



## **RULES FOR BRAZILIAN JIU JITSU**

### **ILLEGAL AT ANY BELT LEVEL**

1. NO SLAMMING/CHECKING
2. NO UNNECESSARY ROUGHNESS ON THE FACE (Fingers in eyes or mouth, elbows in cheek bone or eye socket, palm striking to keep distance)
3. NO SMALL JOINT MANIPULATION (fingers or toes)
4. NO COVERING OPPONENTS MOUTH/NOSE WITH YOUR HAND
5. CANNOT WEAR GROIN CUPS OR WRESTLING SHOES OF ANY KIND (unless doing the takedown tournament)
6. CANNOT PUT YOUR FINGERS INSIDE SLEEVES OR PANTS CUFF OF YOUR OPPONENT
7. CANNOT PULL OPPONENTS GI OVER HIS HEAD
8. NO HEELHOOKS IN THE GI

### **RULES BY BELT LEVEL**

#### **KIDS & ADULT WHITE BELTS (Beginner No-Gi)**

1. NO ATTACKS BELOW THE WAIST
2. NO COMPRESSION LOCKS
3. NO WRIST LOCKS
4. NO NECKCRANKS
5. NO SCISSOR TAKEDOWNS



### **BLUE BELTS & PURPLE BELT (Intermediate No-Gi)**

1. STRAIGHT ANKLE LOCK & STRAIGHT KNEE BAR OKAY– NOTHING ELSE BELOW THE WAIST
2. TOE HOLDS NOT ALLOWED FOR BLUE. TOE HOLDS ALLOWED FOR PURPLE and INTERMEDIATE NO-GI
3. NO COMPRESSION LOCKS FOR BLUE BELTS (Bicep Cutter, Calf Crank etc.)
4. NO WRIST LOCKS
5. NO SCISSOR TAKEDOWNS
6. NO HEELHOOKS

### **BROWN AND BLACK BELTS (Advanced No-Gi, Absolute Gi & Absolute No-Gi)**

1. EVERYTHING GOES. NO HEELHOOKS IN GI