

## Submission Only Rules



### General Rules

- 1) No unsportsmanlike conduct will be allowed. You may be disqualified or ejected for unsportsmanlike conduct. **The referees will be shown maximum respect at all times. 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 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) Women will not be permitted to compete in Men's divisions. Men will not be permitted to compete in Women's divisions. Teens (13+) may compete in Men's or Women's divisions with permission from their parent or coach. Men over age 30 are eligible to compete in the 30+ divisions, but may also compete in the Men's divisions.

U.S. Grappling reserves the right to expand or combine divisions to accommodate competitors.

### Brazilian Jiu Jitsu Rules

- 1) **Heel hooks, reaping the knee, twisting knee locks, "flying scissors" takedowns, and neck cranks are NEVER legal in Gi matches. Straight ankle locks are ILLEGAL for juveniles, but are legal in all other divisions.**
- 2) Kneebars, figure-four toeholds, and compression locks (AKA "slicers", "crushers") are legal in brown and black belt divisions only.
- 3) Wristlocks and any submissions below the waist are illegal in all Juvenile divisions.
- 4) BJJ divisions require a clean, properly fitted Jiu Jitsu or Judo Gi. Mouthpiece and groin protection are optional, but recommended.
- 5) All adult competitors must compete using the rank awarded to them by their Brazilian Jiu Jitsu instructor. Competitors will not be permitted to compete at a higher belt level than their current belt.

### Submission Grappling Rules

- 1) No grabbing of any clothing, including your own, will be permitted.
- 2) **The only submissions below the waist legal for novice, beginner, intermediate, and 30+ divisions are straight ankle locks (AKA straight footlock) and kneebars.**
- 3) All submissions are allowed in Advanced Men's and Women's no-gi divisions. Neck cranks, spine locks, bicep/calf slicers (crushers), and flying scissors takedowns are legal ONLY in Advanced Men's and Women's no-gi divisions.
- 4) Wristlocks and any submissions below the waist are illegal in all Juvenile divisions.
- 5) Gis are optional for submission grappling divisions. Mouthpiece and groin protection are optional, but recommended. Shirts must be tight fitting; rashguards are recommended.
- 6) Anyone who is a blue belt in Brazilian Jiu Jitsu MUST compete in intermediate or higher, and anyone who is a purple belt or higher in Brazilian Jiu Jitsu MUST compete in the advanced division. There will be no exceptions to this rule.

### Adult Weight Classes:

#### Men / 30+

Rooster: Up to 122.5  
Super Feather: 122.6 - 135.5  
Feather: 135.6 - 149.0  
Light: 149.1 - 162.0  
Middle: 162.1 - 175.5  
Medium Heavy: 175.6 - 188.5  
Heavy: 188.6 - 202.0  
Super Heavy: 202.1 - 215.0  
Ultra Heavy: Over 215.0

#### Women

Super Feather: Up to 113.5  
Feather: 113.6 - 124.5  
Light: 124.6 - 135.5  
Middle: 135.6 - 147.0  
Medium Heavy: 147.1 - 158.0  
Heavy: Over 158.1

### Adult and 30+ No Gi Skill Levels

Skill levels are determined by time spent training in any comparable grappling art. Any wrestler with extensive experience (3 or more years in high school, or any collegiate experience) must enter at least intermediate no-gi. Judo, Sambo, and MMA experience count the same as BJJ.

#### Adult Divisions (Men and Women)

Novice: Up to 9 months (white belts only).  
Beginner: Up to 2 years (white belts only).  
Intermediate: 2 - 5 years, or blue belt.  
Advanced: Over 5 years, or purple belt and above.

#### 30+ Men

Beginner: Up to 2 years (white belts only).  
Intermediate: 2 - 5 years, or blue belt.  
Advanced: Over 5 years, or purple belt and above.