

Rocky Mountain Brazilian Jiu Jitsu Federation

Grappling Super Bout Rules.

No GI Rules and Regulations.

- 1) No Shows can lead to not only being barred from future Grappling Super Bouts, but also any future RMBJJF tournaments.
- 2) NO 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! Let's show good sportsmanship and keep or gain the respect that our art deserves.
- 3) Competitors must wear a clean uniform with no tears, holes or offensive odors. Rash Guard and fight shorts ONLY!
- 4) 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.

Winning the match

1. opponent taps the mat, your body...
2. opponent verbally submits to the Ref
3. the Ref official feels that if your opponent is unable to continue
4. opponent fails to continue match after any round, slam or submission attempt (15 sec count out rule - only refers to 2 Ref matches)
5. By points

TIME LIMITS

1. each match consists of two rounds with a :30 second break each round is three minutes in duration
2. Over Time (sudden death) 2 minutes each.

Points.

- 1) **1 point** - Takedowns: takedown (knees, stomach or back on the mat for 1 second)
- 2) **1 points** - 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
- 3) **1 point** - mount held for 3 seconds Mount: is when the athlete sits on his opponent's torso; the opponent can be 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, OBS: no points will be awarded if his feet or knees are on his opponent's leg.

Note: 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.

- 4) **1 point** - back mount held for 3 seconds Back mount: 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.

- 5) **2 points** - 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. 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 given for a sweep.

- 6) **3 points** - Passing the Guard

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.

- 7) **3 points** - catch (near submission) **Only Allies when working with 2 refs.** Both refs have to agree on the danger of the near submission points to count.

Negative Points.(1 warning the sedone - a point, 3rd time disqualification)

- 1) - 1 point - Stalling - If a competitor who is ahead on points stops trying to advance positions or look for submissions within a reasonable amount of time he will be warned
- 2) - disqualified If a competitor tries to avoid a submission by going out of fighting area
- 3) - 1 point - Running out of the fighting area to avoid a takedown
- 4) - 1 points - 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.
- 5) - 1 point - Grabbing fingers and toes.
- 6) - 1 point - Taunting your opponent.

Illegal Techniques - Disqualifications!!!

- 1) Slamming: The referee will make a judgment call and disqualify the competitor if he purposely tries to injure his opponent with a slam.
- 2) Biting or hair pulling or Spiting.
- 3) chin in opponents face
- 4) Small joint manipulation
- 5) Squeezing the throat
- 6) Punching and kicking of any kind.
- 7) grease or oil on the body
- 8) Eye gauging fish hooking.
- 9) Attacking the groin in any manner.
- 10) Heel hooks and neck cranks.
- 11) Cervical locks of any kind. ex: wrestlers guillotine.
- 12) Scratching thumbing, pinching,.
- 13) No covering of the mouth or "muffler" techniques to smother your opponent
- 14) no striking of any kind
- 15) spiking opponents head on the mat
- 16) Knee bars of any kind.
- 17) Bicep locks, calf locks