

## Gi and NOGI Submission ONLY for Be FIRST Championships 2022 :

### General Rules

**\*\*No unsportsmanlike conduct will be allowed!! You may be disqualified for any disrespectful conduct towards your opponent, referee or volunteers!! The referees will be shown maximum respect at all times. Their decisions are final and will not be overturned.\*\***

**Crusher Combat Sports** reserves the right to expand or combine matches when registration is low to form divisions and to accommodate competitors. On occasion Time adjustments of matches may need to be made when dealing with time restraints.

**CLEANLINESS:** all the competitors must come to the event clean, with trimmed toe and finger nails. Competitors with offensive odors before the events starts will be refunded and kindly asked to leave the tournament. We are looking to create a safe, clean and friendly environment. Competitors with long hair must tie it back properly and securely. No infectious skin diseases (such as ringworm, staph, MRSA) or open wounds will be permitted. No lubricants, oils, or lotions, of any kind will be permitted on any part of the body or clothing.

**POLICY FOR GI AND UNDERGARMENTS:** All the competitors must wear a clean and properly fitted GI of any brand. Any color of GI is permitted, but bottom must match the top. Permitted undergarments for men: underwear or compression shorts are mandatory, no t-shirts are allowed but a rash guard is accepted. No groin protectors (cups) will be allowed. For women is mandatory to wear underwear or compression shorts underneath the pants, and bra and/or rash guard under the jacket.

**HEALTH ADVISORY:** Always wear SANDLES/runners when NOT ON MAT AREA or when using washrooms. Thankyou.

Women may be permitted to compete in Men's divisions when a division isn't available to you. Men will not be able to compete in Women's divisions. Kids and youth up to 17 years old will have the categories combined when not enough competitors. Men over the age 35 are eligible to compete in the master division, but may also compete in the men's division.

**AWARDS:** Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place competitors.

**WEIGH-INS:** All weigh-ins will be conducted at the day of the tournament at the venue without the kimono (GI). A 1lb allowance is given to all competitors to allow for the undergarments (underwear, bra, etc...).

### NO GI + BJJ (GI) Rules

#### **MATCH LENGTHS:**

- a. Adults 4 minutes.

- b. 8 -17 years old 3 minutes.
- c. Over Time will be granted if there is a draw on the placings. Adults-3mins / 8-17 years-2mins ! At the end of the over-time if no submission occurs the referee will decide the winner, based **only** on the over-time performance, first on submission attempts, and if none, on who had the most dominant positions (decided by the referee).

ALL DIVISIONS will be using the Submission only **ROUND ROBIN** format. Please note : Be First #29 is using a SINGLE Elimination format. Mar.27/22

**WAYS TO WIN :** Submission –Verbal or physical TAP of competitor, Referee stoppage due to medical concern, rule infringement or Disqualification of opponent. WHEN you win a match it is your responsibility to confirm your name with scorekeeper to ensure points are properly awarded.

**WARNINGS:** For stalling, backing out of the guard without engaging, covering opponents mouth, touching the eyes or groin area, and for fleeing the ring to avoid take down. If a competitor flees when a submission is locked in and the competitors is obviously fleeing to avoid submission he/she will be automatically disqualified. If competitors get out of bounds they will be allowed to continue grappling anywhere on the matted area provided they don't interfere with another match. If the competitors are near the edge of the mat, they will be restarted from the same position, unless the referee is unable to duplicate the position for any reason. In case the referee is unable to duplicate the position the competitors will restart from a standing position.

**DISQUALIFICATIONS:** The competitors will be immediately disqualified in case of unsportsmanlike conduct, any kind of striking, heel hooks, cervical locks (can opener or classic cervical), neck cranks, knee reaping, fleeing from the ring when a submission is applied, intentional slamming on takedowns, or when submission is applied. Also if a competitor breaks any of the rules after officially be warned or blatantly attempts to hurt their opponent, bad sportsmanship or harassment referee/coach or attendees will not be tolerated and result in DQ.

No striking, biting, eye gouging (including chin to eye), head butting, attacks to the groin area, small joint manipulation (finger or toe locks), hair pulling, grabbing the windpipe or ear pulling will be permitted.

**No slamming allowed.** Illegal slamming will be defined as slamming your opponent to escape submissions and/or to pass the guard; or standing from the guard and/or jumping from a standing position to slam your opponent. Slamming will result in an automatic DQ. There are no exceptions to this rule.

**TAKEDOWNS:** Takedowns are not considered slams, but you must try to deliver your opponent safely to the mat. No flying scissor take downs are allowed, and take-downs slamming (kata-guruma or similar), no suplexes, or takedowns with intention to use as submission or causing injury to the opponent.

For juvenile (16-17) and ADULTS –other **Illegal MOVES:** heel hooks, or any other lock twisting the knee (including reverse toe hold and reaping the knee), No Neck Cranks, knee bars, figure four toeholds, and compression locks-slicers/crushers. also NO cervical chokes such as can opener or classical cervical. The chokes that have small amount of pressure on the cervical will be allowed.

Kids/Youth- 15yrs and under : **are not allowed** any kind of submission below the waist (except the straight ankle lock), any pressure against the opponent's spine, any thrust or windpipe chokes, any cervical attacks, even bear hugs

(like a frontal lion kill), no biceps or calf crushers, no wrist locks. The referees will have the authority to stop the kid's matches, for safety, when a submission is tightly applied. Guillotines and sleeve chokes (Ezekiel Choke) are legal for the kids, but the referees will be very attentive to stop the fight if the submission is secure.

The referee will warn the competitor for the first illegal attempt and disqualify the competitor on any secondary attempt. There is ZERO tolerance for competitors trying to HURT or INJURE their opponents on purpose.

**KIDS / YOUTH DIVISIONS** – (divisions will also be grouped on weight and experience depending on registration.)

KIDS 8+under

KIDS 9-10yrs

YOUTH 11-12yrs

YOUTH 13-15yrs

Juvenile 16-17yrs

**MENS WEIGHT DIVISIONS**

145 and under

160 and under

175 and under

190 and under

191 and over

**WOMENS WEIGHT DIVISIONS**

135 and under

155 and under

175 and under

176 and over

The Be FIRST Championship tournaments are to be used solely for gaining experience in your chosen discipline, to learn something new while having fun in a safe environment. All competitors and coaches are expected to be respectful to all volunteers and opposing teams at all times! SPORTSMANSHIP COMES FIRST @ the Be FIRST!!

IF YOU HAVE ANY QUESTIONS OR CONCERNS regarding our rules please contact:

Keri Scarr or Mike Jorgensen #250-478-3596 - A rules meeting will be scheduled for 9:45AM day of event.