

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, except for 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 the regulation round.
 - Gold medal matches shall consist of a submission-only regulation period, followed by an overtime points period if no submission occurs during regulation
- 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 from 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.
- Each group of five athletes shall be assigned one coach.
- Athlete safety is a top priority of our referees. They are responsible for creating and managing a safe environment.
 - Youth athletes who appear to be in imminent danger of injury may have their match stopped by the referee even without a tap. The safety of our youth athletes is paramount.

Authority of Referee

- The referee is the highest authority during a match, and the referee's decision regarding the result of a match shall be final and incontestable.
- The result of a match may only be overturned under the following circumstances
 - The score displayed on the scoreboard was incorrectly recorded or misread.
 - The athlete declared the winner submitted their opponent using an illegal hold that was not identified by the referee during the match.
 - An athlete was incorrectly disqualified for performing a legal technique. In this situation, if the match was stopped and the disqualification occurred before the athlete being attacked submitted, the match shall be restarted in the center of the match area, and the attacking athlete shall be awarded two points. If the athlete being attacked submitted before the interruption and disqualification, the athlete applying the technique shall be declared the winner.
- Subjective referee decisions regarding the awarding of points, or verbal warning/negative points shall be final and shall not be subject to review or change.
- To overturn the outcome of a match, the following conditions must be met:
 - The referee may consult with the event's Director of Refereeing; however, the final decision to overturn or uphold the result shall remain with the referee.

- The Director of Refereeing shall consult with the event's center table regarding the progression of the bracket and may only authorize a result to be overturned if the bracket has not advanced to the next stage.

Referee Responsibilities

- It is the referee's responsibility to summon the athletes to the match area and initiate the match.
- The referee shall perform a final inspection to ensure all requirements, including attire, hygiene, and other regulations, are met. If an athlete does not meet any requirement, the referee shall determine whether the issue can be corrected within the allotted time.
- The referee shall position the athletes within the match area prior to the start of the match.
- Points awarded to the athlete positioned on the referee's right shall be signaled using the referee's right arm, which is identified by a green and yellow armband. These points shall be recorded on the green and yellow section of the scoreboard.
- Points awarded to the athlete positioned on the referee's left shall be signaled using the referee's left arm, which does not bear an armband. These points shall be recorded on the uncolored section of the scoreboard.
- It is the referee's duty to call a start to the match.
- It is the referee's duty to intervene in a match when he/she deems it necessary
- It is the referee's responsibility to summon medical staff to the match area when medical assistance is required.
- It is the referee's responsibility to raise the arm of the winner of the match, and only the winner's arm shall be raised. This applies even in cases where two athletes from the same academy agree upon the outcome of the match.

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 applying pressure 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 fingers inside of opponent's sleeves or pant cuffs
- No athlete shall place their knee on an opponent's head or neck while stacking.
- No slams, except during the normal course of a takedown.

Slamming, Suplexes, and Illegal Strikes

Slamming is strictly prohibited outside of a takedown and shall result in immediate disqualification. Suplexes are permitted only when executed as a continuous motion and the opponent lands safely on their side or upper back. Any suplex that causes an opponent to be spiked directly onto the head or neck is prohibited and shall result in disqualification. The official definitions of the techniques are as follows:

- **Slam:** A slam is defined as lifting an opponent into the air and forcefully dropping or spiking them onto the mat. Slamming is prohibited in all situations outside of a takedown, including when used to escape a submission such as an armbar or triangle choke.
- **Suplexes:** Suplexes are permitted provided they do not project or drive the opponent's head or neck into the mat. The throw must be executed as one continuous, fluid motion, and the opponent must land safely on the upper back or shoulders.
- **Illegal Strikes:** Headbutting, slamming, or intentionally forcing an opponent's head directly into the mat is strictly prohibited.

Allowable Techniques


TABLE: TECHNICAL FOULS – ILLEGAL MOVES

#	4 to 12 years of age	13 to 15 years of age	16 & 17 yrs old	Adults & Masters White Belt	Adults & Masters Blue & Purple Belts	Adults & Masters Brown & Black Belts	Illegal Move / Technical Foul
1	•	•					Submission techniques stretching legs apart
2	•	•					Choke with spinal lock
3	•	•					Straight foot lock
4	•	•					Forearm choke using the sleeve (Ezequiel choke)
5	•	•					Frontal guillotine choke
6	•	•					Omoplata
7	•	•					Triangle (pulling head)
8	•	•					Arm triangle
9	•	•		•			Jumping to guard or flying submissions (illegal for white belt juveniles)
10	•	•	•	•			Lock inside the closed guard with legs compressing kidneys or ribs
11	•	•	•	•			Wrist lock
12	•	•	•	•			Single leg takedown while the attacking athlete has his head outside his opponents body.
13	•	•	•	•	•		Bicep slicer
14	•	•	•	•	•		Calf slicer
15	•	•	•	•	•		Knee bar
16	•	•	•	•	•		Toe hold
17	•	•	•	•	•	•	Slam
18	•	•	•	•	•	•	Spinal lock without choke
19	•	•	•	•	•	•	Heel hook (legal for experts ADULTS NOGI)
20	•	•	•	•	•	•	Locks twisting the knees.
21	•	•	•	•	•	•	Knee Reaping (legal for experts ADULTS NOGI)
22	•	•	•	•	•	•	Scissor takedown (legal for experts ADULTS NOGI)
23	•	•	•	•	•	•	In straight foot lock, turning in the direction of foot not under attack. (legal for experts ADULTS NOGI)
24	•	•	•	•	•	•	In toe hold, applying outward pressure on the foot
25	•	•	•	•	•	•	Bending fingers backwards
26	•	•	•	•	•	•	Grab the opponents belt and throws him to the floor on his head when defending a single leg situation while his opponents head is on the outside of his body.
27	•	•	•	•	•	•	Suplex takedown technique, landing with the opponent's head or neck on the ground.

Note: This table is for guidance only. Referees should use their best judgment in applying penalties according to the spirit of fair competition.

Bracketing and Tournament Format

- All tournament brackets shall use a single-elimination format. A third-place match shall be held between the athletes who lose in the semifinals.
- All bracket structure shall be determined on a case-by-case basis based on the number of athletes registered in each division.

Tiebreakers

- In the event of a tie at the conclusion of a bracket, the winner shall be determined using the following tiebreakers, in order:
 - 1) Head-to-head result
 - 2) Number of wins by submission
 - 3) Sum of match scores
 - 4) Fastest submission
 - 5) Sum of penalties in winning matches (lower is better)
- In the event of a tie at the end of a match, the athlete who scores the last point shall be declared the winner. If no points are scored (0-0), the winner shall be determined by referee decision.

Scheduling

- Registrations will close 5 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 higher age) (Gi and No Gi)
 - Athletes in Masters Divisions can move to same or lower age
 - 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. These athletes will be contacted via email and notified of their options.

Weigh-ins & Check-ins

- Athletes must check-in at least 20 minutes prior to the start of their bracket.
- Athletes can weigh in beginning one hour before the start of bracket, but no less than 20 minutes before the start of bracket.
- Athletes competing in both Gi and No-Gi divisions must weigh in separately for each division. A single weigh-in may not be used for both Gi and No-Gi divisions.

- All athletes must wear shorts and a rashguard (or sports bra for females) for weigh ins.
 - Gi athletes are not required to wear Gi for weigh ins.
- Youth competitors shall be granted a one-pound weight allowance.
- All bracketed athletes must be in holding area 20 minutes prior to start of bracket.
- Athletes failing to check in 20minutes before the start of their bracket will be disqualified.
- Once a bracket starts, any competitor not in the 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.

Injury Time Limit

- An athlete shall be allowed up to two minutes for evaluation and recovery by designated medical personnel.
- If an athlete is unable to safely continue after the allotted injury time has expired, the match shall be declared over.
- Athletes may request the doctor a maximum of three times before the match is stopped.
- If the designated medical professional determines that an athlete cannot safely continue due to injury, the match shall be stopped immediately.
- Cramping or throwing up will result in disqualification.

Weight Classes

Weight divisions will be offered across all eligible age and belt categories. Athletes with no other athletes in their weight class will be notified and offered the option to move to an adjacent weight class, receive a refund, or, where eligible, enter an absolute division. This policy ensures all athletes who compete do so in a fully competitive division.

Youth Weight Divisions

Division Name	Maximum Weight (Lbs)
Youth 45	45
Youth 55	55
Youth 65	65
Youth 75	75
Youth 85	85
Youth 95	95
Youth 105	105
Youth 115	115
Youth 125	125
Youth 135	135
Youth 145	145
Youth 155+	155+

Juvenile Weight Divisions

Division Name	Maximum Weight (Lbs)
Atomweight	105
Strawweight	115
Flyweight	125
Bantamweight	135
Featherweight	145
Lightweight	155
Welterweight	170
Middleweight	185
Light Heavyweight	205+

Adult Weight Divisions

Division Name	Maximum Weight (Lbs)
Atomweight	105
Strawweight	115
Flyweight	125
Bantamweight	135
Featherweight	145
Lightweight	155
Welterweight	170
Middleweight	185
Light Heavyweight	205
Heavyweight	265

Divisions

UFC BJJ Opens divisions are determined by age group, weight class, skill/belt level, and sex assigned at birth. Athletes must compete in their applicable division. Age divisions shall be determined by an athlete's birth year, not their age on the date of the event. UFC BJJ Opens reserves the right to request documentation to verify eligibility. If an athlete registers in an ineligible division, UFC BJJ Opens may move the athlete to the appropriate bracket or issue a refund. Repeated registration in an ineligible division may affect the athlete's eligibility to participate in future UFC BJJ Opens events.

Youth

- **Age Groups**

Birth Year	Age in 2026	Division
2020-2019	6-7	Peewee
2018-2017	8-9	Junior I
2016-2015	10-11	Junior II
2014-2013	12-13	Teen I
2012-2011	14-15	Teen II
2010-2009	16-17	Juvenile

- **Skill Levels**

- Gi: White, Grey, Yellow, Orange, Green
- No Gi: Beginner, Intermediate, Advanced
 - Beginner: White belts only or 0-2 years experience
 - Intermediate: Grey and yellow belts, or 2-4 years experience (Recommended)
 - Advanced: Orange belts and above, or 4+ years experience (Recommended)

Adult

- **Age Groups**

Birth Year	Age in 2026	Division
2008-1997	18-29	Adult
1996-1987	30-39	Masters I (or Adult)
1986-1977	40-49	Masters II (or Adult)
1976-1967	50-59+	Masters III (or Adult)

- **Skill/Belt Levels**

- Gi: White, Blue, Purple, Brown, Black
- No Gi: Beginner, Intermediate, advanced, Expert
 - Beginner: White Belts Only or 0-2 years of experience.
 - Intermediate: Blue & Purple Belts or 2-4 years of experience.
 - Advanced: Black & Brown belt or 4+ years of experience - MASTERS
 - Expert: Brown & Black Belt or 4+ years of experience - ADULT

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.
- **Sign-Ups:** Sign-ups for absolute divisions close 30 minutes after the bracket for that division ends.
- **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 include negative points (stalling and passivity).
- 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 athlete who scores the last point shall be declared the winner. If no points are scored (0-0), the winner shall be determined by referee decision.
- If a black belt gold medal match is tied at the end of the submission-only regulation period, the match shall proceed to overtime, even if one athlete has been assessed a negative point.
 - Negative points shall carry over into the overtime period

Tapping Out

- A tap is recognized when an athlete clearly taps their opponent, themselves, or the mat with their hand at least two times, signaling submission. A valid tap immediately ends the match, and the tapping athlete shall be declared the loser.
 - If an athlete is unable to tap with their hands, they may signal submission by clearly tapping the mat or their opponent with their foot at least two times.
- A verbal tap occurs when an athlete clearly requests that the match be stopped or verbally submits. This is highly recommended when a physical tap is not possible.
 - When verbally submitting, athletes are encouraged to clearly state “tap” to avoid ambiguity. Grunts or unclear verbal expressions alone may not be recognized as a verbal tap unless the referee determines the athlete is intentionally signaling submission.
 - Emitting an audible expression of pain, such as a yelp or scream, while caught in a submission hold shall be considered an automatic verbal submission. The referee shall immediately stop the match and declare the opponent the winner.
- A verbal withdraw occurs when an athlete verbally submits by clearly requesting to stop the match.

Out of Bounds/Resets

- 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.
- Reset Positions:
 - If athletes go out of bounds while in the standing position, the referee shall restart the match from the center of the match area.
 - If athletes go out of bounds while a submission is in progress, the athlete applying the submission shall be awarded two points, and the athletes shall be restarted from the center of the match area in the standing position.
 - Intentionally leaving or fleeing the octagon boundary to avoid a submission will result in a disqualification
 - In order for the athlete to be awarded two points, the submission must start in bounds.
 - If athletes go out of bounds while in a grounded position, the referee shall restart the match from the center of the match area in the same position. If the referee determines that the position cannot be recreated, the athletes shall be restarted in the standing position at the center of the match area.
 - If athletes go out of bounds while in a position that the referee determines to be a scramble, the athletes shall be restarted from the center of the match area in the standing position.

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 are awarded.
- **Passing the guard = 2 points.**
 - Guard Pass must result in a controlling position.
- **Sweeps = 2 points.**
 - A sweep is awarded when athlete on the bottom (playing guard) reverses positions and ends up on top in a controlling position.
 - Turtle position shall be considered a controlled position when the top athlete maintains control of the bottom athlete in the turtle position for three seconds with either both knees, or one knee and one foot, in contact with the mat.
 - A sweep into a submission will not be awarded points until the submission is escaped.
 - No points will be awarded for mount escapes, back escapes, knee on belly escapes or reversed position from failed submission attempt.
- **Knee on belly = 2 points.**
 - The opposite leg must be extended out with the knee off the ground for the entire 3 seconds for points to be awarded.
- **Takedown = 2 points**
 - Points will be awarded once your opponent is on the mat and you have established a controlling position for 3 seconds.

- Turtle position, with one and two knees on the mat, is considered a controlling position.
- 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.
- From a standing position, if one athlete secures control of an opponent's leg and the opponent voluntarily sits to the mat, the athlete controlling the leg shall be awarded two points.
- If an athlete successfully executes a foot sweep before the opponent initiates a guard pull, the athlete shall be awarded two points.
- **Mount Position = 4 points**
 - To be awarded mount points, the top athlete must have both knees, or one knee and one foot, in contact with the mat. The bottom athlete may be flat on their back, sideways, or flat on their belly-down. Both of the top athlete's knees must be positioned below the opponent's shoulder line.
 - The top athlete's legs must be positioned below the bottom athlete's elbow line on both sides.
- **Back Position = 4 points.**
 - Both hooks or body triangle are acceptable. Switching from hooks to body lock or vice versa does not result in additional points.
 - To be awarded points for back mount, the top athlete's legs must be positioned below the bottom athlete's elbow line on both sides.
 - Pinning one of the opponent's arms with the leg shall be awarded points, provided the opponent is clearly controlled. The controlling leg must be positioned below the opponent's elbow line for the position to be recognized as a back take.
- **Top Position Following Double Guard Pull = 2 points.**
 - In the event of a double guard pull, the athlete to come on top and establish control of the top position shall be awarded two points

Negative Points (Point Deductions)

- 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.
 - The Referee may issue a verbal warning for certain infractions, including stalling. However, for clear or intentional infractions, the referee may immediately assess a negative point without issuing a prior warning.
- 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 10 seconds or more while standing.
 - Avoiding contact for 10 seconds.
 - Failing to meaningfully attempt to escape, sweep, or progress for 10 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, referee may issue a negative point at any time.
 - If the referee determines that the match has reached a stalemate, the referee may restart the action from the standing position. The referee can issue stalling from any position including, but not limited to, mount or back.
 - If the referee determines that an athlete is excessively backing up or avoiding engagement, the referee may issue a verbal warning. Continued infractions may result in the assessment of a negative point.
- Referee, following a warning notification, can apply a negative point. In their sole discretion, referee may:
 - 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.
- Illegal guard pulls will result in a negative point.
 - An 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 leglocks
 - flying submissions
 - An athlete who voluntarily jumps into to guard or goes from a standing position to a non-standing position by any means and remains down for 3 seconds or more without establishing a legal guard will receive a warning. Continued infractions will result in negative points.
- 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 10 or more seconds.
- If you receive five negative points in a single match, you will be disqualified.
- If both athletes finish the match with negative points, the athlete who most recently received a negative point shall be declared the loser.

Time Limits

- Peewee 7 and under: 3 minutes
- Youth & Teens 8 - 15: 4 minutes
- Juveniles: 5 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 submission-only w/ negative points. If no submission occurs, the match enters OT.
 - The OT period has positive and negative points with negative points carrying over from regulation time.

Black Belt Gold Medal Final Matches

- A Black Belt gold medal final shall consist of one regulation period followed, if necessary, by one overtime period.
- Regulation time shall be 6 minutes. If no submission occurs during regulation, there shall be a 1-minute rest period followed by a 4-minute overtime period.
- Regulation time shall be submission-only with negative points. Positive points shall not be awarded during regulation.
- If no submission occurs during regulation, the match shall proceed to overtime, even if one athlete has been assessed a negative point during regulation.
- Overtime shall include both positive points and negative points.
- Any negative points assessed during regulation shall carry over into overtime.
- If the match ends without a submission, the athlete with the higher score at the end of overtime shall be declared the winner.
- If the score remains tied at the end of overtime, the winner shall be determined by referee decision criteria.

Referee Decision Criteria

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

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, and 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.

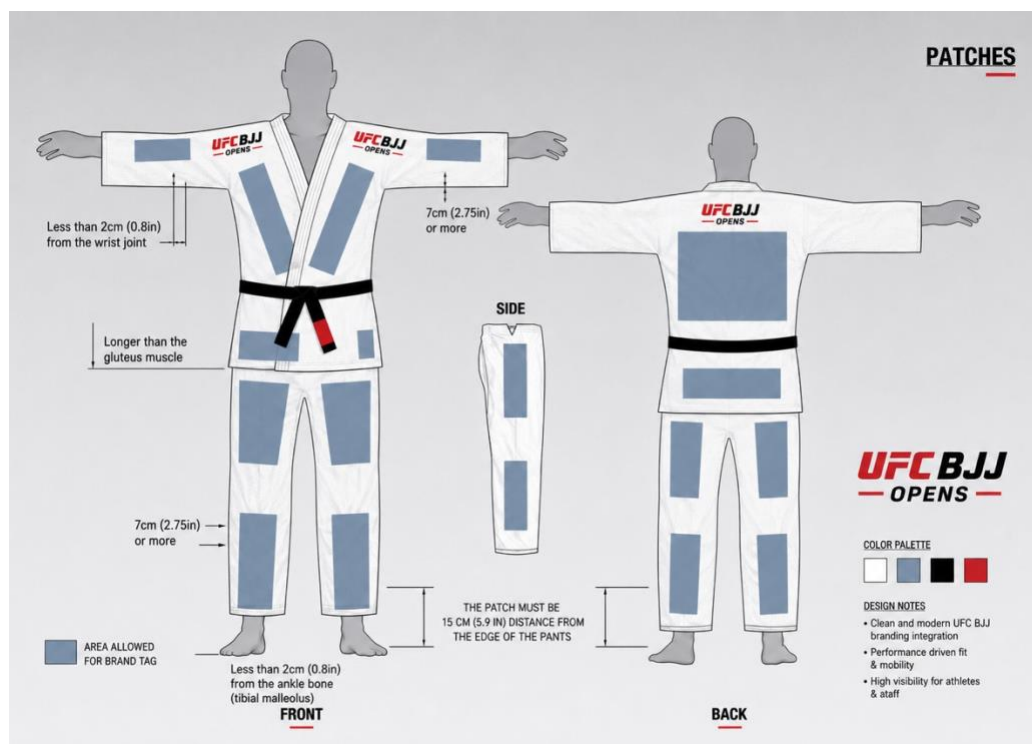
Uniform

- **Gi:** Black, White, or Blue. 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.
 - Rashguard is optional for males
 - 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.
 - Gi sleeves must be no more than 2 cm from your wrist joint
 - Pants must reach no more than 2 cm above the ankle bone
 - Reinforcements on sleeves, cuffs, and jacket skirts shall not exceed 2.5 cm in length.
 - Sleeve openings shall be at least 7 cm wide, and the lapel shall be exactly 5 cm wide.
 - Collar Rigidity: The lapel may contain EVA or similar material; however, it must comply with the established thickness and rigidity requirements.
 - Athletes shall wear a durable belt measuring 4 to 5 cm in width, with the color corresponding to the athlete's rank and a black tip, except for black belts, which shall have a white or red tip. The belt shall be worn over the jacket, wrapped around the waist twice, and secured with a double knot tight enough to keep the jacket closed. Once tied, each end of the belt shall hang between 20 and 30 cm in length.
 - Gi uniforms shall not have tears, holes, excessive moisture, or emit unpleasant odors.
- **No Gi:**
 - All attire, including rash guards, sports bras, shorts, and spats, shall be at least 90% black and may only display gym or industry company logos.
 - Shorts shall not extend past the knee and shall not be more than half way down the thigh
 - Men shall wear rash guards or compression shirts made of an elastic/spandex material for the upper body. Men shall wear industry-standard fight trunks or jiu-jitsu shorts with spats or compression shorts underneath. Cotton T-shirts, loose-fitting shirts, and competing shirtless are prohibited. Bottoms shall not contain pockets, rings, zippers, metal, hard plastic, sharp edges, or any other hard objects that may present a risk to the opponent.
 - Women shall wear rash guards or compression shirts made of an elastic/spandex material for the upper body. Women may wear industry-standard fight trunks, jiu-jitsu shorts, compression shorts, or spats. Cotton T-shirts, loose-fitting shirts, and competing shirtless are prohibited. Bottoms shall not contain pockets, rings, zippers, metal, hard plastic, sharp edges, or any other hard objects that may present a risk to the opponent.
- **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

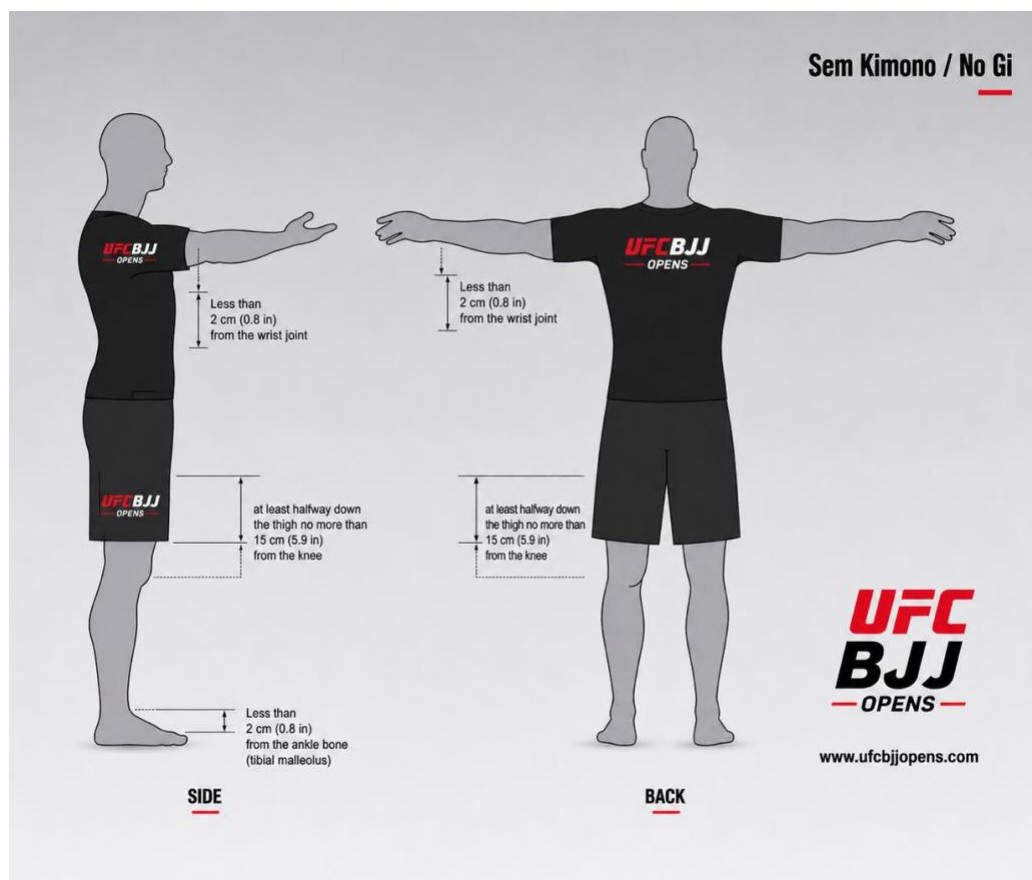
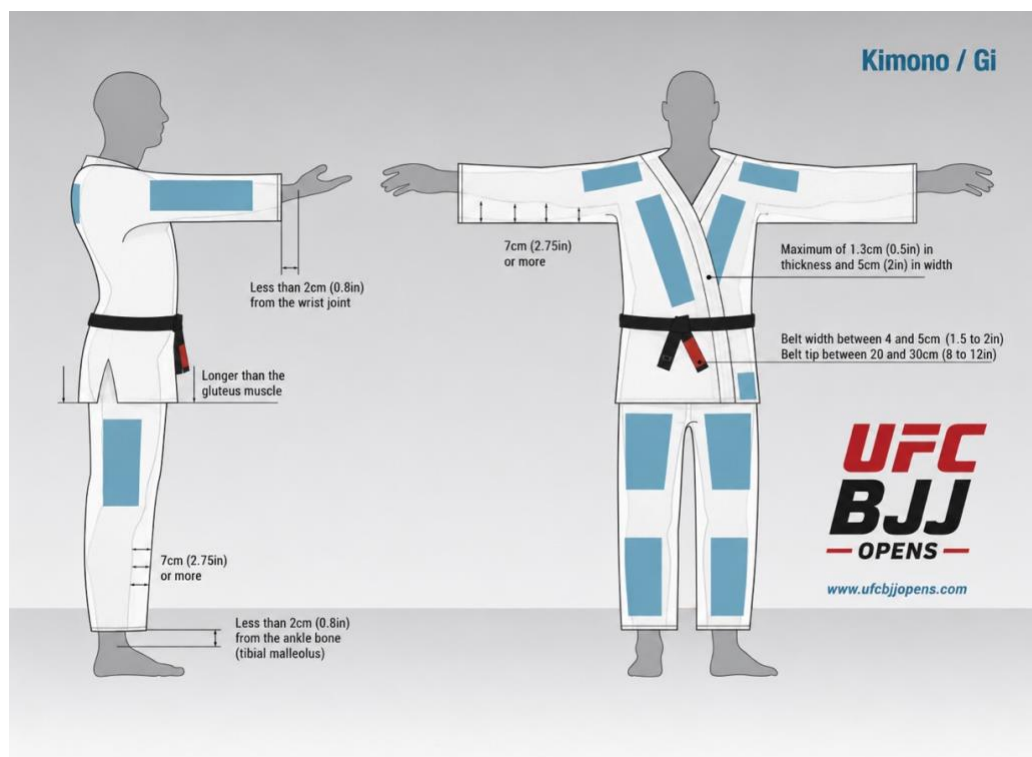
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fingers, ankles, or wrists permitted, but may not be used in an advantageous manner that is not consistent with industry standard protective/medical use. Hair pins or any other jewelry are not allowed. Hair ties must be fabric and not contain metal, 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.
- **Other Requirements:**
 - Athletes must wear undergarments. The use of thong type undergarments is not permitted.
 - Use of shirt under the gi top is prohibited. Participants must wear skin tight rash guards that follow the official rules



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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.
- **Piercings:** Large or non-removable piercings must be securely covered with athletic tape and shall not be left exposed during competition. If left exposed, the athlete shall have one point deducted.
- **Jewelry:** Athletes shall not compete while wearing jewelry of any kind. Any athlete found competing with jewelry shall have one point deducted.

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.
- **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.