

**FIGHT TO WIN RULES AND REGULATIONS**

**SUBMISSION GRAPPLING/ BRAZILIAN JIU JITSU**

TEAM POINTS 1<sup>ST</sup>- 4 POINTS, 2<sup>ND</sup> 2 POINTS, 3<sup>RD</sup> 1 POINT, GRAND CHAMPION 10 PTS

MATCH LENGTH- ADULTS -5 MIN- TEENS/MASTERS - 4 MIN – KIDS - 3 MIN

SINGLE ELIMINATION WITH CONSULATION FINAL

JUDO – STANDARD IJF RULES APPLY

ADULTS - 5 MIN TEENS 4 MIN MASTERS/KIDS 3MIN

**POINTS- ALL POSITIONS MUST BE HELD FOR 3 SECONDS**

TAKE DOWNS - 2 POINTS

SWEEP- 2 POINTS

KNEE ON BELLY - 2 POINTS

GUARD PASS – 3 POINTS

MOUNT – 4 POINTS

BOTH HOOKS IN – 4 POINTS

STALLING- 1<sup>ST</sup> WARNING, 2<sup>ND</sup> -1 POINT, 3<sup>RD</sup> -3 POINTS, 4<sup>TH</sup> DQ

LEGAL SUBMISSIONS- (SLAMS, NECK CRANKS, HEEL HOOKS, ILLEGAL IN ALL DIVISIONS)

**WHITE/NOVICE/KIDS/TEENS**

ARM BARS

CHOKES

STRAIGHT ANKLE LOCKS

**BLUE/BEGINNER**

ARM BARS

CHOKES

STRAIGHT ANKLE LOCKS

KNEE BARS

**PURPLE/ INTERMEDIATE**

ARM BARS

CHOKES

ANKLE LOCKS

KNEE BARS

CALF/ BICEP CRUNCHERS

TOE HOLDS

**BROWN/BLACK/ADVANCED**

ARM BARS

CHOKES

ANKLE LOCKS

KNEE BARS

CALF/ BICEP CRUNCHERS

TOE HOLDS

WRIST LOCKS

