

# C.O.C. 57 JIU-JITSU RULES

## Uniform

Tops: Any **TSMA Approved** uniform long-sleeve shirt

Bottoms: Any **TSMA Approved** uniform full length pants (must have full leg coverage – no bare skin). Competitors may wear **TSMA Approved** Board shorts over their **TSMA Approved** full length pants.

Belt: Not required

No shoes or jewelry allowed. Fingernails and toenails must be cut short. Hair must be neat and short or tied back with a soft tie. Personal cleanliness is mandatory. No lubricants, oils, or lotions of any kind may be applied to the body. Violation of the uniform code will result in disqualification.

## Protective Equipment

1) Mouthguard; 2) Groin cup (mandatory for all male athletes); 3) Tigear Ear Guards (mandatory for all athletes).

## Weigh-In

A mandatory weigh-in for each division will be conducted at the **weigh-in station closest** to your assigned competition ring. **Immediately** after arriving at the arena, you should find the weigh-in station nearest to your assigned ring and weigh in. The sooner you do this the **better the chance** that any changes can be made to your assigned division if necessary.

At weigh-in, competitors must have on their complete uniform as set forth in the rules. A competitor must not exceed the upper limit of the weight range of the division in which he or she is registered or they may be **disqualified**.

## The Match

There are two types of Jiu-Jitsu divisions, positional and submission. All Beginner and 8 yr. & under divisions will be positional only - no submissions allowed. All other Jiu-Jitsu divisions will be submission.

Match times are as follows in the table below:

Match Time (Minutes)				
Age Group	Beginner	Intermediate	Advanced	Extension Round
<b>Juniors: 8 &amp; under</b>	2	2	2	1
<b>Juniors: 9 - 17</b>	2	3	4	1
<b>Adults: 18 &amp; up</b>	3	4	5	1
<b>Seniors: 40 &amp; up</b>	3	4	5	1

All divisions will start on their feet in a neutral position, except Adult and Senior (40 & up) Beginner divisions which will begin the match in **Top / Bottom position**. Winner is determined by:

- Submission** (not for Positional divisions) The objective of a match is to make the other athlete submit, not to injure them. Therefore, all submission techniques must be applied gradually in order to give the athlete time to submit. The referee may disqualify any athlete who does not heed this rule. To submit, an athlete must tap twice with his/her hand on the opponent, ground, or himself/herself in a clear and apparent manner or when the athlete taps the ground twice with his/her foot, when arms are trapped by the opponent or when the athlete verbally withdraws, requesting the match be stopped.
- Points** The athlete with the most points at the end of regulation time shall be declared the winner. In the case of a tie, a 1-minute extension round will be added. See table below for point scoring techniques:

1 point	2 points	3 points	4 points	5 points
*Control	Reversal/Sweep	Knee on Belly	Mount/Back mount	Back Control
*Escape	Side Control			
	**Near Submission			

\*Not for Adult Beginner and Senior Beginner divisions

\*\*Not for positional divisions

- Advantage.** If there is still a tie, the winner will be determined by advantage. Advantage is defined as slightly more dominant.

## Lack of Combativeness (Stalling)

Lack of combativeness (stalling) is defined by one athlete clearly not pursuing positional progression in a match and also when an athlete impedes the other athlete from carrying out said progression.

## Penalties for Lack of Combativeness

- 1st penalty – Warning
- 2nd penalty – 1 (one) point awarded to other athlete
- 3rd penalty – 2 (two) points awarded to other athlete
- 4th penalty – Disqualification

## Illegal Techniques

- Heel hooks
- Calf crush or slicer
- Cervical locks
- Can opener
- Clasped headlock
- Neck cranks
- Triangle with no arm in
- Neck compression
- Rib/body compression
- Face-down figure-4 body lock
- Toe holds
- Twister
- Bicep crush or slicer
- Knee reaping
- Smothering
- Squeezing throat between fingers and thumb
- Submissions in the standing position unless both athletes have at least one foot on the ground
- Striking of any kind
- Groin attacks
- Pressure of any kind to the eye
- Small joint manipulation (fingers or toes) - must grab at least 4 fingers at once
- Biting, eye gouging, hair or ear pulling, fish hooking
- Body slams

**\*\*Illegal techniques will result in a maximum of two warnings followed by disqualification. At the discretion of the referee, an athlete may be immediately disqualified due to the severity of the offense.**

## Out of Bounds

When at least half of the athletes' bodies go beyond the boundary of the match area and into the outlying safety area, this would be considered out of bounds. If an athlete is in the process of a submission or a point scoring technique, he/she will be allowed to go as far as the boundary of the outlying safety area to complete the technique.

## Sportsmanship

The decision of the judges is final. Any competitor or their representative acting in an unsportsmanlike or disrespectful manner, may be automatically disqualified from the event or the remainder of the competition that day if safety is a concern.

## Automatic Disqualification

1) Failure to make weight; 2) Disrespectful behavior; 3) Violation of protective equipment rules; 4) Use of illegal techniques, whether intentional or just reckless. In these cases, a competitor will be disqualified **from only** that particular event 5) Vomiting during match; and 6) Obvious disregard for the rules. **Any competitor or their representative acting in an unsportsmanlike or disrespectful manner, may be automatically disqualified from the event or the remainder of the competition that day if safety is a concern.**

## Hygiene

- Athlete's finger and toe nails must be cut short.
- Long hair should be tied up so as not to cause the other athletes any discomfort.
- Athletes presenting skin lesions shall be directed to the event's medical area.
- Personal cleanliness is mandatory.
- No lubricants, oils, or lotions of any kind may be applied to the body.