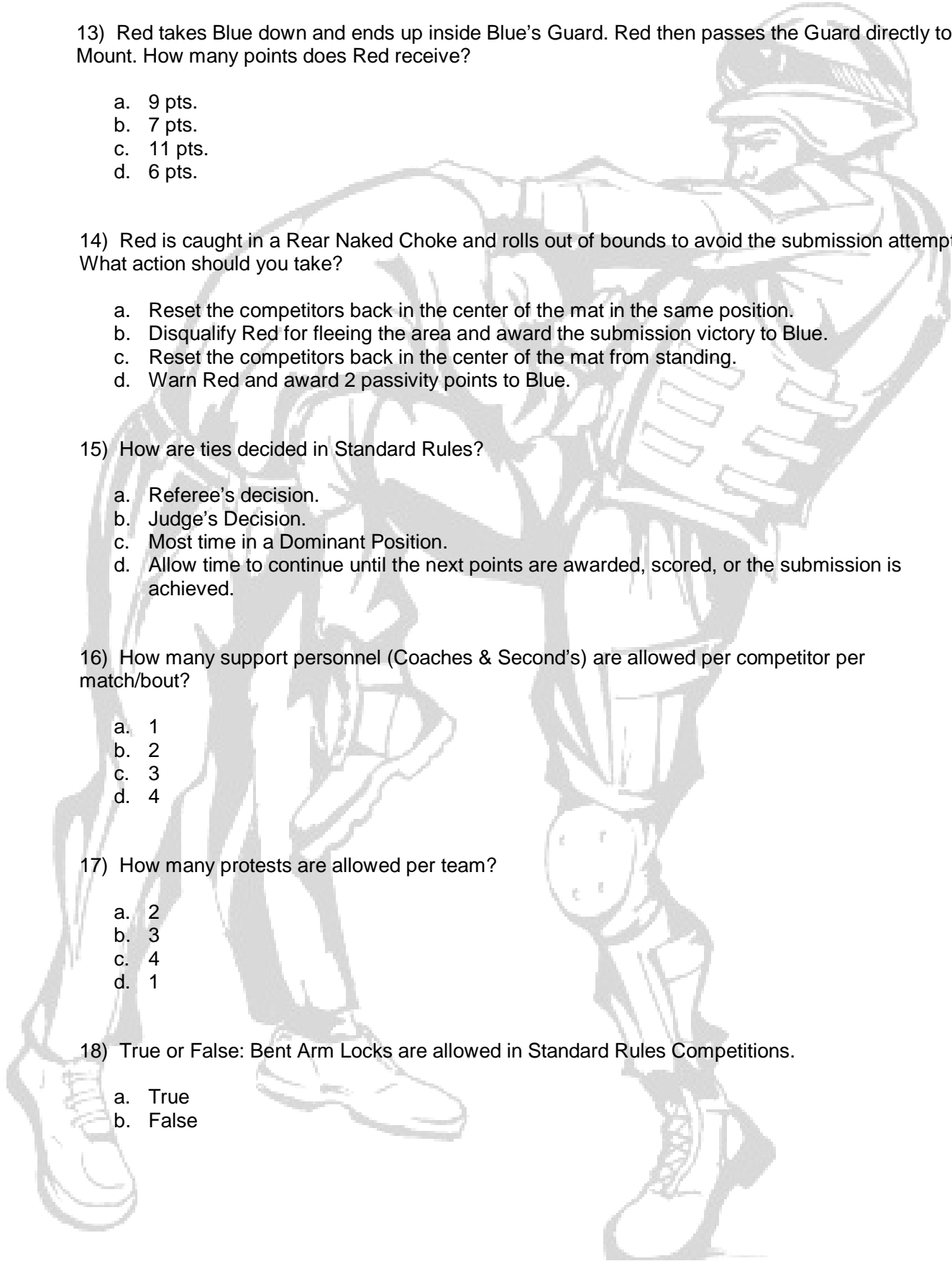
- a. 1
- b. 2
- c. 3
- d. 4

17) How many protests are allowed per team?

- a. 2
- b. 3
- c. 4
- d. 1

18) True or False: Bent Arm Locks are allowed in Standard Rules Competitions.

- a. True
- b. False



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19) True or False: CLS-Certified personnel are the minimal medical requirement for Standard Rules Matches.

- a. True
- b. False

20) How many medical personnel are required per individual competition ring for a Standard Rules Bout?

- a. 1
- b. 2
- c. 1 and a Physician's Assistant
- d. 1 and a Physician

21) True or False: Mouthpieces are required for Standard Rules Matches?

- a. True
- b. False

22) Red attempts a throw and ends up on his back with Blue on top, in Side Control. How many points does Blue get?

- a. 1 pt
- b. 2 pts.
- c. 3 pts.
- d. 4 pts.

23) How long is the maximum time limit for Standard Rules Bouts?

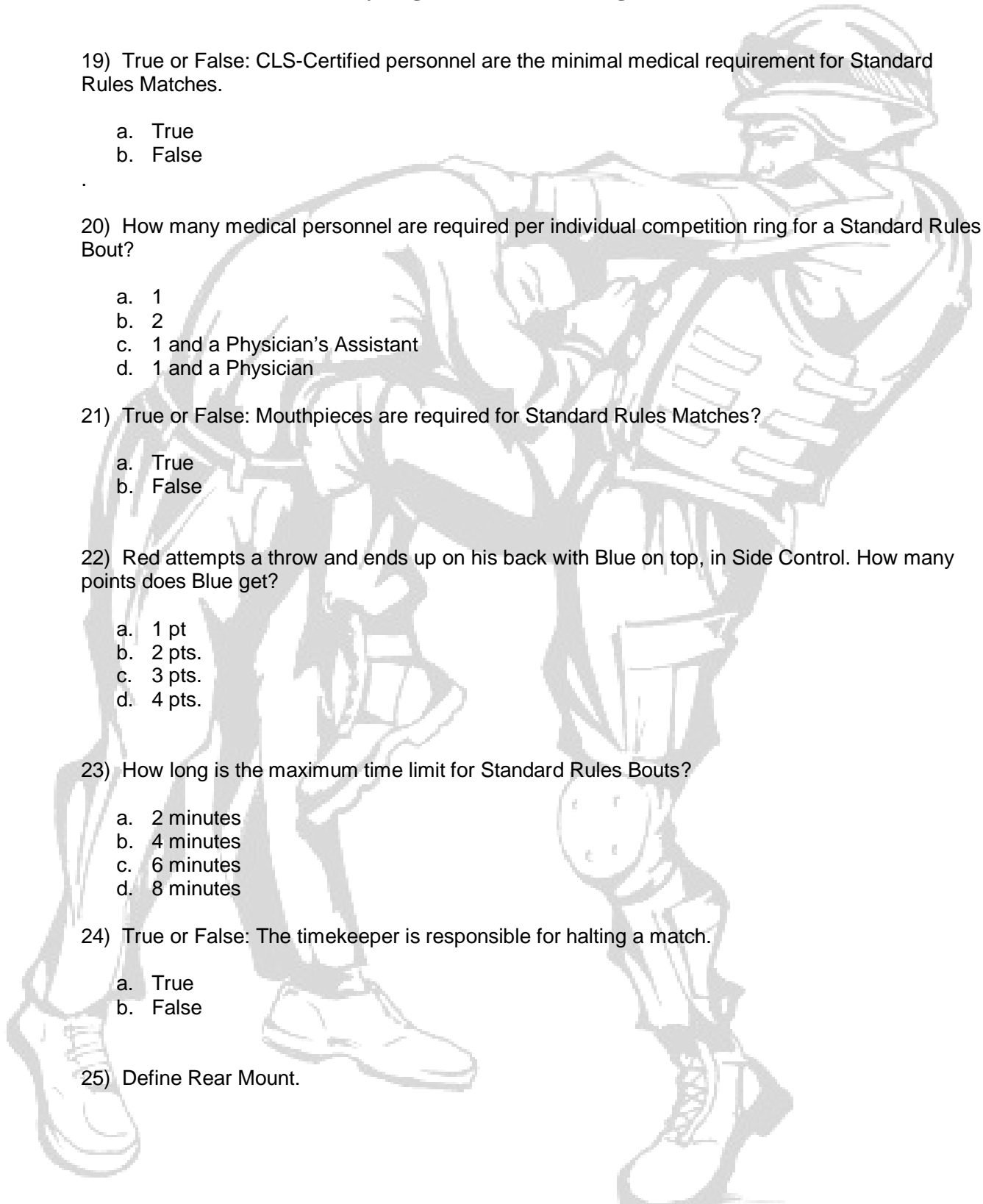
- a. 2 minutes
- b. 4 minutes
- c. 6 minutes
- d. 8 minutes

24) True or False: The timekeeper is responsible for halting a match.

- a. True
- b. False

25) Define Rear Mount.

26) Define Mount.



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27) Define Knee Mount.

28) Define Side Control.

29) Define Closed Guard.

30) Define Open Guard.

31) Define Passing the Guard.

32) Define Sweep.

33) How are points scored and positions established in Standard Rules Bouts?

