ADCC NO GI SUBMISSION FIGHTING RULES & REGULATIONS

THE CHAMPIONSHIP IS TOURNAMENT STYLE. ONLY THE WINNER GOES THROUGH TO THE NEXT ROUND.

Gee, Kimono & Wrestling Shoes are optional. No slippery substances are allowed on body or clothing. The mat area is 9 x 9 meters, no cage or fence. If the fighters go out of this area, the referee will restart the fight in the center of the mat, in the same position they were in when they left the mat and the referee said “Stop”. If the fighters were standing, they will start again facing each other.

How You Can Win:

The Winner is decided according to:

- If one competitor gives up or submits by tapping the leg, arm or verbally. (Tap, I give Up or Mate)
- If Referee feels one competitor is unable to defend himself or feels his life is in danger, the referee will stop the match and declare the winner.
- If a fighter breaks the rules twice he will be disqualified by the referee and a winner will be declared.
- Points or referee decision.

Points (Positive Points):

- Each position must be established for 3 seconds or more being out of any danger of submission in order for points to be awarded.

  - Passing the guard = 3 points
  - Knee on stomach = 2 points
  - Mount position = 2 points
  - Back mount with hooks = 3 points
  - Takedown (ends Guard or Half Guard) = 2 points
  - Clean Takedown (ends passed the guard) = 4 points
  - Sweeps (ends Guard or Half Guard) = 2 points
  - Clean Sweep (ends passed the guard) = 4 points

-Sweep is considered when two fighters are facing each other, change the position from bottom to top and establish it for 3 sec. or more.
- Reversals are considered Sweeps as well.
- When changing multiple positions, points will be awarded only for the position that has been established for 3 seconds or more.
- Every sweep has to be done in one continuous motion in order to be awarded with points.
- Points for a sweep will be awarded only if the fighter initiates the sweep, not if he is being attacked by his opponent and he ends up on top.
- When passing the guard going straight to mount or knee on the stomach in less than 3 seconds points will be given only for passing the guard.

Penalties (Negative Points):
• When a fighter voluntarily jumps in the guard or goes from standing position to a non-standing position by any means and remains down for 3 seconds or more, he will be punished by a minus point.
• When a fighter disengages from contact and starts backing up and avoids engaging again he will be punished by minus point.
• A passive fighter will be warned twice and then will be punished by minus point. The referee will warn the passive player by the words “WARNING PASSIVITY” – after the first minus given there are not going to be any more warnings and the minus points will be given right-away if the fighter continues to be passive.
• If a fighter is very passive during the first half of the regular fights when there are no minuses, the referees will still give him WARNINGs for passivity and will punish him with a negative point when the second half of the fight starts!
• If two fighters (team-mates) make a fixed fight, they will both be disqualified from the tournament.

**FIGHT TIME FOR ADVANCED COMPETITORS**

*Qualifying Rounds: 6 minutes, the first 3 minutes are without points. The points start after the first 3 minutes until the end of the fight as well as during the overtime. 3 minutes overtime if there is a draw with no advantage. (Max. 1 overtime per fight)*

Final Rounds: 8 minutes, the first 4 minutes are without positive points, but negative points start from the beginning of the fight until the end. The positive points start after the first 4 minutes until the end of the match, including any overtime. 4 minutes overtime if there is a draw with no advantage. (Max. 1 overtime per fight)

**LEGAL TECHNIQUES FOR ADVANCED COMPETITORS**

- Any kind of choke (except for using the hand to close the wind pipe).
- Any arm bar, shoulder lock or wrist lock
- Any leg lock or ankle lock
- Any slamming, as long as it is used in order to prevent a submission (otherwise considered illegal).

**ILLEGAL TECHNIQUES FOR ADVANCED COMPETITORS**

- No "Full Nelson"
- No “Crucifix”
- No use of T-shirt
- No holding the shorts
- No striking of any kind
- No eye gouging or fish hooking
- No grabbing the ears
- No hair pulling
- No holding of fingers or toes (less than 4 fingers or less than 5 toes)
- No thumbing
- No scratching and pinching
- No kicking
- No biting
- No touching groin area
- No hands, knees or elbows on face
- No slippery substances allowed on body or clothing
FIGHT TIME FOR INTERMEDIATE

Qualifying Rounds (6 min), the first 3 minutes are without points. The points are starting after the first 3 minutes until the end of the fight as well as on the overtime. 3 Minutes overtime if there is a draw with no advantage. (Max. 1 overtime per fight).

Finals (8 min), the first 4 minutes are without positive points, only the negative points are starting from the beginning. The positive points are starting after the first 4 minutes until the end of the fight as well as on the overtime. 4 Minutes overtime if there is a draw with no advantage. (Max. 1 overtime per fight).

ILLEGAL TECHNIQUES FOR INTERMEDIATE

- No slamming
- No neck cranks
- No any crucifix
- No “Full Nelson”
- No can opener
- No any crossface holds or crossface chokes
- No heel hooks
- No toeholds
- No any foot locks that twist the knee
- No striking of any kind
- No eye gouging or fish hooking
- No grabbing the ears
- No hair pulling
- No holding of fingers or toes (less than 4 fingers or less than 5 toes)
- No thumbing
- No scratching and pinching
- No kicking
- No biting
- No touching groin area
- No hands, knees or elbows on face
- No slippery substances allowed on body or clothing

FIGHT TIME FOR BEGINNERS

Qualifying Rounds (4 min), the first 2 minutes are without points. The points start after the first 2 minutes until the end of the fight as well as on the overtime. 2 Minutes overtime if there is a draw with no advantage. (Max. 1 overtime per fight).

Finals (6 min), the first 3 minutes are without positive points, only the negative points are starting from the beginning. The positive points are starting after the first 3 minutes until the end of the fight as well as on the overtime. 3 Minutes overtime if there is a draw with no advantage. (Max. 1 overtime per fight).

ILLEGAL TECHNIQUES FOR BEGINNERS

- No slamming
- No neck cranks
- No any crucifix
- No "Full Nelson"
- No can opener
- No opposite RNC applying pressure on the neck
- No spine twisters
- No heel hooks
- No toeholds
- No knees
- No any foot locks that twist the knee
- No any crossface holds or crossface chokes
- No biceps pressure locks
- No calf pressure locks
- Fish hooking
- No grabbing the ears
- No hair pulling
- No holding of fingers or toes (less than 4 fingers or less than 5 toes)
- No thumbling
- No scratching and pinching
- No kicking
- No biting
- No touching groin area
- No hands, knees or elbows on face
- No slippery substances allowed on body or clothing
- Referees will stop the fight if a submission is applied and is too dangerous for the fighter, even if the fighter didn't give up yet.
## Weight Classes for National Tournaments

### Male

<table>
<thead>
<tr>
<th>Class</th>
<th>Boys 7 Years – 10 Years</th>
<th>Boys 11 Years – 14 Years</th>
<th>Boys 15 Years – 17 Years</th>
<th>Adult 18 and Over</th>
<th>Masters 35 and Over</th>
</tr>
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**Notes:**
- **Beginner** class is for less than 2 years of experience.
- **Intermediate** class is for 2 years to 4 years of experience.
- **Professional** class is for more than 4 years of experience.
- **Not Allowed** classes indicate that a given weight is not allowed for boys or girls in the specified age group.
**TEAM AWARDS**

Athletes MUST register with the exact same team/school name in order to accrue points for their team. If they register under a different name than their team mates the points will not count. Please check with your school/professor prior to registering to ensure that you put the correct name down. Corrections to team names can be made until the 3rd day prior to the tournament start, by emailing adccusa@gmail.com. No team name corrections will be made after this deadline. So if the tournament begins Saturday at 8 am, the last day/time to email corrections is Wednesday at 7:59 a.m.

**TEAM POINTS ARE ONLY ACCRUED FROM THE NO-GI ADCC PORTION OF THE TOURNAMENT**

1st place - 4 points  
2nd place - 2 points  
3rd place - 1 point  
No team points will be awarded for divisions that only have one competitor.

**BRAZILIAN JIU JITSU GI TOURNAMENT**

Athletes registering for any BJJ tournament must be affiliated with an academy, and that academy is subject to approval. Athletes known or found to hold a black belt in judo are forbidden from taking part in any tournament as a white belt. Athletes who do not meet the requirements put forth in tournament guidelines or those in this General Competition Regulations Book may be disqualified at any moment prior to, during or following the competition.

The BJJ Gi operates on a single elimination system, which adheres to the official IBJJF rules for scoring and match times. Please visit the following website for more information on the rules.  

A competitor can win a match by submission, points, advantage or referee's decision.

**BRAZILIAN JIU JITSU GI TOURNAMENT WEIGHT CLASSES**

<table>
<thead>
<tr>
<th>GI Weight Divisions</th>
<th>KIDS (MALE &amp; FEMALE) 4-15 YEARS</th>
<th>MALE JUVENILE 16-17 YEARS</th>
<th>FEMALE JUVENILE 16-17 YEARS</th>
<th>FEMALE ADULT 18 AND OVER</th>
<th>MALE ADULT 18 AND OVER</th>
<th>MALE MASTERS 35 AND OVER</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHILDREN IN THIS AGE RANGE WILL BE BRACKETED ACCORDING TO BELT AND WEIGHT. NO CHILD WILL COMPETE WITH A GREATER THAN 10 POUND DISCREPANCY.</td>
<td>-118 lb</td>
<td>-106.5 lb</td>
<td>-50.0 kg / -110 lb</td>
<td>-60.0 kg / -132 lb</td>
<td>-60.0 kg / -132 lb</td>
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**GENERAL RULES & INFORMATION**

Athlete and coaches cannot talk to the referees prior to or during the competition. If an athlete or coach talks to a referee they will be given one warning. If it happens a second time the athlete will be disqualified and both the athlete and coach will be asked to leave the venue. NO REFUND WILL BE GIVEN. If an athlete or coach has a question they need to speak to the tournament director.
ADCC at their discretion can disqualify any competitor or team for poor sportsmanship, inappropriate conduct, disturbing other athletes, volunteers, spectators, employees or referees. NO REFUND WILL BE GIVEN. ADCC at their discretion can ask any person to include but not be limited to athletes, spectators and coaches, to leave the venue and a refund will not be given.

ALL WEIGH INS WILL BE THE MORNING OF THE COMPETITION WITHOUT THE GI. COMPETITORS WILL HAVE TWO CHANCES TO MAKE THEIR WEIGHT. IF THEY DO NOT MAKE THEIR WEIGHT ON THEIR SECOND WEIGH IN THEY WILL BE DISQUALIFIED AND NO REFUND WILL BE GIVEN.

If there is no one in your bracket the athlete will be given the option to be rebracketed or receive a full refund.

ALL ADDITIONAL QUESTIONS CAN BE DIRECTED TO:

CARLOS CARVALHO
ADCC NORTH AMERICA
EXECUTIVE OFFICER
CARLOSDNA@GMAIL.COM

OR

JENNIFER GOLDEN
ADCC NORTH AMERICA
EVENT COORDINATOR
ADCCUSA@GMAIL.COM
757-575-8186