

BRAZILIAN JIU JITSU

SUBMISSION ONLY TOURNAMENT RULES

TOURNAMENT FORMAT

- ❖ Single elimination “Submission Only” tournament (youth & children can win by points or by submission)
- ❖ Awards for 1st, 2nd & 3rd place.
- ❖ *Children (12 yrs and younger) matches will be 5 minutes long – Winner decided by points or submission.*
- ❖ *Youth (13, 14 & 15 yrs old) matches will be 7 minutes long – Winner decided by points or submission.*
- ❖ Adult matches will be 10 minutes long with a 5 minute tie breaker if needed.

WEIGHT CLASSES & AGE DIVISIONS

- ❖ Children and Youth weight classes will be split into 3 weight classes (light, medium and heavy), exact weights will be determined after all competitors have weighed in on the day of the tournament.
- ❖ Adult weight classes will be split into 4 weight classes and are as follows but are subject to change dependant upon what we end up with on the day of the tournament.
 - Adult lightweight: 155lbs and below
 - Adult middleweight: 156lbs – 171lbs
 - Adult welterweight: 172lbs – 187lbs
 - Adult heavyweight: 188lbs and above

ILLEGAL TECHNIQUES / SERIOUS

Serious violations are marked with an asterisk and are grounds for immediate disqualification without a second warning.

- *NO striking of any kind
- *NO pressure points or nerve centers
- *NO eye gouging, biting, hair-pulling, ear-pulling, pinching, etc.
- *NO stockades or neck cranks
- *NO checking (body slams)
- *NO small joint manipulation (fingers or toes)
- *NO heel hooks

- *NO wristlocks (unless blue belt or above)
- *NO ankle locks (unless blue belt or above – even then straight ankle locks only)

- *NO knee bars (unless purple belt or above – even then straight knee bars only)
- *NO foot locks (unless purple belt or above)

ILLEGAL TECHNIQUES / MINOR

Minor violations are violations nonetheless. Repeated warnings may result in disqualification.

- NO unnecessary roughness on the face (cross facing, leaning on face with forearm, etc.)
- NO covering of the opponent’s nose or mouth with your hands
- NO pulling the gi top over your opponents head
- NO wrestling shoes, no sambo shoes – Bare feet only

SUBMISSIONS: All submissions should be performed in a controlled manner allowing the other person time to tap. Disregard for the other persons safety will not be tolerated! Anyone suspected of purposely trying to injure their opponent will be immediately disqualified and banned from future tournaments.

WAYS TO SUBMIT ARE AS FOLLOWS:

1. Athlete can tap with the palm against opponent or the floor in a visible, firm manner
2. Athlete can tap with his feet on the ground (if you are unable to use your hands)
3. Athlete can verbally request to the referee that the fight be stopped (if you cannot tap with hands or feet)
4. Athlete can verbally request that the fight be ended if he becomes injured or feels physically incapable of continuing
5. If an athlete screams or says "Aaaiii ", it will be the same as if he taps.
6. A coach of one of the athletes may request that the fight be ended either by calling out to the referee or by throwing the towel into the ring
7. Referee may end the fight if he sees a lock being properly applied and believes that the Athlete is exposed to serious physical injury because he is refusing to tap.
8. Referee may end the fight when one of the athletes is injured or is incapable of continuing. If this occurs, the victory will be given to the uninjured opponent as long as the injury was not caused intentionally by conduct worthy of disqualification.

POINT SYSTEM

4	3	2
Mount	Passing the guard	Take downs
Taking the back		Sweeps
		Knee on the belly

Personal Hygiene

- Competitors must be clean. Competitors with offensive odors will not be permitted to compete.
- If you have Ringworm, Staff infections, Athletes Feet or any other contagious disease you may not compete.
- Fingernails & toenails must be clean & clipped.
- Remove all jewelry (men's flat wedding band can remain as long as its unobtrusive).

Common Sense Courtesies

- Be aware and respectful of your opponent, the referee and the tournament director at all times.
- Be respectful of all other Martial Artists, all other Martial Arts programs, all the staff, all the students, all the parents and all of the guests at this tournament, not just the Brazilian Jiu Jitsu related people.
- Do not come in under the influence of drugs or alcohol.
- NO foul language inside or outside of this facility.
- NO bare chest inside or outside this facility (Must wear gi top or rash guard at all times, on or off the mat).