

Rocky Mountain Brazilian Jiu Jitsu Federation Rules.

GI and No GI Rules and Regulations.

Conduct and behavior.

- 1) Cursing and obscene gestures will not be tolerated by any participant or their teammates, friends and family members. Athletes will be disqualified if they or their teammates, family or friends make obscene gestures or curse at their opponents, staff or by spectators.
- 2) Any kind of aggressive behavior such as fighting, throwing objects or attacking in any way members of the staff, competitors or spectators will result in instant disqualification of the athlete!

Referee:

The mat referee is the highest authority on the mat and has the authority to disqualify competitors during the match. The referee will not allow interference from outsiders during the match. During the match, the referee or persons at the scoring table are not allowed to converse with the competitors, this will be strictly enforced.

Notes taken are the responsibility of the scorekeepers. Notes may not be altered and must read exactly what the central referee dictates and cannot be altered.

Important: Any and every situation that cannot be determined by the manual will be left up to the referee's discretion.

The central referee will oversee that everything is correct; for example: the ring, equipment, Gis, hygiene, officials, etc. before starting the fight.

All ref calls are final. Any arguing, yelling, or other bad conduct will lead to instant disqualification. However you may talk to an event coordinator and fill out our forms at the weigh in station or main booth. We encourage this as this will help our events and take care of problems that we may not be aware of. Thank you for your support!

Uniforms and Hygiene:

- 1) Competitors must wear a clean uniform with no tears, holes or offensive odors. Each competitor must have a least two uniforms available in case of a uniform becomes not suitable for use during or after a match. Competitors will not be allowed to fight wearing uniforms stained with blood or any other bodily fluids.
- 2) Nails must be trimmed and long hair must be tight securely in to a pony tail. Offensive odors are not appreciated by anyone so please be considerate and shower before competing.
- 3) Extra tight or extra short uniforms will not be allowed! The inside pant leg must be no less than 4" from the top of your thigh.
- 4) (GI) Colors may be black, white, pink or blue, no combined colors (white kimono with blue pants, etc.)
The jacket is to be of sufficient length down to the thighs, sleeves must reach the wrist with arms extended in front of the body. Competitors are not permitted to compete with torn kimonos, sleeves or pants that are not of proper length or with t-shirts underneath the kimono (except in the female divisions). Shorts must be worn under the gi and will be allowed a short amount of time to change if the gi pants are torn. No topless men.
- 5) (No GI) Board shorts, wrestling singlet, fight shorts and rash guards are acceptable fight wear. No wrestling shoes, no kimonos.

Fighting Conclusions:

- 1) Submission.
- 2) Disqualification.
- 3) Unconsciousness.
- 4) Points.
- 5) Over Time (sudden death) 2 minutes each.

- 1) - SUBMISSION: Submission occurs when a technique forces an opponent into admitting defeat by:
 - 2-) tapping with the palm against his opponent or the floor in a visible manner
 - 3-) tapping with his feet on the ground (if he is unable to use his hands)
 - 4-) requesting verbally to the referee that the fight be stopped (if he can neither tap with his hands or his feet)
 - 5-) requesting that the fight be ended or if the competitor gets injured or feels physically incapable or unprepared Also:
 - 6-) the referee may end the fight giving victory to the competitor that is applying the lock provided the referee sees the lock being properly applied and is certain that the Competitor is exposing themselves to serious physical injury.

Note: Referee WILL TAP OUT for the children and teen division to prevent injury.

- 7-) When a competitor is under a submission position and they scream or say "Ai", they are verbally tapping.

- 8-) When the competitor attempts to stall the match and or stops the match due to a body cramping or endurance issues (too tired to continue) it will be ruled an immediate loss. It is the equivalent of a tap.

General Rules and Tournament Format:

- 1) Weight in will be with your fight shorts and rash guard.
- 2) Competitors will be allowed to weight in a one to two pounds over the weight limit to account for scale discrepancies.
- 3) Registrations must be paid in full by the day prior to the tournament.
- 4) No refunds. If there are no competitors in your weight class or age division you'll be allowed to move up on weight classes or move down on age divisions. No exceptions.
- 7) Competitors that do not make the appropriate weight for their division will be disqualified instantly.
- 8) Competitors that do not meet the specifications for the uniform will be given 5 minutes to change, if they do not meet this time limit they will be disqualified.
- 9) Disqualifications are final and absolutely no refunds will be given! Please read and understand all the rules and regulations.
- 10) Sudden death period will be used in the case of a tie at the end of regulation time of a match

Team Points. First place: 4 points - Second place: 2 points - Third place: 1 point

In the case of a tie between two or more teams the next deciding factor to break the tie will be the number of gold medals followed by the number of silver and bronze medals.

First, second and third place teams will received custom awards with their school's name a few weeks after the tournament to allow manufacturing time.

Points

2 points - Take Downs, Sweeps and Knee On Belly

a) Takedowns: Any kind of knocking down the opponent or being taken down on his back or side, 2 points. 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. If a athlete sits down or "pulls guard" as his opponent makes an attempt to execute a takedown, the person attempting the take down will be awarded 2 points.

Observation 1: A take down that lands outside of the fighting area and on to the security area will be valid as long as the competitor that applied it stood with both feet in the fighting area while making the take down.

Observation 2: If the competitor has one of their knees on the ground and is taken down, whoever applied the take down will be awarded 2 points as long as he has both his feet on the ground. If the competitor has both his knees on the ground and is knocked down the standing competitor will have to pass to his side and maintain this position to receive an advantage. (Jumping tackles to a downed or partially downed opponent will not be awarded takedown points)

Observation 3: When the competitor attempts the double leg and the opponent sits on the floor and executes a sweep, the competitor who attempted the takedown will not receive points, but the one who executed the sweep will.

Observation 4: 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) Knee In the belly: When the athlete on top puts his knee on his adversary's stomach, holding his collar or sleeve and belt with his other leg towards his adversary's head:

OBSERVATION: if the competitor that is underneath does not allow his adversary to put his knee down onto his belly and if the competitor on top does not establish the position completely, it will not be awarded 2 points

Note: Knee in Belly does not apply in No Gi.

3 points - Passing The Guard

a) Passing the Guard: Is when the athlete that is above his adversary or in between his 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—even if they are on their 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.

4 points - Mount, Back Grab, Back Mount, Sweep

a) Mount: is when the competitor sits on his opponent's torso; the opponent can be lying on his stomach, side or back. The attacker can be on top of one of his opponent's arms, but never on both. It will also be considered a mount the attacker has one knee and one foot on the ground.

OBSERVATION: no points will be awarded if his feet or knees are on his opponent's leg. Also if a competitor 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.

b) Back mount: (Back Grab) Is when the athlete 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. Also considered a back grab when the competitor has a leg over one arm of the opponent and grabs both arms but if they never grab both arms, no points will be awarded.

c) Sweep: is when the athlete that is underneath has his opponent in his guard (in between his legs) or the half guard (having one of his adversary's legs between his) and is able to get on top of his adversary by inverting his position. 2 points.

Observation 1: it will not be considered a sweep if the move does not begin from inside the guard or half guard.

Observation 2: When the competitor sweeping advances his position to the back of his opponent during the attempted sweep, he is awarded 2 points.

Observation 3: If starting in a guard position, a competitor attempts a sweep and both competitors return to their feet and the competitor attempting the sweep executes a takedown remaining on top, he will be awarded 2 points.

Note: If a competitor sits back to attempt a leg lock or any other submission and gets reversed from the top to the bottom position, no points will be giving for a sweep.

Negative Points and Penalties:

- On the first offence the offender will be given a verbal warning.
- On the second offence the offender's opponent will be given two points.
- On the third offence the the referee may disqualify the competitor for any further fouls

1) Stalling: Holding the opponent, standing up, or any other position designed to stall will be handled by the referee requesting that 20 seconds be marked

a) If a competitor who is ahead on points stops trying to advance positions or look for submissions within a reasonable amount of time.

b) When the competitor stalls the fight, holding his adversary and, not seeking to engage or gain submissions when in the guard, on top, or on the bottom.

c) When either of the competitors run to one of the extremities of the ring to avoid combat, or while ground fighting flee by crawling or rolling out of the ring or by standing up avoiding engaging or purposely stepping out of the ring to gain time.

d) Running out of the fighting area to avoid a takedown

e) Following a takedown or throw the competitor must engage on ground combat. If the competitor executes a takedown and walks away from his opponent after doing so without continuing to fight on the ground.

Note: Exceptions will be made if the opponent on the bottom position has "pulled guard" to avoid engaging in the fight during stand up portion of the fight.

f) If a competitor tries to avoid a submission by going out of fighting area he will be disqualified.

2) Grabbing fingers and toes.

3) Taunting your opponent.

4) When the competitor inserts his fingers inside the sleeves or pants, or with both his hands on his opponent's belt.

Illegal Techniques For All Divisions. - (The techniques below are illegal in all belts, weights and age divisions)

1) Slamming: Trying to escape a submission by slamming your opponent will result in an instant disqualification, no exceptions! Takedowns and throws are not considered to be slams as long as there is no intention of injuring your opponent, ex: picking your opponent over your shoulders, pausing and jumping to the ground with the intention of causing injury. The referee will make a judgment call and disqualify the competitor if he purposely tries to injure his opponent with a slam.

- 2) Biting, scratching, punching, kicking, eye gauging, and attacking the groin in any manner. Will result in an instant disqualification.
- 3) Hair pulling, spiting, small joint manipulation: Grabbing fingers and toes will not be allowed. The referee will give one warning before disqualification.
- 4) Squeezing the throat: Grabbing or squeezing the opponents Adams Apple.
- 5) Cervical locks or neck cranks are not allowed in any category except for chokes in the juveniles or adult divisions in all belts.
- 6) Slam from the guard
- 7) Heel Hooks
- 8) Scissor Takedown

Illegal Techniques	Children 4-12	Teens 13-17	White, Novice, Beginner	Blue, Purple, Intermediate	Brown, Black, Advance
All of the Illegal Techniques For All Divisions	X	X	X	X	X
Slam from the guard	X	X	X	X	X
Heel Hooks	X	X	X	X	X
Scissor Takedown	X	X	X	X	X
Cervical lock (Any kind)	X	X	only without chokes	only without chokes	only without chokes
Front neck crank	X	X	X		
Triangle pulling of the head	X	X			
Front Guillotine	X	X			
Toe hold foot locks (foot locks of any kind)	X	X	X		
Wrist locks	X	X	X		
Omplata (Shoulder lock)	X				
Knee Lock, leg lock (Knee bars of any kind)	X	X	X		
Bicep locks	X	X	X	X	
Calf locks	X	X	X	X	
Ezequiel	X	X			

X Marks Illegal Techniques above.

Fight Duration.
No Gi -(18 and up)
Adult Men and Women
Masters and Executive

Novice 4 minutes
 Beginner 4 minutes
 Intermediate 5 minutes
 Advanced 6 minutes

Fight Duration
Gi: (18 and over)
Adult Men and Women

White belt: 5 minutes
 Blue belt: 6 minutes
 Purple belt: 7 minutes
 Brown/Black belt: 8 minutes

Fight Duration
Gi: (30 and up)
Masters and Executive

White belt: 4 minutes
 Blue belt: 5 minutes
 Purple belt, brown and
 black belt: 6 minutes

Warning: Professional Mixed Martial Arts Fighters are absolutely forbidden to enter the Novice or Beginner divisions. "Sand Bagging" will not be tolerated!!!

Note: Absolute divisions will only be used if time permits. If there is a Champion prize that is associated with an absolute division, those divisions will always run. However please check to see if there is a limit of competitors requirement.

Age Divisions: Adult: 18 to 29 years- Executive: 30 to 37 years -Master: 38 and over-Women: 18 and over

Masters - Executives - Adult Men

Super Feather _____ (0 - 126.9lbs)
Feather _____ (127 - 139.9lbs)
Light Feather _____ (140 - 154.9lbs)
Light _____ (155 - 167.9lbs)
Middle _____ (168 - 181.9lbs)
Medium Heavy _____ (182 - 194.9lbs)
Heavy _____ (195 -207.9lbs)
Super Heavy _____ (208 - 221.9lbs)
Super Super Heavy _____(222lbs +)

Masters - Executives - Adult Men Absolutes

Abs 1 _____ (0 - 174.9lbs)
Abs 2 _____ (175 + lbs)

Adult Women

Feather _____ (0-119.9 lbs)
Light _____ (120-139.9 lbs)
Middle _____ (140-159.9 lbs)
Heavy _____ (160+ lbs)

Adult Women Absolutes

Abs 1 (0 - 139.9 lbs)
Abs 2 (140 + lbs)

No Gi Skill Divisions Children and Teens: Novice (0-1 yrs) - Beginner (1-3yrs) - Intermediate (3+ yrs)

Gi Children White - Yellow - Orange and above **Gi Teens** White - Blue - Purple

Age Divisions: Teens (13-15 yrs) - (16-17 yrs)

Children (4-5-6 yrs) (7-8-9 yrs) (10-11-12 yrs)

Teens

Light _____ (0-109.9 lbs)
Welter _____(110-124.9 lbs)
Middle _____ (125-139.9 lbs)
Cruiser _____ (140-154.9 lbs)
Heavy _____ (155-169.9 lbs)
Super Heavy _____ (170 + lbs)

Teen Absolutes

Abs 1 _____ (0 - 124.9 lbs)
Abs 2 _____ (125 - 154-.9 lbs)
Abs 3 _____ (155 + lbs)

Fight Duration

Gi and No Gi: Children

2 minutes (4-6)
3 minutes (5-12)

Children

Fly _____ (0 - 49.9 lbs)
Feather _____ (50 - 59.9 lbs)
Light _____ (60 - 69.9 lbs)
Welter _____ (70 - 79.9 lbs)
Middle _____ (80 - 94.9 lbs)
Cruiser _____ (95 - 109.9 lbs)
Heavy _____ (110 + lbs)

Children Absolutes

Abs 1 _____ (0 to 59.9 lbs)
Abs 2 _____ (60 - 89.9 lbs)
Abs 3 _____ (90 + lbs)

Fight Duration

Gi and No Gi: Teens

4 minutes (13 - 15)
5 minutes (16-17)