



No-Gi Tournament Rules and Guidelines

The ASBJJF's No-Gi Rules and Guidelines are meant to be consistent with those used at major no-gi tournaments across the country. These rules are in place to mitigate some of the risks associated with competition and to provide a positive experience for event participants. Serious violations of these rules will lead to disqualification of a participant with no refunds given.

I. Competition Area.

- a. The mat area will be approximately 20'x20'.
- b. If during the match participants roll out of bounds the referee will stop the match and bring them to the center of the mat in the same position they were in. If there was no clear position then the participants will start standing. The referee has the sole discretion on whether to start standing or from the former position. The referee has the sole discretion on stopping the match when the participants are either partially out of bounds or very close to submission.

II. Divisions

- a. The Adult divisions are based on experience level.
 - i. Novice, 0-2 years of training or White belt in BJJ
 - ii. Intermediate, 2-4 years of training or Blue Belt in BJJ
 - iii. Advanced, 4+ years of training or Purple Belt and up in BJJ
- b. Adult Age groups. There are no age brackets; all divisions are "adult". With parental permission 16 and 17 year olds may enter the adult division. For Children Division's see II.e.
- c. Additional guidelines on choosing the correct division.
 - i. The years of BJJ, MMA, or submission grappling training are based on consistence attendance of 2-4 times per week. For example, if you trained once a week for three years, Novice is the correct division.
 - ii. ASBJJF wants to encourage people with wrestling experience to participate, but choosing the correct division can be difficult. If you wrestled for more than two seasons in high school the Intermediate division shall be used. If you wrestled in college the Advanced division shall be used.
 - iii. Anti-Sandbagging Policy.

There are many positive benefits of competition, but only if you test yourself in the correct division.

 1. The ASBJJF does not prevent anyone from entering a division greater than their experience level. Be advised that if you compete

at a higher level in this or any other national tournament you cannot drop down to a lower division in the future. For example, if you sign up for the advanced division, you will not be allowed to drop back down to the intermediate division the next year.

- d. Women's Divisions. Because of fewer competitors women will have only two divisions based on weight (see section III). Match duration and permissible moves for the women's division will be based on the Intermediate level.
- e. Children's Divisions. With parental permission children age 5-15 may enter this division. A parent or legal guardian needs to attend the event to provide supervision of their child. Because of fewer competitors we are going to build the division/brackets based on how many people sign up. We reserve the right to mix age, weight, gender, and skill level into the brackets as needed. Every effort will be made to try to build brackets that keep competitors with their peers.

III. Adult Weigh-Ins

- a. Weigh-ins will take place the day before the event and again the day of the event. You can weigh in at either time. If you are unable to make the weight class you registered for you will not be allowed to compete and you will forfeit your registration fee.
- b. Men's Weight Classes (limit in pounds):
 - i. Light Feather 136
 - ii. Feather 149
 - iii. Light 162
 - iv. Middle 176
 - v. Medium Heavy 189
 - vi. Heavy 202
 - vii. Super Heavy 215
 - viii. Ultra Heavy open
- c. Women's Weight Classes (limit in pounds):
 - i. Light 149
 - ii. Middle open

IV. Match Duration

- a. Match times
 - i. Children 4 minutes
 - ii. Novice 5 minutes
 - iii. Intermediate 6 minutes
 - iv. Advanced 7 minutes
- b. The referee may stop the timer to deal with injury, gear problem, or a safety issue.

V. Gear and Hygiene Rules

- a. All gear and clothing worn must be washed and clean.
- b. Required gear: The only required gear is shorts with a draw string or other secure closure. The shorts may not have pockets on the outside. Note that in the men's division a shirt is optional.
- c. Optional gear: Rash guard, wrestling shoes, head gear, mouth piece, groin protector.
- d. The use of lotion or any kind of lubricant on a participant will result in disqualification.

- e. You are not allowed to grab your opponents clothing for control or submissions.
- f. In order to compete you must not have any infectious diseases including but not limited too: staph, chicken pox, ringworm, all communicable skin diseases, HIV, and hepatitis.

VI. How to Win

- a. All brackets are run as single elimination. If you lose your match then you are done in this bracket.
- b. Tap-out. A match is over when one participant taps-out. A tap-out can be done with the hands, feet, or verbally. Yelling or screaming when in a submission hold is considered a verbal tap-out and the match will be over at the referee's discretion.
 - i. In rare circumstances the referee may stop a match if one participant is in a submission hold and exposing themselves to serious danger by not tapping. This will be more likely to be used in the novice division.
- c. In the circumstance where a participant cannot continue a match due to injury or other reason, their opponent will be awarded the win. Being unable to stop a cut from bleeding will be considered as unable to continue.
 - i. An exception would be if the injury was caused by prohibited conduct covered in section VII.
- d. Unconsciousness. If a participant losses consciousness during a match the other participant will be declared the winner.
- e. When a match has no tap-outs then the following point system will be used.
 - i. **Takedown 2 points.**
 - 1. In order for a throw or takedown to be awarded points your opponent's butt or back must touch the ground.
 - 2. Guard Pulling. If your opponent lands in guard as a result of a takedown, points will be given for the takedown. If your opponent pulls guard from standing and was not in the process of being taken down, when the match moves to the ground no points will be given.
 - ii. **Sweeps from the Guard 2 points.**
 - 1. Sweeps will only be counted if started from the guard or half guard position.
 - 2. Points will be awarded to the bottom participant when they force the top participant's back or butt on the ground. In the case of half-guard, the bottom player is awarded points to cause a reversal in position.
 - 3. Some examples of reversals not awarded points.
 - a. Going from crossides bottom to crossides top.
 - b. Escaping being mounted and now you are in your opponent's guard.
 - c. Using the turtle position (all fours) to end up in crossides position.
 - iii. **Passing the Guard 3 points.**
 - 1. Points will be awarded when getting to crossides or mount position when starting from your opponent's guard (including half guard).

2. In order to have passed the guard neither of your legs may be controlled by your opponent.
 3. In order to have passed the guard you must hold your opponent flat on the ground for 3 seconds. If your opponent is able to come to their knees then no points will be given.
 4. Note that these points are for passing the guard, not getting to crosssides. A takedown that leads to the crosssides position will be awarded takedown points (2) but not passing the guard points.
 5. Note that a pass of the guard to mount position is award points for passing the guard and mount.
- iv. Knee on Stomach 2 points.**
1. Points will be awarded when the participant establishes his knee or shin across his opponent's stomach for 3 seconds.
- v. Mount 4 points.**
1. Points will be awarded for the mount position when:
 - a. Both knees are on the ground while sitting on your opponent's torso.
 - b. One knee is down and one foot is up (technical mount) while sitting on your opponent's torso.
 - c. You must be controlling at least one arm (S mount).
 - d. Your opponent can be on their side and need not be flat for points to be awarded.
 - e. Going from the triangle in the guard position to mounted triangle counts for sweep points but not mount points.
 - f. The control must be maintained for 3 seconds.
 2. Points will not be awarded if your foot is still trapped between your opponent's legs.
- vi. Back Control 4 points.**
1. Points will be awarded when a participant is behind an opponent with their legs wrapped so that their heels are in the opponent's thighs.
 2. Locking your legs in a figure four (body triangle) will count for having established position.
 3. It does not matter which direction your opponent is facing (towards the mat, towards the ceiling) for points to be awarded.
 4. The control must be maintained for 3 seconds.
- vii. Other Rules Regarding Points**
1. You get points for progressing towards better position. You can't go back and forth between two positions and score new points.
 - a. Example: If you go knee on stomach you will get 2 points, then if you mount you will get another 4 points. But once you are mounted if you go back to knee on stomach you will not get new points. If your opponent escapes the mount and later in the match you are able to regain the knee on stomach position then you would get points.

2. Points are not awarded while you are defending a submission; once you are out of the submission then points are given.
- f. If there has not been a submission and the score is tied then the participant with the most “advantages” wins.
 - i. An “advantage” is awarded during the match when a participant almost scores a point or has a submission. This is awarded at the discretion of the referee.
 - ii. Examples:
 1. Very close throw or takedown leaving your opponent off balance.
 2. Almost passing the guard.
 3. Almost sweeping your opponent.
 - iii. In the event of a tie match the referee may award an advantage to the more aggressive fighter.

VII. Prohibited Conduct

- a. Stalling. During the match you must be working towards better position or submission. You may not score a few points and then hold your opponent down until time runs out.
 - i. If the referee observes you holding a dominating position without progressing for more than 30 seconds you will receive a warning.
 - ii. In the case of the guard either opponent can be stalling.
 - iii. If you continue to hold the position without attempting to submit or improve to a better position the referee can stop the match and restart it on your feet.
 - iv. If while standing a participant will not engage then they will receive a warning. On the second offense the referee will award an advantage to their opponent. On the third offense the referee will award 2 points to their opponent.
- b. Purposely Fleeing the Mat
 - i. You may not leave the mat to avoid having points scored on you or to avoid a submission.
 1. On the first offense the referee will award 2 points to your opponent.
 2. On the second offense you will be disqualified.
 3. Note that in the case of submission the referee may let the fight continue as stated in section I.b.
- c. Prohibited Techniques
 - i. The following actions will result in a competitor being disqualified.
 1. Striking of any kind. This includes the use of hands, elbows, feet, head.
 2. Biting, attacks to the windpipe with hands, attempting to put fingers in any orifice (includes fish hooking and eye gouging), pulling hair, pinching skin, or groin attacks of any kind.
 3. Spitting or swearing in an unsportsmanlike manner.
 4. Intentionally throwing an opponent off the mat.
 5. Slamming an opponent from the guard position.

6. Takedowns designed for the opponent to land on their neck such as the suplex.
 7. Intentionally slamming your opponent during a takedown. All traditional judo throws are allowed.
 8. Small joint manipulation. This means bending of an opponent's fingers or toes.
 9. Covering your opponent's mouth with your hand to prevent breathing.
- 10. Due the serious nature of the items listed above ASBJJF reserves the right to impose a lifetime ban on participants violating those rules.**
- ii. In general, all typical submission grappling rules are allowed, except as prohibited in the below table or VII.c.

| | Division | | | |
|--|-------------|-------------|--------------|-------------|
| | Children | Novice | Intermediate | Advanced |
| Guillotine | Not Allowed | Allowed | Allowed | Allowed |
| Cervical Lock (twister) | Not Allowed | Not Allowed | Not Allowed | Not Allowed |
| Neck Cranks (see section VII.c.iv) | Not Allowed | Not Allowed | Allowed | Allowed |
| Wrist Locks | Not Allowed | Allowed | Allowed | Allowed |
| Straight Foot Lock | Not Allowed | Allowed | Allowed | Allowed |
| Toe Hold | Not Allowed | Not Allowed | Allowed | Allowed |
| Knee Bar (straight) | Not Allowed | Not Allowed | Allowed | Allowed |
| Heel Hook | Not Allowed | Not Allowed | Allowed | Allowed |
| Muscle crushes (bicep slicer and calf crush) | Not Allowed | Not Allowed | Allowed | Allowed |
| Scissor Takedown | Not Allowed | Not Allowed | Not Allowed | Allowed |

- iii. Use of a move not allowed in VII.c.ii will result in disqualification.
 - iv. A neck crank is defined as pulling on the neck in a manner that will not lead to choke using typical grappling moves and excludes the guillotine and cervical lock covered separately.
 1. The “can opener” from the top guard position is a neck crank.
 2. A north/south choke, parallel choke, and darce choke would be examples of moves not considered a neck crank because a choke is a primary goal of this technique even though the neck may also be cranked in the process.
- d. Interference. Coaches and teammates may not interfere with the match by entering the mat area or throwing anything on the mat area. Coaches are allowed to give instructions to their fighter.

- e. ASBJJF encourages participants and teams to conduct themselves professionally. If a move or behavior would not be allowed in their gym then chances are it's not allowed in this tournament.

VIII. Team Points.

- a. Team scores will be calculated by using the number of Adult participants awarded medals using the following points.
 - i. First Place 9 points
 - ii. Second Place 3 points
 - iii. Third Place 1 point
- b. In the event of teams tying on points, the winner will be determined by:
 - i. The team with the most gold medals.
 - ii. If tied on gold medals the team with the most silver medals wins.