



## THE RULES AT A GLANCE

### POSITIVE POINTS:

- Mount (4 points)
- Back control (4 points)
- Knee-ride (2 points)
- Guard pass (3 points)
- Sweep (2 points)
- Takedown (2 points)

**ADVANTAGES:** A *near* sweep - a *near* submission - a *near* guard pass

**NEGATIVE POINTS:** 2 points awarded to opponent if competitor is judged to be **STALLING**. If a competitor is deemed to be stalling, he or she is given a 20 second warning – if after 20 seconds he or she continues to stall – the 2 points are awarded to the opponent.

Match duration:

### KIDS:

- 2 mins: 4,5 & 6 year olds
- 3 mins: 7,8 & 9 year olds
- 4 mins: 10-15 year olds

### OVER 16 – ADULTS

- 5 minutes: White belts - all Senior over 35's - Blue Belt masters 30-35yrs
- 6 minutes: Blue belts & all Master purple, brown & blacks (30-35 yrs)
- 7 minutes: Purple Belts
- 8 minutes: Brown Belts
- 10 minutes: Black Belts

### MATCHES ARE WON BY EITHER:

- Submission
- Disqualification
- Inability to continue
- Points
- Advantage

# ILLEGAL/RESTRICTIONS

## UNIVERSAL RESTRICTIONS: (ILLEGAL IN EVERY DIVISION)

HEEL HOOK (ANY ROTATIONAL ATTACK TO THE KNEE)

NECK CRANKS

SCISSORS TAKEDOWN

SLAM FROM THE GUARD

## FROM 04 TO 12 YEARS OLD

BICEPS LOCK

CALF LOCK

EZEKIEL CHOKE

FOOT LOCK, KNEE LOCK OR LEG LOCK

FRONTAL GUILLOTINE

OMOPLATA

TRIANGLE PULLING THE HEAD

WRIST LOCK

## FROM 13 TO 15 YEARS OLD

BICEPS LOCK

CALF LOCK

EZEKIEL CHOKE

FOOT LOCK, KNEE LOCK OR LEG LOCK

TRIANGLE PULLING THE HEAD

WRIST LOCK

## FROM 16 TO 17 YEARS OLD

BICEPS LOCK

CALF LOCK

FOOT LOCK, KNEE LOCK OR LEG LOCK

WRIST LOCK

## FROM ADULT THROUGH SENIOR (WHITE BELT)

BICEPS LOCK

CALF LOCK

FOOT LOCK, KNEE LOCK OR LEG LOCK

WRIST LOCK

## FROM ADULT THROUGH SENIOR (BLUE & PURPLE BELT)

BICEPS LOCK

CALF LOCK

## FROM ADULT THROUGH SENIOR (BROWN AND BLACK)

UNIVERSAL RESTRICTIONS ONLY

