RULES SUMMARY

Bout Duration

JUNIOR: (5-17)
5 and 6 years old – 2 MIN
7, 8, 9 and 10 years old – 3 MIN
11 and 12 years old – 3 MIN
13, 14 and 15 years old – 4 MIN
16 and 17 years old – 4 MIN

MEN'S ADULT: (18 – 29)
Beginner – 5 MIN
Intermediate – 6 MIN
Advanced – 7 MIN

MASTERS:(30+)
Beginner – 5 MIN
Advanced – 6 MIN

WOMEN
Beginner – 5 MIN
Advanced – 6 MIN

Scoring

4 POINTS Mount Position
Back Mount

3 POINTS Passing the Guard

2 POINTS Knee on Stomach
Sweeps
Takedowns

ILLEGAL TECHNIQUES*
(In all divisions)

Slamming from the guard
Neck cranks
Scissors Takedown
Heel Hooks
Twisting knee locks

*** Illegal techniques will vary depending on the competitors age and division.**

DETAILS FOR JUNIOR COMPETITORS

Juniors ages 5-10 cannot apply submissions
Juniors ages 11-12 can only apply armlocks, no chokes
Juniors ages 13-17 can apply armlocks and chokes

FOR COMPLETE RULES VISIT OUR WEBSITE

www.joslinsmartialarts.com

DIVISIONS *(GI & NO-GI)*

MEN (18+)

Weight Categories

With Gi on	No-Gi
146.9 lbs and under	142.9 lbs and under
147-161.9 lbs.	143-157.9 lbs.
162-176.9 lbs.	158-172.9 lbs.
177-191.9 lbs.	173-187.9 lbs.
192-211.9 lbs.	188-207.9 lbs.
212 - 231.9 lbs.	208 - 227.9 lbs.
232 lbs and up	228 lbs and up

Skill Divisions

Beginner (0-1 Year Experience)
Intermediate (1-3 Years Experience)
Advanced (3+ Years Experience)

MASTERS (30+)

Weight Categories

With Gi on	No-Gi
161.9 and under	157.9 and under
162-181.9 lbs.	158-177.9 lbs.
182-206.9 l.bs	178-202.9 l.bs
207 lbs. and up	203 lbs. and up

Skill Divisions

Beginner (0-2 Years Experience)
Advanced (2+ Years Experience)

WOMEN

Weight Categories

With Gi on	No-Gi
120.9 lbs and under	117,9 lbs and under
121-151.9 lbs.	118-147.9 lbs.
152 lbs. and up	148 lbs. and up

Skill Divisions

Beginner (0-2 Years Experience)
Advanced (2+ Years Experience)

JUNIOR**

(These are the No-Gi junior weight divisons, they will be allowed 4 additional pounds with their gi on, on Saturday)

Age	5-6	7-8	9-10	11-12	13,14,15	16-17
Weights	50.9 lbs & Under	60.9 lbs & Under	74.9 lbs. and under	91.9 lbs. & under	119.9 lbs. and under	145.9 lbs. and under
	51-70.9 lbs.	61-79.9 lbs.	75-94.9 lbs.	92-115.9 lbs.	120-145.9 lbs.	146-179.9 lbs.
	71 lbs. and over	80 lbs. and above	95 lbs. and above	116 lbs. and above	146 lbs. and above	180 lbs. and up

13-17 Females
We will divide you up into divisions based on age,weight, and experience on the day of the tournament

Junior Skill Divisions Beginner (0-1 Year Experience) Advanced (Over 1 Year Experience)

* If you are 30 years of age or older you may compete in the Men's Masters Division or in the Regular Men's Divisions. It's your choice. You can not compete in both.
** If Junior divisions are very large, they may be split to create additional divisions