



GENERAL GRAPPLING & BJJ RULES FOR ALL DIVISIONS:

1. **NO SLAMMING ALLOWED.** *NOTE - Takedowns are not considered slamming, unless intent to injure is determined by the referee. This is to avoid slamming to escape the guard and various submissions from the guard and to prevent any major injury. 2. You must deliver your opponent safely to the mat, meaning, if you take your opponent down, you must come down with your opponent. This prevents “pro wrestling” type dangerous slams. Anyone violating this rule will be immediately disqualified. 3. **No Infectious Diseases Allowed:** FIGHTERS PRO SHOP / FPS disallows competitors with any of the following (and many more) outbreaks or infections to be allowed to compete: Herpes (cold sores), Fungal Infections (ringworm, warts, etc.), and any form of Staph or other Viral or Bacterial Infection. Please try to avoid an embarrassing situations, as we are committed to competitor safety and will not tolerate the further spreading of disease. All of our mats are full sanitized after each event (or day if 2-Day event). 4. **General Cleanliness:** Come to the event clean with trimmed toe and finger nails. Competitors with Offensive odors before the event starts will be refunded and kindly asked to leave the tournament. We are looking to create a safe, clean and friendly environment – Please help out and do your part! 5. **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 – this is the key in point scoring for FIGHTERS PRO SHOP / FPS – TOTAL CONTROL FOR 3 SECONDS TO EARN POINTS 6. **Injury Time:** If either competitor is bleeding, the match will be stopped immediately. The mat will be cleaned with rubber gloves and Clorox wipes to ensure cleanliness. A competitor is entitled to a total of 3 minutes of injury time to stop any bleeding. If at any time during the match, a cut begins to bleed again, the match will be stopped immediately and your opponent will win by “Injury Default” 7. **NO DISRESPECTING REFEREES/VOLUNTEERS:** We also will be enforcing fully, the zero tolerance rule of disrespecting, threatening with physical violence, or verbally abusing referees for the entirety of the event. If any coach, parent, or competitor threatens or abuses the referee in any shape or form, their competitor will be disqualified and they will be escorted out of the building by security. 8. **AWARDS:** Medals (and some Championship Belts and Cups) will be awarded to athletes achieving first, second, and third place in each division – when your division is completed within 20-30 minutes, if you placed in the top three you will be called to the AWARDS AREA. Listen for your name and division to be called – get your cameras ready for great photo opportunities! 9. **Anti-Stalling Rules** – The referee will issue warnings for the following: (i.e. backing out of the guard without engaging, butt scooting, fleeing the ring to avoid takedown/submission attempts). 1st offense of stalling = Official Warning 2nd offense of stalling will result in a 2 Point deduction. 3rd offense of stalling will result in a 3 point deduction 4th offense will result in a disqualification. 10. **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. 11. Remember to enjoy yourselves, have fun, fight hard, and leave healthy - and know that you are doing what most people dream of doing with each and every passing event.

FIGHTERS PRO SHOP / FPS No-Gi Scoring System & Official Rules and Regulations

1. NOTE: To gain points for any move or position, the competitor (aggressor) must show clear control for a 3 second count by the referee – this is the key in point scoring for FIGHTERS PRO SHOP / FPS – TOTAL CONTROL FOR 3 SECONDS TO EARN POINTS 2. Each competitor will be asked to wear a Red or Green Ankle Marker to assist with the referee in scoring points correctly 3. Takedowns or Throws: Land on Top in Guard or Half Guard - 2 points ---- Land on Top in Side Mount or Full Mount– 3 Points (points will be awarded separately for Full Mount after an additional 3 seconds of control). 4. Sweep with Legs (from Half Guard or Full Guard) - 2 points – Inversions (Power Rolls from the Side Mount or Full Mount are NOT considered Sweeps and are not awarded any points or advantages 5. Pass opponents guard or Half Guard to Side Mount - 3 points 6. Mounted position (both knees on the ground) - 4 points 7. Back Mount with Leg Hooks (or Knees on the Ground with Opponent Flat on his Stomach) - 4 points 8. Points will be accumulated during the entire length of the match. 9. **Advantages:** described as submission attempts that posed a real threat to the other fighter, near takedowns, near sweep, near passes etc.). The referee will signal verbally (i.e. Advantage Red) and with his/her arm by moving it in a horizontal motion. Advantages will also be scored for a competitor passing from their opponent's Full Guard to a Secure Half Guard (opponent should be more on their back than on hip to score) 10. Advantages will only be used in the case of a tie with points. 11. Referee will signal all Points Verbally (i.e. 2 Points Green) and by signaling with his/her color coded wristbands and fingers as points are tallied – to ensure points/advantages are properly counted.

Match Lengths: All Kid's/Teen's (Beg. and Adv.)/Women's Beginner/Men's Novice & Men's Beginner = 4 mins. Men's Intermediate/Men's Executive & Masters/Women's Advanced = 5 minutes Men's Advanced/No-Gi Absolute Matches = 6 minutes

Overtime (OT): In Case of a Tie with Points and Advantages, competitors will compete in one overtime (1/2 time of regulation match) and then the referee will make a decision based upon effective aggressiveness. The competitor dictating the pace and trying to score points would win.

13. **Ways to Win a Match at FIGHTERS PRO SHOP / FPS:**

- **Tapout Submission** – Ends match immediately when you signal referee to give up
- **Verbally:** If you cannot tap or yell during a submission, the referee has the authority to stop the match if he/she believes you are in danger.
- **Points:** During the match, your score is tracked at the Judges Table via two large point flippers. At the beginning and end of each match, please line-up competitors on the same side as their scoring side.
- **Advantages:** If the score is tied, the referee will award the match to the competitor who has recorded the most Advantages.
- **Ref Stoppage/Injury Default:** If a competitor cannot continue due to injury or if the referee determines the submission has caused unconsciousness or another serious injury
- **Disqualification:** 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

14. **All Referee Decisions are 100% FINAL** – all of the referees are paid professionals and have many hours of professional training in the arts of Brazilian Jiu Jitsu, Wrestling, and Submission Grappling, amongst other ground fighting and stand-up arts. They are to be respected at ALL TIMES will have a threat-free and pressure-free environment. Disrespect and “hounding” the referee will not be tolerated. Repeat offenders will be escorted out of the building.

15. **No Compression Locks Allowed** (Bicep, Calf Crunchers or Compression Knee Locks) – Safety is our primary concern

16. **LEG LOCKS** (No-Gi) for Children's and Teen's Divisions: Beginner (less than one year) = No Leg Locks or Lower Body Attacks are allowed Advanced (more than one year) = Only Straight Ankle Locks and Knee bars are allowed NOTE: No Twisting Leg Locks are permitted in ANY Children's or Teen's Divisions

17. No Wrist Locks, No Neck Cranks, and No Cervical Locks in all divisions EXCEPT MEN'S ADVANCED

18. No covering of the mouth or "muffler" techniques to smother your opponent will be tolerated.

19. **LEG LOCKS** (No-Gi) for Men's, Executive/Masters and Women's Divisions:

Executive/Masters: **Only Straight Leg Locks** (Ankle Locks and Knee Bars) are permitted – No Figure Four Ankle Locks Permitted

Men's Novice, Beginner & Intermediate: Only Straight Leg Locks (Ankle Locks and Knee Bars) are permitted – No Figure Four Ankle Locks Permitted

Men's Advanced: All non-compression leg locks are permitted (heel hooks, figure four toe holds, knee bars, etc.)

Women's Beginner: Only Straight Leg Locks (Ankle Locks and Knee Bars) are permitted – No Figure Four Ankle Locks Permitted

Women's Advanced (More Than One Year): All non-compression leg locks are permitted (heel hooks, figure four toe holds, knee bars, etc.)

21. **Uniform for No-Gi:** Tight/Snug Fitting T-shirt or Rashguard on Top with Board Shorts, Lycra Shorts, or Kimono Pants on the bottom. Please make sure all pants have a drawstring and or another way to keep them secured at your waist during the match

22. **Absolutely 100% No Clothing Grabbing in No-Gi Submission Grappling Divisions**

OFFICIAL COPA ATLANTICA BRAZILIAN JIU JITSU SCORING SYSTEM, RULES, & REGULATIONS

1. **NOTE:** To gain points for any move or position, the competitor (aggressor) must show clear control for a 3 second count by the referee – this is the key in point scoring for All Matches – **TOTAL CONTROL FOR 3 SECONDS TO EARN POINTS** 2. Each competitor will be asked to wear a Red or Green Belt to assist with the referee in scoring points correctly 3. Takedowns or Throws: Land on Top in Guard, Half Guard or Side Mount - 2 points 4. Sweep with Legs (from Half Guard or Full Guard) - 2 points 5. Knee on Belly – 2 Points –must show proper posture with one leg fully posted on the “belly” and one stretched out with foot on the ground 6. Pass Guard/Half Guard Fully to Side Mount- 3 points – Must fully clear legs and arms and have opponent on back (not on side or turtled) 7. Mounted position (both knees on the ground) - 4 points 8. Back Mount with Leg Hooks (or Knees on the Ground with Opponent Flat on his Stomach) - 4 points 9. Points will be accumulated during the entire length of the match. 10. **Advantages:** described as submission attempts that posed a real threat to the other fighter, near takedowns, near sweep, near passes etc.). The referee will signal verbally (i.e. Advantage Red) and with his/her arm by moving it in a horizontal motion. 11. Advantages will only be used in the case of a tie with points. 12. Referee will signal all Points Verbally (i.e. 2 Points Green) and by signaling with his/her color coded wristbands and fingers as points are tallied – to ensure points/advantages are properly counted. 13. **Match Durations:** Kid’s/Teen’s: 4 minutes-----All White Belts: 5 minutes-----All Blue Belt: 6 minutes All Purple-Belt: 7 minutes-----All Brown-Belts:8 minutes-----All Black-Belt: 10 minutes

Overtime: In Case of a Tie with Points and Advantages, competitors will compete in one overtime (1/2 time of regulation match) and then the referee will make a decision. The effective aggressor most likely win if no points are scored. Do not leave it up to the referee. 14. No Compression Locks Allowed (Bicep/Calf_ Crunchers – Safety is our primary concern 15. **LEG LOCKS** (BJJ and No-Gi) for Children’s and Teen’s Divisions: Beginner (less than one year) = No Leg Locks or Lower Body Attacks are allowed Advanced (more than one year) = Only Straight Ankle Locks and Knee bars are allowed **NOTE:** No Twisting Leg Locks are permitted in ANY Children’s or Teen’s Divisions 16. **LEG LOCKS** (BJJ) for All Men’s, Women’s and Master’s White, Blue, and Purple Belts: Only Straight Ankle Locks and Knee bars are Allowed – No Twisting Leg Locks or Figure Fours are Permitted 17. **LEG LOCKS** (BJJ) for All Men’s, Women’s and Master’s Brown/Black Belt Divisions: Straight Ankle Locks, Knee bars and Figure Four Ankle Locks are Allowed 18. No Reaping of the Knee (using feet to angle the knee in a dangerous position, similar to heel hook position) – No Heel Hooks or Calf Crushers 19. **Required Uniform for BJJ:** A Clean Kimono with sleeves no shorter than four fingers width from the wrist, Any Color Kimono is acceptable, but the bottom and top must match. Try to get some sponsors on your kimono - tons of real estate available for sponsorship. Competitors weigh in without their Kimono