

The following is a simplified version of the rules of the International Brazilian Jiu-Jitsu Federation for
SUBMISSION GRAPPLING.

RULES

The referee may check the competitor before the fight to insure that the competitors' nails are trimmed. Clothing must be rashguard/boardshorts/stretch shorts. They have to be in clean, odor free condition with no holes or tears. All sleeves and pant legs have to be within four fingers width of the wrist or ankle. In addition all sleeves and pant legs have to have four fingers width space at the joints.

Wrestling shoes or any type of shoes, head gear, shirts under the gi (except for girls) and any kind of protectors including hard **cups or braces** that can alter the outcome of the match in any way are **not** allowed in competition.

All adult matches will last 5 minutes. All junior matches will last 3 minutes. All fights are decided by:

1. Submission
2. Points or advantages awarded by the referee
3. Disqualification

1. SUBMISSION

A submission occurs when a technique forces an opponent into admitting defeat by:

- tapping with the palm or feet (if he is unable to use his hands)
- requesting verbally to stop the fight or by being in a submission making any noise that can be considered a tap. The referee will also end the fight when one of the athletes is unconscious or injured or the doctor's examination proves he is incapable to continue.
- the referee ending the fight giving victory to the one that applied the lock if he sees a lock being properly applied and is certain that the athlete is exposed to serious injury.
- a coach of one of the athletes that requests that the fight be ended either by directing himself to the referee or by throwing the towel into the ring for any reason

2. POINTS

The following points, advantages and penalties can be awarded by the referee and will be scored by the judges:

- 4 points - mount, rear mount
- 3 points - passing the guard
- 2 points - takedowns, sweeps and knee on the belly
- -1, -2... - penalties
- 1, 2, 3... - advantages

A. TAKEDOWNS

2 points for takedowns will be awarded if an athlete knocks down an opponent on his back side. If the athlete is thrown to the ground and does not land on his back, the thrower must pin him to the ground in the same position for at least 3 seconds to gain the points of the take down.

NOTES

- 2 points will be awarded if the takedown lands outside of the fighting area and on to the security area as long as the athlete that applied it stood with both feet in the fighting area while starting the takedown.
- If the athlete has one of his knees on the ground and is taken down, whoever applied the takedown will be awarded 2 points as long as he has both his feet on the ground. If the athlete has both his knees on the ground and

is knocked down the standing athlete will have to pass to his side and maintain this position to receive an advantage.

- When the athlete attempts the double leg and the opponent sits on the floor and executes a sweep, the athlete who attempted the takedown will not receive points, but the one who executed the sweep will.
- When a competitor throws his opponent and ends up in a bottom position the competitor throwing will receive 2 points and the opponent on top will receive an advantage. If the competitor executing the throw lands in his opponents guard and is swept, both will receive 2 points.

B.PASSING THE GUARD

An athlete will be awarded 3 points for passing the guard when the he is above or in between his opponents legs, moves to his opponent's side, establishing a perpendicular or longitudinal position over his adversary's trunk, dominating him and leaving him no space to move or to escape the position-if even is on his side or back.

NOTE: if the athlete that is underneath avoids the move by getting to his knees or standing up, the initiative will not be awarded 3 points but will be awarded an advantage.

C. KNEE ON THE BELLY

An athlete will be awarded 2 points for knee on belly if he places his knee on his adversary's stomach, holding his collar or sleeve and belt with his other leg towards his adversary's head. If the athlete that is underneath does not allow his adversary to put his knee down onto his belly and if the one on top does not establish the position completely, it will not be awarded 2 points but an advantage.

D.THE MOUNT

An athlete will be awarded 4 points for mount if he sits on his opponent's torso regardless if the opponent is lying on his stomach, side or back. The one mounted can be on top of one of his opponent's arms, but never on both. It will also be considered a mount if he has one knee and one foot on the ground. No points will be awarded if his feet or knees are on his opponent's leg. Also if an athlete applies a triangle while in the guard and in so doing lands mounted on his opponent, it will be considered a sweep, not a mount.

E.THE REAR MOUNT

An athlete will be awarded 4 points for rear mount if he grabs his adversary's back, taking hold of his neck and wrapping his legs around his opponent's waist, with his heels leaning on the inner side of his opponent's thighs, not allowing him to leave the position.

NOTE: the points will not be awarded if both heels are not properly positioned on the inner part of the adversary's thighs. It will also be considered rear mount if the athlete has the leg over one arm of the opponent but not over grab both arms, in the latter case no points will be awarded.

F.THE SWEEP

An athlete will be awarded 2 points for a sweep if he is underneath his opponent in his guard (in between his legs) or the half guard (having one of his adversary's legs between his legs) and is able to get on top of his adversary by inverting his position. It will not be considered a sweep if the move does not begin from inside the guard or half guard.

FINAL NOTES

- An athlete cannot score new points when he is in a position where he received points previously, changes position intentionally and returns to the same position. Example: For knee on the belly and switching sides, there will be no new points awarded.
- No points will be marked for the athlete who is attaining a position while in a submission. Points will only be awarded after the submission is completely defended. Example: When one athlete is mounted on his opponent but

is in a guillotine the points of the mount will be awarded only when the submission is defended.

ADVANTAGES

It is considered an advantage when the athlete attempts but does not complete any of the fundamental moves of the fight for which he could have received points:

- Advantages through takedowns are given if there is a visible loss of balance in which the adversary nearly completes the takedown. A visible loss of balance during an attempted throw will also result in an advantage.
- During closed guard (when the athlete on the bottom has his legs wrapped around his opponent's waist):

A. The one on top will earn the advantage by being on the offensive, trying to dominate his adversary's guard (pass the guard). For the referee to consider it an advantage, the athlete that is on top must come close to passing the guard, forcing his adversary to exert energy to regain position e.g. half guard, almost immobilizing, etc.

B. The one underneath will earn the advantage if he almost sweeps his opponent, putting him in a dangerous position, as well as when he attempts a lock that forces his opponent to defend. NOTE: for the sweep attempt to be considered worthy of an advantage the athlete underneath must open his legs.

NOTE

When there is a tie situation on the scoreboard at the end of the match, it is up to the referee to decide if he will award an advantage, using the following guideline:

An advantage will be awarded to an athlete if he attempted a technique with more aggressiveness and initiative or if he attempted takedowns, or other finalizing moves during the fight or if he shows that he dominates the fight most of the time by putting the opponent on the defensive.

PENALTIES

Penalties will be awarded if

- either of the athletes leave the mat area to avoid combat, or while ground fighting flee by crawling or rolling out off the mat area or by standing up avoiding engaging or purposely stepping out off the mat area to gain time.
- the athlete avoids engaging by taking off his kimono or by allowing it to be taken off with the intention of stopping the fight to allow himself rest or to avoid the attacks of his opponent.
- the athlete inserts his fingers inside the sleeves or pants, or if he uses both his hands on his opponent's belt.
- the athlete attempts to stall by holding his adversary and, by not seeking to engage or gain submissions when in the guard, on top, or on the bottom or any position designed to stall.
- an athlete runs from the ring in order to avoid a sweep that the referee considers would be completed. A penalty with immediate loss of 2 points occurs in that case.

3. DISQUALIFICATION

The following acts will led to disqualification by the referee

- The use of foul language, cursing, or other immoral acts of disrespect towards the referee or any other officials.
- Biting, hair pulling, putting fingers into the eyes or nose of one's opponent, intentionally seeking to injure genitalia or the use of fists, feet, knees, elbows, or heads with the intention to hurt or gain unfair advantage.
- If the kimono or pants get ripped during the fight. The referee will give the competitor a set time to change. If the fighter does not change it in time he will be disqualified.
- If an athlete has been caught in a submission and attempts to avoid the submission by moving outside the mat area, he will be immediately disqualified. In such cases when it is considered a technical foul, not a disciplinary

foul, the offender may return to the competition to fight the absolute division or in case of a bracket of three.

ILLEGAL TECHNIQUES

In all categories the central referee has the authority to stop a match when either of the competitors is in danger of serious bodily harm as a result of a submission and award the victory to competitor applying the submission.

- **ILLEGAL TECHNIQUES FROM AGE 10 THROUGH 14:**
 - BICEPS LOCK
 - CALF LOCK
 - NECKCRANKS
 - EZEKIEL CHOKE
 - FRONTAL GUILLOTINE
 - LEG ATTACKS OF ANY KIND
 - SLAM FROM THE GUARD
 - OMOPLATA SHOULDER LOCK
 - SCISSORS TAKEDOWN
 - TRIANGLE PULLING THE HEAD
 - WRIST LOCK

- **ILLEGAL TECHNIQUES FROM AGE 15 THROUGH 17:**
 - BICEPS LOCK
 - CALF LOCK
 - NECKCRANKS
 - EZEKIEL CHOKE
 - FRONTAL GUILLOTINE
 - LEG ATTACKS OTHER THAN STRAIGHT FOOT LOCKS
 - SLAM FROM THE GUARD
 - OMOPLATA SHOULDER LOCK
 - SCISSORS TAKEDOWN
 - TRIANGLE PULLING THE HEAD
 - WRIST LOCK

- **ILLEGAL TECHNIQUES FOR AGE 18 AND OLDER (ALL BELTS AND SKILL LEVELS):**
 - BICEPS LOCKS
 - CALF LOCKS
 - FIGURE 4 FOOT LOCK
 - HEEL HOOK
 - KNEEBARS
 - NECKCRANKS
 - SCISSORS TAKEDOWN
 - SLAM FROM THE GUARD

- Neck cranks are not allowed in any category except when a choke is applied at the same time (forearm or wrist is in contact with throat) in any division. Athletes under 18 (Juveniles) are only allowed to compete in the open class if they are middle weight or heavier. In childrens divisions between 10-15 years, when a competitor is executing a triangle and the opponent stands up it is the referees obligation to stand in a position to protect both athletes, specifically to reduce the risk of cervical damage.