

# **HOUSE RULES FOR BRAZILIAN JIU JITSU**

**(SAME RULES APPLY TO GI & NO-GI)**

**THE TECHNIQUES IN RED ARE TOTALLY ILLEGAL & NOT ALLOWED AT ANY BELT LEVEL**

- 1. NO SLAMMING/CHECKING**
- 2. NO SCISSORS TAKEDOWNS**
- 3. NO CERVICAL LOCKS OR NECK CRANKS**
- 4. NO HEEL HOOKS**
- 5. NO GROIN STRETCHES**
- 6. NO SMALL JOINT MANIPULATION (fingers or toes)**
- 7. NO UNNECESSARY ROUGHNESS ON THE FACE (cross facing, leaning on the face with forearms, etc.)**
- 8. NO COVERING OPPONENTS MOUTH/NOSE WITH YOUR HAND**
- 9. NO PULLING THE GI TOP OVER YOUR OPPONENTS HEAD**
- 10. NO GROIN CUPS**

## **KIDS**

- 1. NOTHING BELOW THE WAIST**
- 2. NO COMPRESSION LOCKS**
- 3. NO WRIST LOCKS**

## **WHITE BELTS**

- 1. NOTHING BELOW THE WAIST**
- 2. NO COMPRESSION LOCKS**
- 3. NO WRIST LOCKS**

## **BLUE BELTS**

- 1. STRAIGHT ANKLE LOCK OK - NOTHING ELSE BELOW THE WAIST**
- 2. NO COMPRESSION LOCKS**
- 3. NO WRIST LOCKS**

## **PURPLE BELTS**

- 1. STRAIGHT ANKLE LOCKS OK - NOTHING ELSE BELOW THE WAIST**
- 2. NO COMPRESSION LOCKS**
- 3. NO WRIST LOCKS**

## **BROWN AND BLACK BELTS**

- 1. FOOTLOCKS OK**
- 2. KNEE BARS OK**
- 3. COMPRESSION LOCKS OK**
- 4. WRIST LOCKS OK**