

CHILDREN'S BJJ & NO GI RULES

Double Elimination for BJJ, Single Elimination for No Gi

Divisions will be separated by age and weight class.

Children 4-6 years old - will compete in a grappling game. The Game will consist of two 60 second rounds. One child will start on their back, the other inside the guard. The objective is for the bottom player to stand up, get on top or take the back and for the top player to pass the guard and establish a position (side mount, mount or rear mount).

1 point is awarded for each successful attempt. After 60 seconds the roles are reversed. The child with the most points wins. This will be done in a round robin format.

Although we strive to follow the rules as laid out by the IBJJF, we will be making exceptions to some of the rules. Exceptions are listed below.

<http://www.ibjjf.org/rules.htm> (link to rules)

7 years old (NO SUBMISSIONS) starting from a seated position with legs crossed (for safety).

Weight classes are: Under 50 lbs, 51 - 60 lbs, 61 lbs and up.

Matches are 2:00 minutes in length

Points will be awarded for specific positions, refer to the Scoring section. In the case of a child getting pinned for more than 15 seconds, the referee will give a warning for movement. **If the competitors are unable to move the children will get restarted in the seated position.** This is to not only encourage movement but to prevent the children from being frustrated with not being able to escape a position.

8/9 & 10/11 years old (Basic Submissions – Straight Armbars, Chokes) starting from standing. If the competitor is not confident with throws or falling, we recommend that teen to start on their butt.

Weight classes are: Under 60 lbs, 61 - 75 lbs, 76 - 90 lbs, 91 - 105 and 106 lbs and up.

Matches are 2:00 minutes in length

Points will be awarded for specific positions, refer to the Scoring section. In the case of a child getting pinned for more than 10 seconds, the referee will give a warning for movement.

12/13 years old (Basic Submissions – Straight and Bent Armlocks, Chokes) starting from standing. If the competitor is not confident with throws or falling, we recommend that teen to start on their butt.

Weight classes are: Under 90 lbs, 91 - 105 lbs, 106 - 120 lbs and 121 lbs and up.

Matches are 3:00 minutes in length

Points will be awarded for specific positions, refer to the Scoring section. In the case of a child getting pinned for more than 10 seconds, the referee will give a warning for movement.

Ages 14 – 16 (Basic submissions allowed, please refer to [page 22](#) of the rules for a list of illegal submission or fouls).

Teens will start from standing. If the competitor is not confident with throws or falling, we recommend that teen to start on their butt.

Weight classes are: Under 100 lbs, 101 to 120 lbs, 121 - 140lbs and 141 lbs and up.

Matches are 3:00 minutes in length.

Points are awarded for specific positions, see Scoring section.

Scoring:

Mount 4 points

Rear Mount 4 points
Passing Guard 3 points
Takedowns 2 points
Knee on Belly 2 points
Guard Sweep 2 points

Positions must be held for 3 seconds to obtain points, after which the referee will award points. Advantages will be called. If the match does not end in submission the match will be decided on who has more points. If there is still a tie then the referee will decide the winner based on advantages. Points can only be gained by progressing to more dominant positions. Once a competitor has achieved mount they cannot collect points by going to Knee on Belly, they must go to Rear Mount for more points. Once Rear Mount is achieved then they must disengage (stand up) and start again, or reenter the guard and begin again from there.

Winners will be decided by:

Submission (ages 10-16)
Race to 16. First to receive 16 points wins
Competitor with the most points or Advantages
Disqualification due to infraction of the rules

NO GI RULES & JIU-JITSU RULES

Novice (under 9 months) and Intermediate (9-18 months) BJJ are Double Elimination, all others are Single Elimination

Although we strive to follow the rules as laid out by the IBJJF, we will be making exceptions to some of the rules. Exceptions are listed below.

<http://www.ibjjf.org/rules.htm> (link to rules)

Match Length:

Novice matches will be 4 minutes with no overtime.

Intermediate matches will be 5 minutes with no overtime.

Advanced matches will be 6 minutes with no overtime.

Elite matches will be 7 minutes with no overtime.

The referee will **NOT** give an overview of the rules, it is the competitors responsibility to review the rules themselves and bring up questions with their coach or email inquires to myackulic@arashido.com. Competitors will begin their match on their feet and then instructed to engage. As this is a grappling tournament, competitors will not be separated once the match goes to the ground unless submission occurs or time expires. Should you fall outside the ring, the ref will stop the time and tell you to maintain your position at which point he/she will drag you back to the center and start time again. If you are not in a recognised position, the referee will restart you standing.

Skill level break down:

The essence of any competition relies on the fairness of the contest. We encourage competitors to enrol at the skill level they feel will offer the highest challenge without being overwhelmed. If you have previous experience in a similar martial art you are NOT allowed to go in the novice division. By enrolling in a division that is easy for you, you not only deny competitors a fair match but a chance for you to test your true abilities.

Novice: Usually someone in this level has been practicing for up to 9 months. Competitors here have a limited number of techniques on the ground and have no previous competitive wrestling experience. Regardless to your ranking in any other martial art, your amount of focus on grappling is important. Should you not practice grappling regularly, this is your skill level. In addition, individuals with wrestling experience not at a competitive level qualify at this level. If you have ever taught grappling you do not qualify in this division. If you have placed 1st in the novice division you must go up to intermediate.

Intermediate: Individuals here generally train anywhere from 9 months to 18 months. Competitors here find themselves with the ability to feel very comfortable with grappling. Individuals possess a fair amount of techniques to reverse, control and submit their opponents. Competitors who have previously won a novice division must enrol in this level. Wrestlers with tournament experience and provincial ranking should enrol here. Grappling experience must be possessed but not yet refined.

Advanced: This division is for competitors with 1½ to 3 years experience in a grappling art. If you have a blue belt in BJJ you **MUST** register here. Competitors here have been grappling for some time. Knowledge of various ground techniques is substantial. Tournament experience is sufficient, and training is plentiful. Competitors do not necessary need to possess the above qualifications but must consider their opposition will be well versed in grappling and have years experience behind them. As this is a growing tournament we have designated advanced as a blue belt (you must wear a blue belt to compete).

Elite: This division is for competitors with 3 or more years of grappling experience, ideally purple belts and up. Competitors here have been grappling for quite some time. Knowledge of various ground techniques is substantial. Tournament experience is sufficient, and training is plentiful. Advanced winners should consider enrolling here even if the timelines do not match. Competitors do not necessary need to possess the above qualifications but must consider their opposition will be well versed in grappling and have years experience behind them

Weight Classes:

Women – Under 130lbs, 131-150lbs, 151lbs and up

Men – Under 140lbs, 141 – 155lbs, 156 – 170lbs, 171 – 185lbs, 186 – 205lbs, 206lbs and up

Winners will be decided by:

Submission

Race to 16. First to receive 16 points wins

Competitor with the most points at end of time or Advantages in the event of a tie

Referee Decision

Disqualification

Injury (including nose bleeds that can not be stopped)

KICKBOXING & MODIFIED MUAY THAI RULES

CHILDREN'S RULES

Children will follow Adult Kickboxing rules with the following exceptions:

Children 4/5 and 6/7:

No Head Contact

Matches will be 60 seconds, finals are 2 x 60 second rounds.

Juniors 8/9, 10/11 and 12/13:

Light contact to the head and controlled contact to the body.

Matches will be 90 seconds, finals are 2 x 60 second rounds.

Teens 14 -16:

Same as Adult Kickboxing rules below.

Matches will be 90 seconds, finals are 2 x 60 second rounds.

Kickboxing is Double Elimination, Muay Thai is Single Elimination

A) Tournament Rules

No striking your opponent's joints, no biting, fish hooking, hair pulling or eye gouging No grabbing your opponents clothing. No techniques that involve bending or attempting to break joints. No takedowns or slamming of opponent in novice divisions.

No leg kicks allowed in the Kickboxing divisions.

No Knee attacks allowed in Kickboxing divisions.

No catching the legs in Kickboxing divisions

No Elbow attacks allowed in any division.

No holding your opponents head and punching.

No contact to the back of the head or back.

No leg sweeps

No blind spinning techniques

Light contact to the head and controlled contact to the body.

Excessive contact will result in a warning or immediate disqualification

B) Modified Muay Thai Rules

Knees to the legs and body only

Clinch must be followed with knee attacks immediately or will be stopped and separated

Controlled Takedowns or throws from the clinch

Catching the leg is allowed.

A competitor will be disqualified from the match if he/ she intentionally tries to injure his / her opponent where there is an infraction to the tournament rules. Warnings and potential loss of points for competitors who intentionally demonstrate a lack of desire to engage in combat.

C) Matches:

Novice matches will be 90 seconds, finals are 2 x 60 second rounds.

Modified Muay Thai will be 2 x 60 second rounds, finals are 2 x 90 second rounds.

The referee will **NOT** give an overview of the rules, it is the competitors responsibility to review the rules themselves and bring up questions with their coach or email inquires to myackulic@arashido.com.

D) Attire and safety equipment:

Mouth guards, groin cups, 16 oz boxing gloves, headgear and shin pads with instep protectors are required and will not be supplied. No protective gear shall contain metal or hard plastic substances of any sort. No adhesive, rough, torn or loose equipment will be permitted. Competitors with long hair should tie it behind their head. The nails must be filed properly and cut short. Proper hygiene is in order. No jewellery is permitted while competing. A freshly washed shirt and shorts must be worn. If your clothing becomes bloodied or torn, you will be asked to replace it immediately or forfeit the match. All patches must secure and free of any loose

E) Skill level break down:

The essence of any competition relies on the fairness of the contest. We encourage competitors to enrol at the skill level they feel will offer the highest challenge. By enrolling in a division that is easy for you, you not only deny competitors a fair match but a chance for you to test your true abilities.

Novice: Usually someone in this level has been practicing for up to 1 year. Competitors here have a limited number of techniques. Regardless to your ranking in any other martial art, your amount of focus on striking is important. Should you not practice striking regularly, this is your skill level. If you have ever taught striking you do not qualify in this division. No leg kicks allowed.

Advanced: This division is for competitors with more than 1 year. Competitors here find themselves with the ability to feel very comfortable with striking. Individuals possess a fair amount of techniques to attack and counter their opponents. Competitors who have previously won a novice division must enrol in this level. Competitors with tournament experience should enrol here. Striking experience must be possessed but not yet refined.

F) Weight Classes:

Children - 4/5, 6/7, 8/9, 10/11, 12/13 and 14-16 will be separated by height and weight the day of to create fair divisions

Women – Under 130lbs, 131-150lbs, 151lbs and up

Men – Under 140lbs, 141 – 155lbs, 156 – 170lbs, 171 – 185lbs, 186 – 205lbs, 206lbs and up