

JOSLIN'S

CANADIAN OPEN

RULES & REGULATIONS

ROLE OF THE REFEREE

The referee in the grappling ring has the highest authority during a competition match. He has the authority to make final calls as he sees them and also to disqualify competitors during a match. Once a competition match is completed no competitor can overturn or dispute his decisions. The referee is to be respected by all competitors. In cases where a referee is incapable of continuing the competition due to errors in judgement the coordinator of the event has the authority to replace him. Before starting the competition the referee will ensure that all safety precautions have been made around the competition ring, equipment, competitor's Gi's and, hygiene. Scorekeepers assisting the referee must also be at their table before the competition begins. The referee must also ensure spectators, photographers, officials or anyone else isn't in a position that could interfere with the competition, or risk harm to the competitors. If injuries occur, paramedics or medical personnel will be allowed in the ring at the referee's discretion.

All referees will be wearing the same color t-shirt different from the scorekeepers. They also will wear a green wristband on one wrist to correspond with the competitor who will be wearing the green belt. The competitor who is wearing the green belt will be on the right side of the referee. The other competitor will be on the referee's left. After the referee makes the introductions he will start the competition by saying "begin."

During the match the referee remains within the ring following the competitor's movements and always directing the competitors to the center of the ring. If the competitors move outside the ring's boundaries, the referee will call "STOP." At the same time he will signal a hand gesture at

which time both competitors will stop and hold their positions. The same will occur if a competitor's body is two thirds outside of the ring's boundaries. The scorekeepers may assist the referee in moving the competitors back to the center of the ring. If the referee and scorekeepers are unable to move them back to the center, both competitors will be asked to walk back to the center and continue from the same position. The referee will not allow interference from any outsiders during the match. During the competition the referee or scorekeepers are not allowed to converse with the competitors. It is the responsibility of the referee to ensure that the correct call decision was recorded with the scorekeepers for accurate placement.

REFEREE GESTURES

For all gestures made, the referee will raise his hand indicating which competitor is receiving the point. The green wrist band on his wrist will correspond with the competitor who is wearing the green belt.

To inform the scorekeepers, the referee will make hand gestures indicated below:

- **To Start the Match:** The referee will wave one hand between each competitor in a downward motion. Word to start = "Combate"
- **Counting for positional domination**
The referee will move their arm in a downward motion with a closed fist to count to three before awarding any points.
- **Take downs, Sweeps and Knee on Stomach:** The referee will raise his hand, over his head, indicating which competitor will be awarded two points.
- **Passing the Guard:** The referee will raise his hand, over his head indicating which competitor will be awarded three points.
- **Front Mount, Back Mount:** The referee will raise his hand, over his head, indicating which competitor will be awarded four points.
- **Penalties:** With both fists closed, the referee will roll his hands one on top of the other signalling which competitor will be penalized. The advantage or points will then go to the other competitor.
- **Advantages:** The referee signals advantages with one arm extended sweeping outward horizontally with his shoulders.

- **To stop the Match:** The referee sweeps both arms together outward horizontally with his shoulders. Hold arms out for 2 seconds for the crowd. Word to stop = "parou"
- **To Stop Time during the Match:** The referee puts his open hand one above the other forming a "T", signalling the scorekeepers to stop the time. Do this high above the head for the crowd.
- **For Disqualification:** The referee lifts his arms and crosses them then points at the disqualified athlete. Point at their belt not their face.
- **To Deduct an Awarded Point:** With the same arm the point was awarded, the referee lifts that arm while waving his hand.
- **Signal to Fix gi** = The referee will cross his arms downwards in an x position
- **Signal to Tie the belt** = The referee will simulate tying on his own belt.
- **Stalling:** The referee will grab each of his elbows with the opposite arm crossing both arms in front of his chest.

DIRECTION AND DECISIONS DURING THE COMPETITION

This includes all personnel that will be in an official capacity during the competition examples are but not limited to: Referees, Technicians, Directors, Coordinators, and Scorekeepers. All other unofficial people giving instructions from inside the ring area of competition will warrant disqualification of the competitor.

1. If two competitors are accidentally injured and unable to continue during the final match the result will be determined by:
 - a) points or advantages confirmed will determine the winner or b) if no points or advantages exist the result will be by decision
2. For the final matches there will be a maximum of twice the rest period for the competitors.
3. If there are two competitors within the bracket and one of the competitors does not show up for the match the present competitor will be awarded the win. The competitor not present will not receive placement or classification.

6. If a competitor is attempting to pass the guard and attempts a foot lock without success with his opponent sitting up, the competitor on top will receive 2 points after he defends the attack and keeps the position for at least three seconds. If a competitor attempting the submission puts his opponent in visible danger, he will receive an advantage point.
7. If a competitor weighs in with one gi and then changes it for the match, they will be disqualified, except if the referee tells the competitor to change the gi. The new gi must be measured again if the referee feels it is necessary.

LESS SERIOUS FOULS

- 1) The competitor will only be allowed to kneel after having taken hold of his opponent's gi.
- 2) When either competitor runs to one of the extremities of the ring to avoid combat.
- 3) While on the ground if a competitor flees by crawling, rolling out of the ring or by standing up to avoid engaging.
- 4) If a competitor purposely steps out of the ring in order to gain time.
- 5) Must wear shorts or underwear under pant or DQ
- 6) If they are out of bounds with a submission on, start them in the middle standing after giving the attacker 2 pts for having the submission position.
- 7) A Competitor must have a grip on gi or be touching (in no gi) to pull guard or kneel. If not, make an upward motion with your hand to stand him up and restart. Small foul so that's your verbal warning.
- 8) If an opponent fights on the edge too often, give them verbal warning. They must fight in the middle.
- 9) **Guard position** – If opponent pulls away and reengages that is fine. If bottom person stands that is fine. If bottom guy scoots and top guy avoids – arm wave gesture to engage, then bottom fighter receives an adv, then 2pts, then wins by DQ.

- 10) If a competitor pushes his opponent out of bounds and he allows himself to be pushed warn the out of bounds player, then adv, 2pts, DQ.
- 11) Can't put foot in back of belt, just in the hanging parts. But you can choke using your own belt flaps.
- 12) If a competitor avoids attacks from his opponent by taking off his gi or by allowing it to be taken off and he has intentions of stopping the match to allow him self to rest.
- 13) When a competitor inserts his fingers or both hands inside the sleeves, pants, or on his opponent's belt.

Note: If a fighter executes a move by taking advantage of an illegal grip, the referee should stop the match, give a verbal warning to the competitor who did the illegal move, put them back in the original position, and restart the match. Do this for both gi and no gi divisions.

- 14) When in the guard, on top, or on the bottom the competitor may stall the match, by holding his opponent and not seeking to engage or gain any submissions.
- 15) If a competitor is stalling by holding his opponent, standing up, or he is in any position designed to stall. The referee making the appropriate gesture will request that 20 seconds be marked and then say "**ACTION**" without letting anyone know which fighter is being warned. At the end of the 20 seconds if the competitor hasn't changed their position or shown visible signs of engagement, the referee will again repeat "**ACTION**" making the same gesture penalizing the competitor and giving the advantage to his opponent. If a competitor continues stalling the referee will stop the fight saying "**STOP**", penalizing him, giving 2 points to the opponent. With the possibility of disqualification on the next offence both competitors will return to their feet in a neutral position.

Notes:

- a. Say "more Jiu-Jitsu"
- b. Can stop the match to tell them it's close
- c. In cases where it is push-push takedowns, give adv. Points to both for stalling.
- d. Watch for both hands on belt stalling.

- 16) **NOTE:** A penalty with immediate awarding of 2 points to the opponent occurs when a competitor runs from the ring in order to avoid a sweep that the referee would consider being complete. It may also occur if a competitor flees the ring in order to avoid a lock that has not yet been completed. If the competitor defends on his way out, an advantage will be awarded instead. If it happens again award 2 more pts then DQ on the third occurrence.
- 17) Athlete won't let the referee put them back in to position.
(try,adv.,2pts,DQ)
- 18) In No gi competition, grabbing the shorts, t-shirt or rash guard is illegal.

DISQUALIFICATION AND ILLEGAL TECHNIQUES IN ALL DIVISIONS

Serious Fouls are those that lead to immediate disqualification by the referee. Note: Illegal Techniques may vary depending on the competitor's age and division.

- 1) Slamming from the Guard, neck cranks, scissor takedowns, heel hooks and twisting knee locks.
- 2) The use of foul language, cursing, or other immoral acts of disrespect towards your opponent, the referee or any spectators watching the match.
- 3) Biting, hair pulling, putting fingers into the eyes or nose of one's opponent, or intentionally seeking injury to the genital area. No attacks on the windpipe. No fish hooks, or finger or toe holds. No hands, elbows or knees to the face area. The use of fists, feet, knees, elbows, or heads with the intention to hurt or gain unfair advantage. No striking of any kind. These are all examples of disqualification.
- 4) When the competitor has his Gi ripped during the match, the referee will give him a set time to change it. If the competitor does not change it in time he will be disqualified.
- 5) The competitor must wear underwear or shorts under the gi pants, keeping in mind that his gi might get torn or stitching may become undone during a match. If this occurs, the competitor will be given a set time determined by the referee to find another pair of pants to wear. If the competitor can not change within the set time, he will be immediately disqualified.

- 6) If a competitor has been submitted to a lock and to avoid tapping he runs out of the ring, he will be immediately disqualified. In such cases when it is considered a technical foul, not a disciplinary foul, the offender may return to the competition to his division or to a bracket of three (In the case of round robin play). It is important to have brown, black belt referees when possible so that they can easily recognize all threatening positions and attacks. If the defense of the position brings them out of bounds then no DQ.

Note:

If it's a very loose submission, give them a warning, and start them back in the same position.

- 7) Foul language to referee
- 8) After match antics = director or head referee will dq him from tournament (don't show it in front of all). Take name and keep record of incident. Regular referees can only DQ in matches.
- 9) Intention to hurt = Immediate DQ
- 10) Footlock (crossing over hip) – Only the inside leg can cross over. No sweep from bottom with foot across thigh or DQ. On ground Can only turn to outside to apply the lock, turning inside and putting pressure on the knee = DQ. If the defending person turns wrong way or pushes the foot across their leg no DQ . The referee may adjust the position in the latter case.

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 competitor for any further fouls.

MATCH CONCLUSIONS

- 1) **SUBMISSION:** Submission occurs when a technique forces an opponent into admitting defeat by:

- a) tapping the palm of his hand against his opponent or the floor in a visible manner.
- b) tapping with his feet on the ground if he is unable to use his hands
- c) verbally speaking to the referee if he wishes the match to be stopped because he can longer tap with his hands or feet
- d) requesting that the match be ended if the competitor gets injured or feels physically incapable or unprepared to continue

If a match does not end in submission, the referee will give the win to the player who accumulated the most points based on the Joslin's Canadian Open scoring system.

- 2) If the referee is certain that a competitor is exposed to serious physical damage and sees a lock being properly applied he may end the match giving victory to the competitor that applies a lock.
- 3) A coach of one of the competitors may request that the match be ended either by directing himself to the referee or by throwing a towel into the ring.
- 4) When a competitor is in a submission and he screams this will be interpreted the same as if he had tapped.

The referee may end the match when one of the competitors is injured or the paramedic's examination proves he is incapable of continuing. If this occurs, the victory will be given to the opponent as long as the injury was not caused intentionally by conduct or worthy of disqualification.

- 5) When the competitor requests to stop for any reason (eg. Muscle cramps), it will be interpreted the same as if he had tapped. This will be at the referee's discretion.

THE ORDER OF THE REFEREE

If there is no conclusion to the competition the positions that were achieved will be translated into points to determine the winner.

Positions are achieved through proper technique. If there is no submission at the end of a match, the competitor gains victory by scoring more position points than his opponent

UNCONSCIOUSNESS

One of the two competitors is defeated after losing consciousness by any of the valid moves such as strangling, pressuring, take downs, or accidents in which the opponent has not committed any foul worthy of disqualification.

ROLE OF THE SCOREKEEPERS

The referee is assisted by two scorekeepers at a table during the competition. Scorekeepers will be wearing a different color t-shirt from that of the referee. Scorekeepers may take notes during a match. Any notes taken may not be altered and must read exactly as the referee dictated. One scorekeeper is a designated time keeper for the match. The scorekeepers will notify the referee immediately when time for the match has expired by tossing a small ball into the ring. After the ball is tossed the match is over. The referee can give an advantage point to the competitor for the following attempts:

- attempting a submission
- attempting to establish a dominant position without maintaining the required time except for take-downs

Competitors don't need to establish a dominant position to be awarded points. The scorekeepers will award points on the scorecards based on the referee's gestures. The scorekeeping table will have one official flip scoreboard with white and green cards for points and advantages.

INTERPRETATION OF SCORING

The referee must first look for points during a match after the advantage. The final thing the referee will look for is any penalties. Points are awarded for the following:

4 points – Mount Position, Back Mount, and the Back Grab

3 points – Passing the Guard

2 points – Take Downs, Sweeps and Knee on the Stomach

-1, -2 - Penalties

1, 2, 3 - Advantages

Techniques as well as throwing will be acknowledged by referee gesture and will be noted by the scorekeeper. In case of a tie in points and advantages the scorekeeper will raise two flags together simultaneously. There will be two minutes overtime. All matches start in the standing position. If a

competitor is in a definite position eg. Guard, ½ Guard, or Mount and both go out of bounds they will be dragged back to the centre of the ring and restarted in the same position. If the competitors are standing when they go out of bounds they will restart facing each other.

IMPORTANT

A competitor cannot score new points when he has previously received points or if he changes positions intentionally and then returns to the same position. Example: For knee on the stomach and switching sides, there will be no new points awarded. No points will be awarded for the competitor who has achieved a position while in a submission. Points will only be awarded after the submission is completed and defended. Example: When one competitor is mounted on his opponent but is in a guillotine the points of the mount will be awarded only if the submission is defended.

POSITIVE POINTS

TAKE DOWNS

Any knocking down of the opponent or taking the opponent down on his back or side, the competitor is awarded 2 points. If an opponent is thrown to the ground and does not land flat (sitting on butt or on knees), the thrower must pin the opponent to the ground in the same position for at least 3 seconds to gain the points for the take down. If he hits his butt or knees on the ground then stands an advantage will be awarded to the other athlete.

Observation 1 : If a takedown lands outside the ring's boundaries and on to a secure area it will be valid as long as the competitor that applied it stood with both feet in bounds while making the take down. Restart the match in the same position if possible when a successful throw is scored starting inbounds. If there on knees, start them on the knees too.

Observation 2 : If a competitor has one knee on the ground and is taken down, his opponent will be awarded 2 points as long as he has both his feet on the ground. If the competitor has both knees on the ground and is knocked down the standing competitor will have to pass to his side or north and south position and dominate the position to receive an advantage.

If the attacker started on one or both knees no points or adv can be earned.

Observation 3 : When a competitor attempts the double leg take down and his opponent sits on the floor and executes a sweep; points are not awarded to the competitor who attempted the take down but to the one who executed the sweep.

Observation 4 : When a competitor throws his opponent and ends up in the bottom position the competitor throwing will receive 2 points and his opponent on top will receive an advantage. If the competitor executing the throw lands in his opponents guard and is swept, both will receive 2 points.

PASSING THE GUARD

When a competitor is above his opponent or between his legs, and moves his legs past his opponent's side dominating him and leaving him no space to move or to escape the position. Passing the guard may be on the back or side of an opponent. The competitor passing the guard is awarded **3 points**.

NOTE: if the competitor that is underneath avoids the move by getting to his knees or standing up, his opponent will not be awarded 3 points but will be awarded an advantage.

Observation 1 : Competitor A attempts a guard triangle or armlock and competitor B defends and passes to side control then 3 points will be awarded to competitor B for passing the guard.

Observation 2 : If competitor A has passed the guard and gives his leg back (baiting) into the opponent's ½ guard, no points will be awarded for another guard pass.

Observation 3 : If competitor A passes the guard with their head caught in a choke or headlock, they must free their head before the dominance control count begins and the 3 points can be awarded for the guard pass. They must defend any type of submission, loose or tight before the count begins for points.

KNEE ON THE STOMACH

When the competitor on top puts his knee on his opponent's stomach with his other leg posted on the sole. **2 points are awarded.**

If it's defended an advantage will be awarded,

If the other leg is not posted an advantage will be awarded

Very rare position unless there is a large ability difference or one athlete is very tired.

Observation 1 : The competitor that is on the bottom does not allow his opponent to put his knee onto his stomach. If the competitor on top does not establish the position completely, it will not be awarded 2 points but an advantage.

THE MOUNT

When a competitor sits on his opponent's torso. His opponent may be lying on his stomach, side or back. The competitor mounted can be on top of one of his opponent's arms, but never on both. It will also be considered a mount if the competitor has one knee and one foot on the ground (sitting out mount) for **4 POINTS**.

If the top competitor scores a mount with their opponent on the side and then gets a back mount (no hooks) or flat mount , no extra points will be scored. If they score a flat mount and then get the back mount (no hooks), 4 more points will be awarded each time this happens or vice versa.

THE BACK GRAB

When a competitor grabs his opponent's back, holding his neck and wrapping his legs around his opponent's waist. His heels are placed on the inner side of his opponent's thighs, not allowing him to leave the position. The competitor is awarded **4 POINTS**. An opponent can be offline in terms of back to chest and points will still be awarded if hooks are in place.

NOTE: Points will not be awarded if both heels are not properly positioned on the inner part of the opponent's thighs. Points will also be awarded if the competitor has one leg over one arm of their opponent. If the competitor has their legs over both arms no points will be awarded.

THE SWEEP

When a competitor is on the bottom and has his opponent in his guard or in between his legs. The competitor switches positions from being on the bottom to being on the top. A sweep could also mean when a competitor is in half guard and having one of his opponent's legs between his own. **2 POINTS are awarded.**

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 competitor sweeping advances his position to the back of his opponent during an attempted sweep, he is awarded 2 points. He must control the opponent down on one or both knees for 3 seconds. No knees on ground = advantage.

Observation 3 : If starting in a guard position, a competitor attempts a sweep and both athletes return to their feet. The competitor attempting the sweep executes a takedown remaining on top; he will then be awarded 2 points.

Penalties

These are penalties given to the competitor after committing a third offence. Examples include avoiding engaging, stalling or not seeking ways to finalize the match.

Stalling: If the competitor stalls in side control or in the north south position without seeking ways to submit. Stalling is also defined as holding your opponent, standing up, or any position that may cause the match to stall.

If a competitor is using the stalling tactic the referee will request 20 seconds be added to the time and say “**ACTION**”, making the appropriate gesture. At the end of the 20 seconds if the competitor hasn’t changed his position or shown visible signs of engagement, the referee will repeat “**ACTION**” and make the same gesture. The competitor will be penalized by giving an advantage to his opponent. If he continues stalling the referee will stop the match saying “**STOP**”, and he will penalize the same competitor, giving 2 points to his opponent. Both competitors will return to their feet in neutral positions. Disqualification to the competitor is possible for his next offence.

ADVANTAGES:

It is considered an advantage when the competitor attempts but does not complete any of the fundamental moves of the match. Examples include sweeps, take downs, submissions etc.

- Advantages through takedowns: When there is a visible loss of

balance in which the opponent nearly completes the takedown. An advantage will also be given if there is a visible loss of balance during an attempted throw.

- An advantage will be given during closed guard or when the competitor on the bottom has his legs wrapped around his opponent's waist:
 - A. The competitor on top will earn the advantage by being on the offensive, trying to dominate his opponent's guard (pass the guard). For the referee to consider it an advantage, the competitor on top must come close to passing the guard, forcing his opponent to exert energy to regain position. Examples include half guard, and almost immobilizing the opponent.

Notes:

If the athlete on the bottom turns to knees or stands up to avoid the pass, an advantage is to be awarded to the top athlete.

- B. The competitor on the bottom will earn the advantage if he almost sweeps his opponent, putting him in a dangerous (must be in danger of tapping out, defending is okay and scores no advantage) position. He will also earn an advantage when he attempts a lock that forces his opponent to defend. **NOTE:** for the sweep attempt to be considered an advantage the competitor on the bottom must open his legs.
- If the time expires when one person is applying a submission, he or she will be awarded and advantage

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

- Advantages will be awarded during standing matches or on the ground if the competitor attempts a technique with more aggressiveness and initiative, trying take downs, or finalizing other moves during the match.
- Advantages may also be awarded if the competitor shows that he dominated most of the time putting his opponent on the defensive.

MATCH DURATION AND AGE CATEGORIES

Junior Ages 5 to 17 Years Old
5 and 6 Year Olds – 2 Minutes

Women's
Beginner – 5 Minutes

7, 8, 9, 10, 11 and 12 Years Old – 3 Minutes Advanced – 6 Minutes
13, 14, 15, 16 and 17 Years Old – 4 Minutes

Men's Ages 18 to 29 Years Old

Beginner – 5 Minutes
Intermediate – 6 Minutes
Advanced – 7 Minutes

Masters Ages 30 and Up

Beginner – 5 Minutes
Advanced - 6 Minutes

WEIGHT CLASS AND SKILL DIVISIONS FOR GI AND NO-GI

Junior Weight Categories and Skill Divisions

These are no gi junior weight divisions; they will be allowed 4 additional pounds with their gi on for Saturday's gi competition.

Age 5-6

50 lbs and under
51-70 lbs
71 lbs and over

Ages 7-8

60 lbs and Under
61-79 lbs
80 lbs and over

Ages 9-10

74 lbs & Under
75-94 lbs
95 lbs and over

Ages 11-12

91 lbs and under
92-115 lbs
116 lbs and over

BOYS Ages 13,14, & 15

119 lbs and under
120-145 lbs
146 lbs and over

BOYS Ages 16-17

145 lbs & under
146-179 lbs
180 lbs & over

Girls Ages 13, 14, 15, 16 & 17

Girls will be divided up into divisions based on age, weight, and experience on the day of the tournament.

Junior Skill Divisions

Beginner 0-1 Years Experience Advanced Over 1 Year's Experience

Note: If Junior divisions are extremely large the day of competition the divisions may be split into more divisions.

Men's Weight Categories 18-29 Year's of Age (No weight allowance, these are the weights you must make with competition clothes or gi on)

With Gi On

146.9 lbs. and Under

No Gi

142.9 lbs. and Under

147 – 161.9 lbs.
162 – 176.9 lbs.
177 – 191.9 lbs.
192 – 211.9 lbs.
212 – 231.9 lbs.
232 lbs and Over

143 – 157.9 lbs.
158 – 172.9 lbs.
173 – 187.9 lbs.
188 – 207.9 lbs.
208 – 227.9 lbs.
228 lbs and Over

Skill Divisions

Beginner 0-1 Years Experience
Advanced 3 plus Years Experience

Intermediate 1-3 Years Experience

Master's Weight Categories 30 Years of Age and Older

With Gi On

161.9 lbs. and Under
162 – 181.9 lbs.
182 – 206.9 lbs.
207 lbs. and Over

No Gi

157.9 and Under
158 – 177.9 lbs.
178 – 202.9 lbs.
203 lbs. and Over

Skill Divisions

Beginner 0-2 Years Experience

Advanced 2 plus Years Experience

Note: If you are 30 years of age or older you may compete in the Men's Masters Division or the Regular Men's Division. It's your choice; you can not compete in both.

Women's Weight Categories

With Gi On

120.9 lbs. and Under
121 – 151.9 lbs.
152 lbs. and Over

No Gi

117.9 lbs and Under
118 – 147.9 lbs.
148 lbs. and Over

Skill Divisions

Beginner 0-2 Years Experience

Advanced 2 plus Years Experience

WEIGH-INS

Weigh Ins will take place immediately at ringside with your competition clothing on and before your first match begins. Once you register and commit to a weight division that is the division you must compete in. You

must make the designated weight to compete. Check your weight categories as they have been adjusted & state the gi and no gi required weight.

RESTRICTIONS

In all divisions the referee has the authority to stop a match when either of the competitors is in danger of serious bodily harm as a result of a submission and award the victory to the competitor applying the submission.

Cervical locks or neck cranks are not allowed in any division.
Arm locks and chokes in adult divisions in all belts will be permitted.

Wrestling shoes or any type of shoes, head gear, shirts under the gi (except for girls and women) and any kind of protectors that can alter the outcome of the match in any way are not allowed in competition.

In children's divisions between 5 & 15 years old, when a competitor is executing a triangle and the opponent stands up it is the referee's obligation to step in and protect both competitors, specifically to reduce the risk of cervical damage.

FROM AGES 5 THROUGH 10:

- **NO SUBMISSIONS** (points only class.)

FROM AGES 11 THROUGH 12:

SLAM FROM THE GUARD

BICEPS LOCK

WRIST LOCK

TRIANGLE PULLING THE HEAD

CHOKES OF **ANY KIND**

FOOT LOCKS OF **ANY KIND**

KNEE LOCK, LEG LOCK

CERVICAL LOCK (**ANY KIND**)

FRONTAL NECK CRANK

EZEQUIEL

CALF LOCK

OMOPLATA (or any other shoulder lock such as Americana or kimura)

FRONTAL GUILLOTINE

SCISSORS TAKEDOWN

GOGO PLATA

FROM THE AGES OF 13 THROUGH 15:

SLAM FROM THE GUARD

BICEPS LOCK
WRIST LOCK
TRIANGLE PULLING THE HEAD
KNEE LOCK, LEG LOCK OR FOOT LOCKS(ANY KIND)
CERVICAL LOCK(ANY KIND)
FRONTAL NECK CRANK
EZEKIEL
CALF LOCK
SCISSORS TAKEDOWN
HEEL HOOK
GOGO PLATA

AGES 16 TO 17 and BEGINNER ADULTS

SLAM FROM THE GUARD
KNEE LOCK, LEG LOCKS OF ANY KIND (Only Achilles lock is permitted)
CERVICAL (only without chokes)
BICEPS LOCK
CALF LOCK
WRIST LOCK
MATA LEO WITH FOOT
SCISSORS TAKEDOWN
HEEL HOOK

FROM ADULT THROUGH SENIOR (INTERMEDIATE DIVISIONS)

MATA LEO WITH FOOT
SLAM FROM THE GUARD
KNEE LOCKS/ LEG LOCKS
CERVICAL(only without chokes)
BICEPS LOCK
CALF LOCK
SCISSORS TAKEDOWN
HEEL HOOK

FROM ADULT THROUGH SENIOR (ADVANCED DIVISIONS)

SLAM FROM THE GUARD
CERVICAL LOCK(only without chokes)
SCISSORS TAKEDOWN
HEEL HOOK

HYGIENE GUIDELINES FOR COMPETITORS

1. The Gi must be washed and dried with no unpleasant odours.
2. Toe and fingernails must be cut short and clean.
3. Competitors with long hair must keep their hair from interfering with

- their opponent or themselves during the competition.
4. Competitors are not permitted to paint their hair with spray and may be disqualified by the referee for doing so.

GI Uniform Guidelines

Competitors must abide by the hygiene and Gi specifications in order to compete, otherwise the opponent will be considered the winner.

Competitors are required to use Gi's with the following specifications:

1. 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.
2. The gi jacket is to be of sufficient length down to the thighs, sleeves must reach the wrist with arms extended in front of the body.
3. The Belt width 4-5cm, with color corresponding to the competitor's rank must be worn. The belt should be tied around the waist with a double knot, tight enough to secure the gi jacket closed.
4. Competitors are not permitted to compete with torn Gis, sleeves or pants that are not of proper length or with t-shirts underneath the gi with the exception of female or girl competitors

No Gi Uniform Guidelines

Competitors must abide by the hygiene and No-gi specifications in order to compete, otherwise the opponent will be considered the winner.

Competitors are required to use the following:

1. Competitors must wear a t-shirt or rashguard at all times. No fighting shirtless.
2. Wrestling shoes and ear protection are not permitted in any division.

ERRORS

An error must be corrected before a match begins. Once the match has started there will be no changes made.

REFUNDS

If you miss your division there is no refunds. Competitors from the same school or team will not be matched up until it is unavoidable.