

## General Rules

- Each competition area is defined by an octagon-shaped boundary marked on the mat. Any area outside of the octagon boundary is considered out of bounds.
- Should athletes exit the octagon boundary, the referee will use their discretion to recreate the position or restart the match in the standing position.
- Each match is comprised of one regulation round, with the exception of gold medal matches for all Brown and Black Belt divisions, which are comprised of one regulation round (Regulation Time) and one overtime period (OT). All gold medal matches for Black Belt divisions will be presided over by a panel of three referees to ensure the highest standard of officiating.
  - Standard matches will have full scoring in regulation round.
  - Gold Medal matches will only have negative points in regulation and positive/negative points in OT round.
- The match is over at any point with a submission.
- Athletes, coaches, and spectators are held to a high standard of professional conduct while at our tournaments. All are expected to treat each other with respect and follow instructions by tournament staff. Any that disrupt the tournament, refuse to follow staff instructions, verbally or physically fight with each other, use profanity, or argue with staff may be removed from the tournament and not offered a refund.
- Coaches and spectators who represent an athlete may cause their athlete to be disqualified due to poor behavior.
- Athlete safety is a top priority of our referees. They are responsible for creating and managing a safe environment.
  - Athletes who appear unable to defend themselves, their life is at risk or have been choked unconscious may have their match stopped by the referee.
  - Youth athletes who appear to be in imminent danger of injury due to a submission attempt may have their match stopped by the referee even without a tap. The safety of our youth athletes is paramount.
- If a referee stops a match due to a submission but it is clear a submission did not occur (Such as referee admittedly made a mistake or successful replay challenge), referee will reset athletes in the same position with the submission locked in.

## Illegal Techniques

- No spiking your opponent on their head.
- No striking of any kind.
- No eye gouging.
- No grabbing the ears.
- No hair pulling.
- No twisting or holding of less than four fingers or toes.
- No putting your fingers into any orifice of your opponent.
- No scratching, pinching, or biting.
- No grabbing, squeezing or applying pressure to the groin area.
- No pressuring on face/head with knees or elbows
- No slippery substances allowed on body or clothing.
- No holding of rash guards (GI and No GI) or shorts (No-Gi)
- No slams, except during the normal course of a takedown.

## Allowable Techniques

| Allowable Techniques   |           |                    |                   |                 |                    |
|--|-----------|--------------------|-------------------|-----------------|--------------------|
| Technique  | Youth 15U | 16+/Beginner/White | Intermediate/Blue | Advanced/Purple | Expert/Brown/Black |
| All Chokes (No Standing Guillotines or Pulling Head in Triangle) | Y         | Y                  | Y                 | Y               | Y                  |
| All Arm/Shoulder Joint Locks                                     | Y         | Y                  | Y                 | Y               | Y                  |
| Wrist Locks  | N         | Y                  | Y                 | Y               | Y                  |
| Triangles (Pulling Head)   | N         | Y                  | Y                 | Y               | Y                  |
| Guillotine Chokes (Standing)                                     | N         | Y                  | Y                 | Y               | Y                  |
| Straight Foot Locks  | N         | Y                  | Y                 | Y               | Y                  |
| All Leg Locks (Excluding Heelhooks)                              | N         | N                  | Y                 | Y               | Y                  |
| Bicep & Calf Slicers   | N         | N                  | Y                 | Y               | Y                  |
| Smothering/Covering Mouth  | N         | N                  | Y                 | Y               | Y                  |
| Suplexes   | N         | N                  | Y                 | Y               | Y                  |
| Neck Cranks (Can Openers/Crossface)                              | N         | N                  | N                 | Y               | Y                  |
| Jumping Closed Guard   | N         | N                  | N                 | Y               | Y                  |
| Twisters   | N         | N                  | N                 | Y               | Y                  |
| Knee Reaps   | N         | N                  | N                 | N               | No Gi Only         |
| Heelhooks  | N         | N                  | N                 | N               | No Gi Only         |
| Scissor Takedowns  | N         | N                  | N                 | N               | No Gi Only         |
| Slams Except During Normal Takedown                              | N         | N                  | N                 | N               | N                  |
| Spiking Head on Mats   | N         | N                  | N                 | N               | N                  |
| Small Joint Manipulation   | N         | N                  | N                 | N               | N                  |

## Bracketing and Tournament Format

- Youth and Adult White and Blue Belts- Multiple matches, at least 2. Depending on size of bracket, will either be round robin format or have a consolation bracket.
- Adult Brown and Black Belts- Single Elimination.
  - 4 or more athletes: Single elimination
- 3 athletes: Loser of match 1 faces athlete 3 for bronze. Winner of this match faces winner of first match for gold.
- 2 athletes: Best of 3
- 1 Athlete – option of refund, credit, or change bracket (down in age or up in weight).

## Scheduling

- Registrations will close 4 days before an event and brackets will be posted 3 days before an event.
- Match times are estimated and may change based on how quickly the tournament is progressing. It is recommended that athletes arrive at the venue no later than 2 hours before their scheduled match time to account for any potential changes and unexpected challenges.
- It is an athlete’s responsibility to monitor their match times via the event website or schedule boards and ensure they arrive on time. Athletes failing to arrive at the start of their match will be subject to the Walkover policy.

## Bracket Changes

- If an athlete does not have an opponent in their division when registrations close, they will be given 24 hours to request a change to their division. Athletes may be able to change their:
  - Weight Class (same or higher weight) (Gi and No Gi)
  - Age Group (same or lower age) (Gi and No Gi)
  - Experience Level (same or higher) (No Gi Only)
- Athletes have a right to refuse bracket mergers and will receive a full refund if they do not have any opponents.

### **Weigh-ins & Check-ins**

- Athletes must check-in at least 20 minutes prior to the start of their bracket.
- Athletes can weigh in one hour before the start of bracket, but no less than 20 mins before the start of bracket.
- All athletes must wear shorts and rashguard (or sports bra for females) for weigh ins.
  - Gi athletes are not required to wear Gi for weigh ins.
- All bracketed athletes must be in holding area 20 minutes prior to start of bracket.
- Athletes failing to check-in 20mins before the start of their bracket will be disqualified.
- Once a bracket starts any competitor not in holding area will forfeit their match.
- Athletes failing to make weight will be disqualified.
- Once a bracket starts, bracketed athletes must remain in the holding area until their division is complete or they are eliminated from the competition.

### **Walkovers - WO**

- Walkover due to DQ, injury withdrawal, no-show or other reason shall be considered a victory.

## Weight Classes

Weight divisions will be offered across all eligible age and belt categories.

| Youth and Adult Weight Classes |                |
|--------------------------------|----------------|
| Division Name                  | Maximum Weight |
| Youth 55                       | 55             |
| Youth 65                       | 65             |
| Youth 75                       | 75             |
| Youth 85                       | 85             |
| Youth 95                       | 95             |
| Atomweight                     | 105            |
| Strawweight                    | 115            |
| Flyweight                      | 125            |
| Bantamweight                   | 135            |
| Featherweight                  | 145            |
| Lightweight                    | 155            |
| Welterweight                   | 170            |
| Middleweight                   | 185            |
| Light Heavyweight              | 205            |
| Heavyweight                    | 206+           |

## Divisions

- Youth Gi and No Gi
- Adult Gi and No Gi
- Adult Gi and No Gi Absolute
  - *Must place top 3 of bracket to enter Absolute tournament.*
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### Absolute Divisions:

- **Absolute Division Availability:** Yes, absolute divisions will be included.
- **Eligibility:** Only the top 3 finishers in their weight classes are eligible to participate.
- **Entry Fee:** No additional charge for entering the absolute divisions; however, participants must have medaled in their weight division.
- **Division Breakdown:** Absolute divisions will be separated by belt (no white belts).

## Ages

### Youth

- Youth: 8U – 17U

### Adult

- Adult: 18+
- Masters I: 30+
- Masters II: 40+
- Masters III: 50+

## Youth Skill Levels

- Gi: White, Grey, Yellow, Orange/Green
- No Gi:
  - Beginner- White belts only
  - Intermediate- 1-3 years experience, mostly Grey and Yellow
  - Advanced- 3-5 years experience, mostly Orange and Green
- Youth 16-17- White and Blue divisions
- Must wear a ranked rash guard

## Adult Skill Levels

- Gi: White, Blue, Purple, Brown, Black
- No Gi:
  - Beginner- White belts
  - Intermediate- Blue and Purple
  - Expert- Brown and black
  - Must wear a ranked rash guard

## Absolute Divisions:

- **Absolute Division Availability:** Yes, absolute divisions will be included.
- **Eligibility:** Only the top 3 finishers in their weight classes are eligible to participate.
- **Entry Fee:** No additional charge for entering the absolute divisions; however, participants must have medaled in their weight division.
- **Division Breakdown:** Absolute divisions will be separated by belt (no white belts).

## Winning

- Matches consist of positive points, negative points, and submissions.
  - All matches include submissions.
  - All matches include positive points, although Black Belt gold medal matches only include positive points in the overtime period.
  - All matches of athletes aged 13+ include negative points (stalling and passivity penalties).

- The match is over at any point with a submission.
- Matches ending without a submission will be awarded to the athlete with the most points.
- In the event of a tie, the referee will decide the winner based on the referee decision criteria

## Positive Points

- There is no repeat scoring if an athlete voluntarily gives up a position. They cannot digress to and/or from a less dominant position to score unless their opponent forces them off, a new position is established for at least 3 seconds, and then they regain the same scoring position for 3 seconds.
- All scoring positions must be maintained for 3 seconds before positive points will be awarded.
- Passing the guard = 2 points.
  - Guard Pass must result in a controlling position.
- All Sweeps & Reversals = 2 points.
  - Reversal is when an athlete changes the position from bottom to top and establishes control for 3 secs or more. A sweep into a submission will not be awarded points until the submission is escaped.
- Knee on belly = 2 points.
  - The opposite leg must be extended out with knee off ground for entire 3 seconds for points to be awarded.
- Takedown – all takedowns = 2 points
  - Points will be awarded once opponent is on the mat and a controlling position has been established for 3 seconds.
  - Athletes do not have to initiate the takedown to score takedown points.
  - Takedown into another scoring position will result in cumulative points.
    - i.e. a takedown into mount is 6 points – 2 for takedown, 4 for mount position.
  - Takedown into opponent submission attempt will not be awarded points until submission is escaped and controlling position is held for 3 seconds.
    - Turtle is considered a controlled position if top athlete holds bottom athlete in position for 3 seconds.
- Mount Position = 4 points
  - Both knees or one foot and one knee must be touching the floor. Your opponent's back must be on the floor. Both knees must be below the shoulder line.
- Back Mount with both hooks or body triangle = 4 points.
  - Both hooks and body triangle are acceptable. Switching from hooks to body lock or vice versa does not result in additional points.
  - Pinning one of the arms with your leg will result in points as long as the opponent is clearly controlled
- **Mercy Rule (12 and Under Only):** If an athlete is 15 or more points ahead of their opponent at any point during the match, the match will end in a points victory.

## Negative Points (Point Deductions)

- Negative points are only awarded to athletes 13 and up. A negative point is a point deduction from the penalized athlete's score. For example, if an athlete has 4 points and receives a negative point, their score drops to 3 points.

- Stalling and passivity will be determined by the referee when one athlete is purposely slowing the pace, aggression, or flow of the match with no apparent strategy to progress, move to a more dominant position or set up a submission, such as:
  - Excessive hand fighting, collar ties, or utilizing Gi grips for purely defensive purposes for 20 seconds or more while standing.
  - Avoiding contact for 20 seconds.
  - Failing to meaningfully attempt to escape, sweep, or progress for 20 seconds.
  - Disengaging from an opponent and not immediately reengaging.
  - Stalling can be called from any position including front or back mounted positions if the referee determines there is no attempt to progress to submission or stay active.
  - Passivity can be defined as an athlete who avoids contact or engagement with their opponent.
- When referee determines an athlete is stalling:
  - Referee will announce 'Stalling Warning' to the athlete.
  - If athlete doesn't take action within 5 seconds, referee may issue a penalty.
- Referee, following a warning notification, can enforce a stalling penalty. In their sole discretion, referee may:
  - Apply a negative point.
  - Stand up athletes (Top athlete loses position due to stalling).
  - Both - Negative point and reset athletes.
    - This is the most extreme and shall be applied as a last resort.
- Intentionally leaving or fleeing the octagon boundary to avoid engagement, takedown or submission can result in point deductions or disqualification at the referee discretion.
- Illegal guard pull will result in a negative point.
  - Illegal guard pull is when one athlete pulls into any guard that does not result in an engaged position.
  - Athletes cannot just sit into guard; they must establish grips to be considered a legal guard pull. However, they may use offensive actions to roll into an engaged guard without first establishing grips as long as it results in a legal guard.
  - Legal guard should contain one of the following examples within 3 seconds of initiating the action:
    - Pulling into an engaged guard such as butterfly, closed, or DLR.
    - Connection between athletes such as shin to shin, wrist control, or collar tie
    - Immediate move into offensive attack such as sweep, wrestle up or submission attack.
    - There are multiple possibilities for legal guard with the key point of the guard pull being to initiate action. Other legal moves include:
      - dropping into leg attacks
      - falling into leglock
      - flying submissions
- An athlete who voluntarily jumps to guard or goes from standing position to a non-standing position by any means and remains down for 3 seconds or more without establishing a legal guard will result in an illegal guard pull infraction.
- An athlete cannot flee or run from a guard pull, they must defend, break or engage the position. If they successfully break or defend a guard pull before a legal guard is established, they have the option to make their opponent stand back up or to engage in their guard. Once engaged, they may not disengage.

- Double stalling may occur when one athlete is locking down the position of another athlete and neither are making meaningful attempts to advance the action for 20 or more seconds.

## Time Limits

- Youth U8 - U17: 4 minutes
- White belt/All Masters: 5 minutes
- Blue to Brown: 6 minutes
- Black belt: 6 minutes except gold medal matches
  - Gold Medal Matches
    - Adult: Regulation time: 6 minutes, Rest: 1 minute, OT: 4 minutes
    - Regulation time is sub only w/ negative points. If no submission, enters OT.
    - OT period is positive and negative points with negative points carrying over from regulation time.

## Referee Decision Criteria

- If the match goes to a decision, the match is reviewed in its entirety. Regulation Time and OT performance will impact final referee result.

## Scoring Criteria

- Scoring criteria shall be ranked in order of the highest value to the lowest, the referees shall apply the following criteria:
  - Initiation of Bout Ending Techniques: Effective submission attempts which require meaningful defense shall be given the highest value.
  - Initiation of Action: Effective execution of offensive techniques such as takedowns, guard passes, sweeps which further the progression towards bout ending techniques, shall be awarded the second highest value.
  - Duration of Control: The athlete who effectively controls the position and pace of the bout shall be awarded the third highest value.

## Other Notes:

- **Reaping & Heel Hook Rule**
  - Leg Reaping Definition:**
    - Reaping occurs when an athlete places their leg behind the opponent's leg, passes the foot across the vertical midline of the opponent's body, and places the foot above the opponent's knee while applying inward pressure to the knee joint from the outside.
  - Reversal of defensive position Definition:**
    - Referee will have sole discretion to award points and determine a sweep/reversal versus change in position. This occurs when an athlete reverses a defensive position such as rolling from bottom of mount into top position, but into opponent's guard. Referee will have discretion to award points if

they feel the reversal was an offensive progression or not award points if the move was solely defensive.

**Allowed Divisions:**

- Reaping and heel hooks are permitted **only** in **Adult Expert No-Gi divisions**
- In all Gi divisions, **reaping and heel hooks are prohibited.**

**Safety Enforcement:**

- Referee maintains sole discretion to determine if an athlete is applying submission with intent to injure opponent specifically, but not limited to heel hooks. Any purposeful intent to injure opponent through slamming or submission is grounds for disqualification.

**Athlete Responsibility:**

- Athletes are responsible for understanding these rules prior to competition.
- In lieu of an in-person rules meeting, a video covering legal and illegal positions, including live demonstrations, will be available on the tournament website prior to competition. All athletes are responsible for reviewing this video before competing.

## Uniform

- **Gi:** Black, White, Blue, or Grey Gi only. Gis must be clean, dry and serviceable without any rips, tears, or unpleasant odors. Gis must be checked prior to competing to ensure they meet standard length and width guidelines. Gis with an excessive number or size of patches preventing an opponent from getting grips in key places, such as sleeve or legs, are not allowed.
  - All Males must wear rashguard under Gi.
  - All Females must wear rashguard or sports bra under Gi.
  - All Competitors must wear athletic underwear or industry standard grappling underwear such as compression shorts or spats.
- **No Gi:**
  - Ranked tops are required.
  - Rash guards or compression shirts of an elastic/spandex material are required for the top. Men are required to wear industry standard fight trunks or jiu-jitsu shorts for the bottom with spats or compression shorts underneath. Women may wear industry standard fight trunks, jiu-jitsu shorts, compression shorts or spats. Cotton t-shirts or loose-fitting shirts are not allowed. Shirtless is not allowed. Bottoms cannot have any hard objects, such as any rings, zippers, metal, hard plastic or sharp edges. Bottoms cannot have pockets.
- **Accessories:** Footgear and headgear are not allowed. Joint sleeves may be worn but cannot contain metal, wire, or hard plastic and may not significantly increase the mass of or significantly reduce the motion of the joint. Cups may not be worn. Standard tape of fingers, ankles, or wrists permitted, but may not be used in an advantageous manner that is not consistent with industry standard protective/medical use. Hair pins or any other jewelry are not allowed. Hair ties must be fabric and not contain metal, plastic nor can they contain loose ends or protruding elements.
- **Messaging:** Uniforms may not have any political statements, offensive language or images, or represent any form of hate.

## Hygiene

- **Hair:** Long hair should be restrained in order to avoid interfering with an opponent's vision or ability to apply a grip or submission. Hair pulling is not allowed. Hair ties may not contain any metal, hard plastic, pointy or sharp edges.
- **Nails:** Finger and toenails should be trimmed short to not cause scratches or injury to an opponent.
- **Wounds:** Athletes may not compete with open wounds, such as cuts or sores, even if covered by bandages since bandages are likely to slide off during competition. Small scrapes or scratches may be reviewed by on-site official and determined if allowable.
- **Cosmetics:** Excessive hair dye or makeup that may stain an opponent's uniform is not allowed.