FIGHT TO WIN RULES AND REGULATIONS

SUBMISSION GRAPPLING/ BRAZILIAN JIU JITSU

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

MATCH LENGTH- ADULTS - 6 MIN- TEENS/MASTERS - 5 MIN – KIDS - 4 MIN

ADULTS BJJ/NO GI - SINGLE ELIMINATION WITH CONSULATION FINAL

KIDS/TEENS BJJ/NO GI - MODIFIED DOUBLE ELIMINATION (UPDATED)

JUDO – MODIFIED DOUBLE ELIMINATION (UPDATED)

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: 1ST WARNING, 2ND - 1 POINT, 3RD - 3 POINTS, 4TH 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