

The Good Fight

Tournament Rules for All Gi & No-Gi Divisions

First and foremost: *ALL jiu jitsu rules and grappling rules set forth for competition are designed with the health and safety of the jiu jitsu and grappling competitors. Please read carefully and understand these rules before participating in competition.*

General Rules Regarding Health

General Cleanliness - All athletes must come to the event clean, well bathed and with trimmed toe and fingernails. Competitors with offensive odors before the event starts will be asked to withdraw from the competition. NO REFUND will be issued.

Infectious Diseases - Competitors with any of the following infectious diseases will NOT be allowed to compete: herpes (cold sores), fungal infections (ringworm), and any form of staph, viral or other bacterial infections or outbreaks. To avoid embarrassing situations it is advised that you police yourself and your teammates.

Uniforms and Clothing - Must be clean, in good repair, and free from any offensive odors. Athletes should wash all uniforms and clothing that is to be worn at the event.

Long Hair - Athletes with long hair must keep their hair from interfering with their opponent or themselves during the match.

Groin Cups - All athletes should have equal opportunity to protect their genitalia. Therefore, groin cups are encouraged to be worn by all competitors. However, they are not required to be worn. It is the athletes choice to wear one or not wear one.

Wrestling Ear Guards - Ear guards are NOT permitted to be worn.

General Rules Regarding Gi Clothing

Constructed of cotton or similar material and in good condition. The material may not be excessively thick or hard to the point where it will obstruct the opponent.

The jacket is to be of sufficient length down to the thighs, sleeves must reach the wrist with arms extended in front of the body. The sleeve should follow the official measures according to the IBJJF from the shoulder to the wrist. Belt width 4-5 cm, with color corresponding to rank tied around the waist with a double knot, tight enough to secure the gi closed.

Athletes are not permitted to compete with torn kimonos, sleeves or pants that are not of proper length. **No T-Shirts** are to be worn underneath the kimono. **Tight fitting rashguards ARE allowed** to be worn but not required.

No wrestling shoes are to be worn in any Gi or No-Gi competition. (An exception to this rule can be made if an athlete has a specific medical foot issue that requires coverage. A doctors note is required.)

General Rules Regarding No-Gi Clothing

A tight/snug fitting T-shirt or Rash guard on top is required by all athletes. No bare-chested grappling is permitted.

Long & loose-fitting board shorts or Gi pants on the bottom are required to be worn by all athletes. Board shorts can not have rivets, zippers or pockets where a foot, toe or finger can get caught in. Please make sure all pants have a drawstring and or another way to keep them secured at your waist during the match.

Tight-fitting vale tudo shorts are NOT permitted to be worn. Underarmour style or spandex style shorts are NOT permitted to be worn.

The Good Fight Weigh-Ins

Most Good Fight tournaments offer the option of night before weigh-ins. Night before weigh-ins are an OPTION not a requirement. Please check the specific tournament schedule that you will be attending for details and times.

Day of weigh-ins will be open from 8 - 9 am for ALL kid & teen competitors.

Day of weigh-ins will be open from 11 - 12 noon for ALL adult Gi competitors.

Day of weigh-ins will be open from 1 - 2 pm for ALL adult No-Gi competitors.

Please note: Adults can show up anytime during the day BEFORE their scheduled weigh-in time. However, you do NOT have to. To save you from waiting around all day you can simply show up during your scheduled weigh-in time block.

Also, if you are an adult who is competing in both Gi & No-Gi then you would only have to weigh-in once at the 11 - 12 noon weigh-in time. Gi competitors do NOT have to weigh in without their gi on.

Rules Regarding Sportsmanship

The Good Fight will be fully enforcing a zero-tolerance rule of disrespecting, threatening with physical violence, verbally abusing referees or cursing at referees for the entirety of the event. If any coach, parent, friend or competitor verbally or physically threatens a referee in any shape or form, they will be escorted out of the venue by security with no refund.

If a competitor breaks any of the rules after officially being warned or blatantly attempts to hurt their opponent, shows bad sportsmanship, or slams their opponent illegally, they will lose the match by DQ, immediately with no refund.

No cursing or foul language is allowed at any time during the event. If any competitor curses publically or directly at the referee or their opponent, the ref has full discretion on whether the competitor should receive a warning or be DQ'ed. The decisions of the referees are 100% FINAL.

Rules Regarding Winning Competition

Submission - When an opponent gives up by tapping either with their hands or feet; or when the opponent verbally indicates submission. Sudden screaming and/or shouting to indicate sudden pain is considered a tap.

Referee or Doctor Stoppage - The referees have the authority to stop the match if he/she believes a competitor is in danger. A doctor has the right to stop a fight for any reason they deem to be appropriate for the safety of the competitors.

Points - During the match, your score will be tracked at the judge's table by an electronic scoreboard.

Stoppage - Your corner, coach or instructor "throws in the towel".

Advantages - If the score is tied, the referee will award the match to the competitor who has recorded the most advantages.

Opponent Disqualification - If your opponent is DQ'ed for any reason you win.

Opponent Forfeits - For any reason if your opponent forfeits or concedes you win.

No Contest - Your match will be considered a no contest if your opponent does not show up when his/her name is called. Please pay attention to when/where your bracket will compete at.

The Following Rules Govern ALL Divisions

Illegal Techniques

- No strikes of any kind
- **No slamming or dropping opponent on head when you are in their guard**
(you must safely deliver your opponent to the mat)
- No intentional throwing your opponent onto their head or neck when executing a takedown
(referees will make discretionary calls based upon intent and/or the opponents ability to know how to break-fall correctly off of a takedown)
- **No head butts, no knee strikes, no kicks**
- No attacks to the windpipe, eyes, nose or groin
- **No fish hooking, no biting, no pulling hair**
- No pinching or twisting of skin
- **No sticking a finger into any orifice or cut of an opponent**
- No small joint manipulation of the fingers
- **No interference by a corner with any official or competitor**
- No spitting, no blowing of a nose
- **No throwing opponent off the mat or onto the judges table**
- No unsportsmanlike conduct
- **No cursing of foul language**
- No grabbing of clothing in 'No-Gi' matches
- **No slamming from the guard**
- No cervical locks or neck cranks
- **No reaping of the knee (using foot to angle the knee is a dangerous position)**
- No 'Muffler' *(covering the mouth of opponent with your hand)*
- **No 'Covered Wagon' (pulling opponents pants or undergarments to initiate a wedgy)**
- No 'Oil Checks' *(applying a wrestling butt-drag and purposely trying to insert your thumb or any other finger into your opponents anal cavity).*
- **No leg-scissor takedowns allowed**

Specific Rules for Kids (4-12 yrs old)

- **3 minute match**
- No submissions below the waist
- No bicep locks or calf locks
- No leg-scissor takedown
- No slamming from the guard
- No neck cranks
- No wrist locks
- No pulling the head when applying the triangle
- No ezekial choke
- No front guillotine
- No omoaplata (shoulder lock)

Specific Rules for Teens (13-15 yrs old)

- **4 minute match**
- No submissions below the waist
- No bicep or calf locks
- No leg-scissor takedown
- No slamming from the guard
- No neck cranks
- No wrist locks
- No pulling the head when applying the triangle
- No ezekial choke
- **Front guillotine is PERMITTED**
- **Omaplata (should lock) is PERMITTED**

Specific Rules for Teens (16-17 yrs old)

- **4 minute match**
- No submissions below the waist
- No bicep or calf locks
- No leg-scissor takedown
- No slamming from the guard
- No neck cranks
- No wrist locks
- **Pulling the head when applying the triangle is PERMITTED**
- **Ezekial choke is PERMITTED**
- **Front guillotine is PERMITTED**
- **Omaplata (should lock) is PERMITTED**

Specific Rules for Adults & Masters:

Adult (18-29 yrs. old) Gi match duration

White Belt: 5 minutes
Blue Belt: 6 minutes
Purple Belt: 7 minutes
Brown Belt: 8 minutes
Black Belt: 10 minutes

Masters (30 yrs. & up) Gi match duration

White Belt: 5 minutes
Blue Belt: 5 minutes

Adult (18-29 yrs. old) No-Gi match duration

White Belt (*Beginner No-Gi*): 5 minutes
Blue Belt (*Intermediate No-Gi*): 6 minutes
Purple Belt (*Advanced No-Gi*): 7 minutes
Brown/Black Belt (*Expert No-Gi*): 8 minutes

Masters (30 yrs. & up) No-Gi match duration

White Belt (*Beginner No-Gi*): 5 minutes
Blue Belt (*Intermediate No-Gi*): 5 minutes

We only have Masters division for white & blue belts. Purple/brown/black divisions are just 18 yrs & up.

White Belt Gi & No-Gi Beginner: No submissions below the waist. No muscle presses on the bicep or calf. Wrist locks ARE permitted.

Blue Belt Gi & No-Gi Intermediate: Straight ankle locks are the only leg attack permitted. No muscle presses on the bicep or calf. Wrist locks ARE permitted.

Purple Belt & No-Gi Advanced: Straight ankle locks are the only leg attack permitted. No muscle presses on the bicep or calf. Wrist locks ARE permitted.

Brown/Black Belt & No-Gi Expert: Straight and twisting ankle/foot locks are permitted. Knee bars are permitted. Muscle presses on the bicep and calf are permitted. Wrist locks ARE permitted.

NO heel hooks, NO neck cranks, NO leg-scissor takedown, NO slamming, NO reaping the knee
Please Note: A competitor is NOT allowed to push someone's foot (or do anything like roll, etc.); with the intent to force a knee reap against himself so the other competitor gets disqualified. If an opponent forces someone's leg to reap his own knee, the ref will stop the match and puts the leg that is reaping back to its original position. The ref does not stand the grapplers back up. A warning will be given for forcing a knee reap against himself. Next occurrence of the same offense will result in disqualification.

Competition: Scoring Points

4	3	2	-1	+1
Full Mount	Passing the Guard	Takedown	Penalties	Advantages
Back Mount	Passing the 1/2 Guard	Guard Sweep		
		1/2 Guard Sweep		
		Knee on Belly		

TAKE DOWNS: 2 points

Any kind of knocking down the opponent or being taken down to the ground. When an aggressor initiates a takedown and the opponent hits the floor with ANY part of his body (except his hands) a 2 point takedown is awarded. Your opponent does not have to land on his 'back' only to be awarded points. They can land on their hip or side. Falling to 1 knee is NOT a takedown.

Observation 1:

If the takedown lands outside of the fighting area it will be valid as long as the athlete that applied it stood with both feet in the fighting area while making the take down.

Observation 2:

If the athlete has one of his knees on the ground and is taken down, whoever applied the take down will be awarded 2 points as long as he has both his feet on the ground.

Observation 3:

If an athlete has both his knees on the ground and is knocked down, the standing athlete will have to pass to his side and maintain this position to receive an advantage. This is a common situation in a scramble where you didn't take a guy down per say and you didn't pass his guard but you will receive advantage points.

Observation 4a:

When an athlete executes a double leg and the opponent sits to guard and executes a guard sweep in one continuous motion; the athlete who did the takedown will receive 2 points (*because he initiated and took the guy down*); and the one who executed the guard reversal/sweep will receive 2 points.

Observation 4b:

If the same situation happens but this time the bottom guy doesn't have guard and didn't execute a guard reversal/sweep; but instead he just re-rolled the guy from a side control position he would then only receive an advantage because there was no clear guard reversal/sweep.

Observation 4c:

If an athlete shoots in for a double-leg or single-leg; then is 'stuffed' or 'stopped' with a sprawl; and his opponent that sprawled sits to guard and executes a reversal/sweep he will receive 2 points for the reversal/sweep. Why? Because he stopped the takedown attempt and the forward initiating progress; and then initiated his own reversal/sweep attempt.

Observation 5:

When a competitor throws his opponent and ends up in a bottom position the competitor throwing will receive 2 points and the opponent on top will receive an advantage. If the competitor executing the throw lands in his opponent's guard and is swept, both will receive 2 points.

Observation 6:

When a competitor snaps down his opponent from the standing position and goes behind him with both knees positioned behind his opponent's butt he is awarded 2 points. This entire sequence must be executed in one continuous motion.

Observation 7:

A snap down to the sprawl position, (opponent is in the turtle position); will result in an 'advantage point' only. This is NOT a 2 point takedown. Controlling an opponents side from the turtle position off of a snap down is also an 'advantage point'; not a 2 point takedown. Further advancement to complete back control from these two specific scenarios; both knees behind opponents butt when the opponent is in the turtle position; equals nothing.

PASSING THE GUARD: 3 points

Is when the athlete that is above his adversary or in between his legs, moves to his opponent's side, establishing a perpendicular or longitudinal position over his adversary's trunk, dominating him and leaving him no space to move or to escape the position—if even is on his side or back.

Observation 1:

If the athlete that is underneath avoids the move by getting to his knees or standing up, the initiative will not be awarded 3 points but will be awarded an advantage.

Observation 2:

If the athlete passes the guard to the headlock position, north/south mount or any variation of a side hold he will be awarded 3 points. As long as he gets passed his opponents legs it is considered a 3 point guard pass.

Observation 3:

If the bottom athlete has his knee tucked under the top athletes legs or body this means he is still defending the guard pass. The top athlete will NOT get points until he gets rid of the bottom athletes knee from under his body.

KNEE ON THE BELLY: 2 points

When the athlete on top puts his knee on his adversary's stomach, holding his collar or sleeve and belt with his other leg towards his adversary's head.

Observation 1:

If the athlete that is underneath does not allow his adversary to put his knee down onto his belly and if the one on top does not establish the position completely, it will not be awarded 2 points but an advantage.

Observation 2:

The knee on the belly with the other foot posted on the mat is what the referee is looking for to award 2 points. The hands can be in any position that is desired.

THE MOUNT: 4 points

Is when the athlete sits on his opponent's torso; the opponent can be lying on his stomach, side or back. The one mounted can be on top of one of his opponent's arms, but never on both. It will also be considered a mount if he has one knee and one foot on the ground.

Observation 1:

No points will be awarded if his feet or knees are on his opponent's leg.

Observation 2:

If an athlete applies a triangle while in the guard and in so doing lands mounted on his opponent, it will be considered a 2 point sweep, NOT a mount. (*See the Guard*) The athlete can then release the mounted triangle and establish the correct mount position to receive 4 points.

THE BACK: 4 points

Is when the athlete grabs his adversary's back, taking hold of his neck and wrapping his legs around his opponent's waist, with his heels leaning on the inner side of his opponent's thighs, not allowing him to leave the position.

Observation 1:

The points will not be awarded if both heels are not properly positioned on the inner part of the adversary's thighs. Also, it will be considered back points if the athlete has his leg over one arm of his opponent. But, it won't be points if the athlete has his leg over 2 arms of his opponent.

Observation 2:

A figure-4 body triangle applied to the back is NOT considered 4 points. A body triangle would result in an 'advantage point'.

Observation 3:

If an athlete takes his opponents back and then crosses his legs; he will not receive 4 points until he un-crosses his legs and places them in the proper position. If he fail to place his legs in the proper position he will not receive 4 points BUT will receive an advantage point.

GUARD SWEEP/REVERSAL: 2 points

Is when the athlete that is underneath has his opponent in his guard (in between his legs) or the half guard (having one of his adversary's legs between his) and is able to get on top of his adversary by inverting his position. The athlete must keep the top position for 3 seconds before it is considered a 2 point sweep.

Observation 1:

It will not be considered a sweep if the move does not begin from inside the guard or half guard.

Observation 2:

When the athlete sweeping advances his position to the back of his opponent during the attempted sweep, he is awarded 2 points.

Observation 3:

If starting in a guard position, an athlete attempts a sweep and both athletes return to their feet and the competitor attempting the sweep executes a takedown remaining on top, he will be awarded 2 points.

Observation 4:

It is not considered a guard sweep: If the top athlete sits back for a footlock, secures it convincingly and ends up not submitting the bottom athlete, but the bottom athlete comes up to the top position during this. In this case the ref may (or may not) award an advantage to the top athlete depending on how much of a threat the footlock was. If the top athlete sits back for a half-hearted, sloppy footlock attempt and has no control of the foot at all, the referee will award bottom guy 2 points for the reverse.

Observation 5:

If an athlete is standing or kneeling in someones guard and decides to sit to his own guard whereby bringing the bottom guy to the top position; he gives up a 2 points. This is not a smart strategy to do because you end up giving your opponent reversal points.

Observation 6:

If both athletes decide to sit to guard from the standing position. The athlete that comes up to the top position first will receive an advantage point.

Scoring Points: To gain points for any move or position, the competitor (*aggressor*) must show clear control for a 3 second count by the referee.

The athlete cannot score new points when he is in a position where he received points previously, changes position intentionally and returns to the same position. For Example: For knee on the belly and switching sides, there will be no new points awarded.

No points will be awarded for the athlete who is attaining a position while in a submission. Points will be awarded after the submission is completely defended. For Example: When one athlete is mounted on his opponent but is in a guillotine the points of the mount will be awarded only when the submission is defended.

Advantages

It is considered an advantage when the athlete attempts but does not complete any of the fundamental moves of the fight; i.e. sweep, take down, submission etc.

Advantages through takedowns: When there is a visible loss of balance in which the adversary nearly completes the takedown. A visible loss of balance during an attempted throw will also result in an advantage.

Advantages During Closed Guard:

A) The one on top will earn the advantage by being on the offensive, trying to dominate his adversary's guard (pass the guard). For the referee to consider it an advantage, the athlete that is on top must come close to passing the guard, forcing his adversary to exert energy to regain position e.g. half guard, almost immobilizing, etc.

B) The one underneath will earn the advantage if he almost sweeps his opponent, putting him in a dangerous position, as well as when he attempts a lock that forces his opponent to defend. NOTE: for the sweep attempt to be considered worthy of an advantage the athlete underneath must open his legs.

When there is a tie it is up to the referee to decide if he will award an advantage, using the following judgments:

Advantages will be awarded during standing fights or on the ground if the athlete attempts a technique with more aggressiveness and initiative, trying takedowns, other finalizing moves during the fight, or showing that he dominates the fight most of the time by putting the opponent on the defensive.

Advantages through takedowns: when there is a visible loss of balance in which the adversary nearly completes the takedown. A visible loss of balance during an attempted throw will also result in an advantage.

Advantages will be awarded during ground fighting if the athlete attempts a technique and puts his adversary on the defensive.

Advantages will only be used in the case of a tie with points

DISQUALIFICATION: SERIOUS FOULS

Serious fouls are those that lead to immediate disqualification by the referee.

The use of foul language, cursing, or other immoral acts of disrespect towards the referee or any of the assisting public.

Biting, hair pulling, putting fingers into the eyes or nose of one's opponent, intentionally seeking to injure genitalia or the use of fists, feet, knees, elbows, or heads with the intention to hurt or gain unfair advantage.

When the fighter has his kimono ripped during the fight, the referee will give him a set time to change it. If the fighter does not change it in time he will be disqualified.

The fighter must wear shorts under the pants, keeping in mind the risk that the suit might get torn or unsowed, If this occurs, the athlete will be given a set time determined by the referee to find another pair of pants to wear. If the athlete cannot change within the set time, he will be immediately disqualified.

When an athlete has been submitted to a lock and to avoid tapping out he runs out of the ring, he will be disqualified. In such cases when it is considered a technical foul, not a disciplinary foul, the offender may return to the competition to fight the absolute division or in case of a bracket of three.

FOULS NOT AS SERIOUS: Penalties

On the first offence the offender will be given a verbal warning.

On the second offence the offender's opponent will be given an advantage.

On the third offence the offender's opponent will be given two points.

After the third offence the referee may disqualify the athlete for any further fouls.

A) An athlete will only be allowed to sit to guard after grabbing onto their opponent. For example: grabbing the wrist, collar, sleeve etc...and then sitting to guard. An athlete will receive a verbal warning and be stood back up if he just sits to guard without first grabbing his opponent. Consequently, if someone sits to guard on you; you cannot just pull away and not try to pass the guard. You will also receive a verbal warning to be encourage to pass guard.

B) When either of the athletes run to one of the extremities of the ring to avoid combat, or while ground fighting flee by crawling or rolling out of the ring or by standing up avoiding engaging or purposely stepping out of the ring to gain time.

C) When the athlete avoids engaging by taking off his kimono or by allowing it to be taken off with the intention of stopping the fight to allow himself rest or to avoid the attacks of his opponent.

D) When the athlete inserts his fingers inside the sleeves or pants, or with both his hands on his opponent's belt.

E) When the athlete stalls the fight, holding his adversary and, not seeking to engage or gain submissions when in the guard, on top, or on the bottom. Holding the opponent, standing up, or any position designed to stall. Noticing this the referee will request that 20 seconds be marked and say "**FIGHT**". At the end of the 20 seconds if the athlete hasn't changed his position or shown visible signs of engagement, the referee say again "**FIGHT**" and make the same gesture, penalizing the athlete and giving an advantage for the other, if he continues stalling the referee will stop the fight saying "**STOP**" and he will penalise the same, giving 2 points for the other, and both athletes will return to their feet at neutral positions. With the possibility of disqualification on the next offence

F) A penalty with immediate loss of 2 points occurs when an athlete runs from the ring in order to avoid a sweep the referee considers would be completed, or when the athlete flees the ring in order to avoid a lock that has not yet been completed and not engaging in the article "E" for disqualification.

Out of Bounds or Near Edge: If the competitors near the edge, the referee will wait until a resting period and or until he/she feels the competitor might be in danger and re-start the competitors in the same position in the center. If a competitor scramble takes place near the edge, the referee will yell "**STOP**" and restart the competitors in the center of the ring in the standing position.

No Overtime: In Case of a Tie with Points and Advantages, the Referee will decide the winner.

Any rule not covered here will be left to the discretion of the Tournament Officials.

