

JIU-JITSU

DIVISION RULES

Competitors will start from a standing position. Submissions are automatic wins. If time runs out, the student with the most points will win.

Attire:

- Full BJJ GI
- Belt

Time Limits:

- 4-6 Years: 2 minutes
- 7-12 Years: 3 Minutes
- 13-17 Years: 4 Minutes
- 18+ Years: 5 Minutes

Points:

- Reversals = 0
- Advantage (Close submissions) = 0 points but help with tie breakers

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- Takedowns = 2
- Sweeps (from any guard) = 2
- Knee on belly (knee off the ground) = 2
- Guard Pass = 3
- Mount = 4
- Back Take = 4

Illegal Moves:

- Heel hooks - Straight Ankle locks are allowed
- Knee bars
- Calf/Bicep Slicers
- Grips with fingers inside sleeve/pant cuffs
- Wrist Locks
- Toe Holds
- Jumping into guard from standing
- Slamming in the guard.