

RULES & REGULATIONS

Gi Submission Judo/ Grappling

General Rules

- 1) No unsportsmanlike conduct will be allowed. You may be disqualified or ejected for unsportsmanlike conduct. **The referees will be always shown maximum respect. Their decisions are final and will not be overturned.**
- 2) No striking, biting, eye gouging (includes chin to eye), head butting, small joint manipulation (finger or toe locks), hair pulling, grabbing the windpipe, or ear pulling will be permitted.
- 3) **No slamming allowed.** Illegal slamming will be defined as slamming your opponent to escape submissions and/or to pass the guard; or standing from the guard and/or jumping from a standing position to slam your opponent. **Slamming will result in an automatic DQ.** There are no exceptions to this rule. Takedowns or throws are NOT considered slams, but you must deliver your opponent safely to the mat.
- 4) No infectious skin diseases (such as ringworm, staph, and MRSA) or open wounds will be permitted. No lubricants, oils, or lotions of any kind will be permitted on any part of the body or clothing.
- 5) Competitors will be allowed to continue grappling anywhere on the matted area, provided they don't interfere with another match. If the competitors near the edge of the mat, they will be restarted from the same position, unless the referee is unable to duplicate the position for any reason. In case the referee is unable to duplicate the position, the competitors will restart from a standing position.
- 6) If a competitor flees the ring when a submission is locked in and the competitor is obviously fleeing to avoid submission, he or she will be automatically disqualified.
- 7) **Legal techniques:** The only submissions above the waist are legal.
- 8) **Illegal techniques:** Knee bars, figure-four toe holds, and compression locks (AKA "slicers", "crushers") Heel hooks, reaping the knee, twisting knee locks, "flying scissor" takedowns, neck cranks and wrist locks are illegal techniques.
- 9) Competitors are required to wear a clean, properly fitted Jiu Jitsu or Judo Gi. Mouthpiece and groin protection are optional but recommended.
- 10) Single elimination event

1. Weigh-in

Competitors are required to verify their weight divisions. Weigh-ins will take place in the morning of the competition. Competitors should allow time to check in and warm up. We recommend arriving at least one hour before the event time. **Gi division weights consider your gi. The gi (in its entirety) needs to be worn during weigh-ins.**

2. Winning a match

There will be no points counted within each match — the only way to win a match is

RULES & REGULATIONS

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by submission (some exceptions may apply, such as with division tiebreakers). If there is no submission, the match is considered a draw and goes into overtime.

This format showcases submission wrestling at its best. It doesn't favor the takedown specialist or the control wrestler or the positional competitor. Instead, it plays to the athlete that can complete submissions against an uncooperative opponent in a defined amount of time.

Submission is based upon physical tapping, a verbal tap, or yelling during a submission attempt. If an opponent must have the match stopped for any injury related incident or any other reason beyond control that does not warrant any disqualifications, the opponent will have 5 mins to return to the match or they will have to forfeit the match.

Commentary: There is less controversy because there is minimal judging during a match—either an athlete gets a submission, gets submitted, or it's a draw.

Ways a Match can be Won:

- Win via Submission victory within regulation time.
- Win in Overtime: victory by submission, fastest submission time, or fastest escape time.
- Win by opponent disqualification.
- Win via opponent forfeiture.

3. Match Time Limits

Regulation time: Standard 4 Min Match

Overtime time limits: there is a 2 min time limit in overtime rounds.

4. Overtime Rules

Any match whose regulation match time ends without a draw immediately moves into Overtime with break or time out unless deemed needed by referee. Any competitor who cannot answer the call to immediately participate in the overtime round will be disqualified. overtime round consists of Athletes choosing specific Dead-zones (The back or Spiderweb) from which the athletes will attack and defend submissions. Each competitor will get a try to attack for a submission. The competitor who can secure a submission their respective attacking overtime round will be the victor.

Based on athlete aggression and submission minded attacks the referee will choose a competitor to choose Offense or Defense at the beginning of the 1st OT Round.

In overtime there are two positions or Dead Zones available to attack and defend from.

1. Spiderweb or the Arm Bar position. Each position must have arms hooked, crook of elbow to crook of elbow. The opponent defending the position may have their arms in any defense configuration they desire.

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2. Back Control with Seatbelt Grip. Competitors will begin in a seated back control position upright with both hooks and a seat belt grip. The opponent may have their hands in place on the seat belt grip and chin tucked before ref begins the round. Once round begins the body triangle may be applied but not before.

Submission Shootout. During the overtime rounds opponents are trying to submit or escape as fast as possible. Both opponents will have a chance to submit their opponent from a dead zone of their choosing or escape the dead zone their opponent chooses. The opponent who obtains a submission or the fastest submission in the overtime round wins the match.