

## AKA American Open No-Gi Grappling - General Rules

- 1) No unsportsman like conduct will be allowed. You may be disqualified or ejected for unsportsmanlike conduct. **The referees will be shown maximum respect at all times. Their decisions are final and will not be overturned.**
- 2) No striking, biting, eye gouging (includes chin to eye), head butting, small joint manipulation (finger or toe locks), hair pulling, grabbing the windpipe, or ear pulling will be permitted.
- 3) **No slamming allowed.** Illegal slamming will be defined as slamming your opponent to escape submissions and/or to pass the guard; or standing from the guard and/or jumping from a standing position to slam your opponent. **Slamming will result in an automatic DQ.** There are no exceptions to this rule. Takedowns are NOT considered slams, but you must deliver your opponent safely to the mat.
- 4) No infectious skin diseases (such as ringworm, staph, and MRSA) or open wounds will be permitted. No lubricants, oils, or lotions of any kind will be permitted on any part of the body or clothing.
- 5) Competitors will be allowed to continue grappling anywhere on the matted area, provided they don't interfere with another match. If the competitors near the edge of the mat, they will be restarted from the same position, unless the referee is unable to duplicate the position for any reason. In case the referee is unable to duplicate the position, the competitors will restart from a standing position.
- 6) If a competitor flees the ring when a submission is locked in and the competitor is obviously fleeing to avoid submission, he or she will be automatically disqualified.
- 7) Women will not be permitted to compete in Men's divisions. Men will not be permitted to compete in Women's divisions. Teens (13+) may compete in Men's or Women's divisions with permission from their parent or coach. Men over age 30 are eligible to compete in the 30+ divisions, but may also compete in the Men's divisions.
  - 8) In Junior (ages 7-17) matches, the referee has the discretion to call a match if the referee believes that a submission will cause immediate damage or injury, especially in the beginner divisions.
  - 9) Coaching – only one person from a team can coach their student from the sidelines, if a coach doesn't follow the rules his or her student will be disqualified.

### NOGI SYSTEM (IF NOT BELTED IN BJJ)

There are a number of athletes that have wrestled or have done Submission Grappling and never put on a GI or are a part of a Belted NOGI System. In this situation, the following divisions are how you would determine what division to compete in.

DIVISIONS	NOGI DIVISIONS
Kinder Youth 1 Youth 2 Pre-Teen	Beginner (>2 Years) Intermediate (2-4 Years) Advanced (4 Years +)
Teens Juvenile	Beginner (>2 Years) Intermediate (2-4 Years) Advanced (4 Years +)
Adult Men	Novice (>9 Months) Beginner (>18 Months) Intermediate (2-4 Years) Advanced (4 Years +)
Masters	Novice (>9 Months) Beginner (>18 Months) Intermediate (2-4 Years) Advanced (4 Years +)
Women	Beginner (>2 Years) Intermediate (2-4 Years) Advanced (4 Years +)

### Penalties Warnings

**1<sup>st</sup> Offense – Verbal Warning**

**2<sup>nd</sup> Offense – Match will be stopped and your opponent will be awarded 2 points. Match will restart froming standing.**

**3<sup>rd</sup> Offense – Matched will be stopped and you will be disqualified**

**\*\*\*We reserve the right to expand or combine divisions to accommodate competitors. All divisions with less than 3 competitors will be considered for combining\*\*\***

**No-GI Grappling Rules**

- 1) No grabbing of any clothing, including your own, will be permitted.
- 2) **The only submissions below the waist legal for novice, beginner, intermediate, and 30+ divisions are straight ankle locks (AKA straight footlock) and kneebars.**
- 3) All submissions are allowed in Advanced Men’s and Women’s no-gi divisions. Neck cranks, spine locks, bicep/ calf slicers (crushers), and flying scissors takedowns are legal ONLY in Advanced Men’s and Women’s no-gi divisions.
- 4) Wristlocks and any submissions below the waist are illegal in all Juvenile divisions.
- 5) Gis are optional for submission grappling divisions. Mouthpiece and groin protection are optional, but recommended. Shirts must be tight fitting; rashguards are recommended.
- 6) Anyone who is a blue belt in Brazilian Jiu Jitsu MUST compete in intermediate or higher, and anyone who is a purple belt or higher in Brazilian Jiu Jitsu MUST compete in the advanced division. There will be no exceptions to this rule.

Legal Submissions For Kids & Teens Ages

**AKA No Gi Legal & Illegal Techniques  
Safety is the #1 concern with all competitors**

Techniques	Kids 4-12 yrs old	Teens 13-17 yrs. old	Beg. Adults 18-29 yrs. old	Adv. Adults 18 & Above	Beg. Adults 30 & over
1. Straight Foot Locks	NO	NO	YES	YES	YES
2. (Straight Achilles Leg Lock) Legal					
3. Straight Knee Bars					
4. (Straight Leg Lock)					
5. Toe Holds	NO	NO	NO	YES	NO
6. Heel Hooks	NO	NO	NO	NO	NO
7. Knee Bar	NO	NO	NO	YES	NO
8. Calf Crunches or Slicers	NO	NO	NO	YES	NO
9. Neck Cranks or Compression	NO	NO	NO	NO	NO
10. Twisters (any form of spinal lock)	NO	NO	NO	NO	NO
11. Triangle Chokes (no pulling down the head)	YES	YES	YES	YES	YES
12. Electric Chair (leg/groin stretch)	NO	NO	YES	YES	YES
13. Guillotines(Kids & Teens may NOT apply Guillotines standing)	YES (must have one arm in)	YES	YES	YES	YES
14. Straight Arm Bars	YES	YES	YES	YES	YES
15. Wrist Locks	NO	NO	NO	YES	NO
16. Scissor Takedowns	NO	NO	NO	YES	NO
17. Ezekiel Choke	NO	NO	YES	YES	YES

18. Bicep Slicers	NO	NO	NO	YES	NO
19. Omoplata	YES	YES	YES	YES	YES
20. Gogoplata	NO	YES	YES	YES	YES
21. Slamming	NO	NO	NO	NO	NO
22. Body Compression or Squeezing with legs	NO	NO	YES	YES	YES
23. Windpipe Chokes	NO	NO	NO	NO	NO
24. Smothering	NO	NO	NO	NO	NO
25. Kimura/ Figure Four Armlocks	YES	YES	YES	YES	YES
26. Knee Ripping	NO	NO	NO	NO	NO
27. Bending Fingers	NO	NO	NO	NO	NO
28. North South Choke (Kids must have one arm in)	YES	YES	YES	YES	YES
29. Back Choke	YES	YES	YES	YES	YES
30. Darce/Brabo/ Andaconda Chokes	YES	YES	YES	YES	YES
31. Can Openers	NO	NO	NO	NO	NO
32. Mufflers (hand over mouth or nose)	NO	NO	NO	NO	NO
33. Boston Crab Guard Pass	NO	NO	NO	NO	NO

**NO GI MATCH LENGTHS**

Men and Women

Beginner	2min
Intermediate	3min
Advanced	4min

Juniors 17 and Under

Beginner	2min
Intermediate	3min
Advanced	3min

30 and Over

Beginner	3min
Intermediate	3min
Advanced	4min

## Scoring Single Elimination No-Gi Grappling

- 1) To gain points for a position, the competitor must show clear control for 3 seconds (including takedowns and throws).
- 2) Advantages are used as a tiebreaker. The referee will score advantages in the event of a near submission or score (near takedown, near guard pass, etc).
- 3) No Stalling: Referee will issue warnings for the 1st offense of stalling (i.e. backing out of the guard without engaging, hugging the opponent's hips inside the guard, backing away from the opponent out of bounds, etc). A 2nd offense will result in an advantage for the staller's opponent. A 3rd offense will result in a 2 point deduction. A 4th offense will result in a disqualification.
  - 4) If a competitor flees the ring to avoid a takedown and it is obvious that the competitor is going to be taken down, his or her opponent will be awarded two points. 5) There are no points for reversals. It is a person's obligation to escape a bad position (mount, rear mount, or side control). No points are awarded for these escapes.
  - 5) When the proper defensive counter for a submission hold results in exiting the match area, the referee shall signal 2 (two) points be awarded to the athlete applying the submission hold (as addressed in item 1.3.7).
  - 6) Matches should unfold as a progression of positions of technical control that ultimately result in a submission hold. Therefore athletes who voluntarily relinquish a position, in order to again score points using the same position for which points have already been awarded, shall not be awarded points upon achieving the position anew.
  - 7) Athletes who arrive at a point-scoring position while caught in a submission hold shall only be awarded points once they have freed themselves from the attack and stabilized the position for 3 (three) seconds.
  - 8) When one athlete comes to point-scoring positions but only gets out of the submission in hold without staying in these positions, he/she will not receive any advantage for that positions.
  - 9) Athletes who, in defending a sweep, return their opponent back-down or sideways on the ground shall not be awarded the takedown-related two points or advantage point.
  - 10) Athletes defending standing back-control, where the opponent has one or two hooks in place and doesn't have one foot on the mat, shall not be awarded the takedown-related two points or advantage point, even after he/she stabilizes the position for 3 (three) seconds.
  - 11) Athletes who begin a takedown movement before the opponent pulls guard shall be awarded two points, respecting the Takedown rules. If the opponent pulls closed guard and remains suspended in the air, the athlete will have to put the opponent's back on the ground within 3 (three) seconds and stabilize the top position for 3 (three) seconds to be awarded with Takedown points.
  - 12) Athletes shall be awarded cumulative points when they progress through a number of point-scoring positions, as long as the three-second positional control from the final point-scoring position is a continuation of the positional control from the point-scoring positions from earlier in the sequence.

In this case, the referee shall count only 3 (three) seconds of control at the end of the sequence before signaling the points be scored (e.g., guard pass followed by mount counts for 7 [seven] points).

In the case of the mount, when there is a transition straight from back mount to mount or Vice-versa—for being distinct positions—athletes shall be awarded four points for the first mount and another four points for the subsequent mount, so long as the three-second stabilization period was achieved in each position.

### 2 Points

- Takedown or Throw
- Sweeps
- Knee on Stomach (Surf Position)

### 3 Points

- Passing Opponents Guard

### 4 Points

- Mounted Position
- Back Mount (Hooks In)
- Body Triangle From the Back
- Back Mount Knees on ground opponent float on stomach, (additional 4 points for getting Hooks in from this Position.)

**\*\*\*Matches will be won by the competitor with the most points or by submission tap out. A tap-out is considered any hand or foot tapping the matt or opponent more than one time consecutively, or by saying the word TAP, or any indication of verbal submission. Referee reserves the right to award a submission win to a competitor based on his discretion of such verbal submission. (This could be a display of pain or discomfort as well. Arguments with the Referee will not be tolerated in any such decision.\*\*\***

### Juniors weight class explanation

Brackets for competitors aged 7-17 are made using the Madison Bracketing System. There are no preset weight classes for children and teens. Children and Teens will be weighed in at ringside. Brackets will then be made pairing them up by weight as best as possible. (depending on turnout). Juniors will be divided by weight, experience, and age (whenever possible). Using the Madison system keeps children and teens from cutting weight since they won't know the weight classes in advance.. If there is an odd number of Competitors the **BY** will be awarded to the lightest weight competitor of

that division.

### **Juniors Skill Level**

Beginners (BEG): Up to one year of training any grappling art or wrestling. Intermediate (INT): Up to three years of training any grappling art or wrestling. Advanced (ADV): Over three years training any grappling art or wrestling.

### **Adult and 30+ No Gi Skill Levels**

Skill levels are determined by time spent training in any comparable grappling art. Any wrestler with extensive experience (3 or more years in high school, or any collegiate experience) must enter at least intermediate no-gi. Judo, Sambo, and MMA experience count the same as BJJ.

**Beginners (BEG):** Up to one year of training any grappling art or wrestling.

**Intermediate (INT):** Up to three years of training any grappling art or wrestling or **Blue Belt in BJJ.**

**Advanced (ADV):** Over three years training any grappling art or wrestling or **Purple Belt in BJJ.**

**\*\*\*\*NOTE IN ALL DIVISIONS if there is 16 or more competitors in any division the division will be split. In JUNIOR divisions the split will happen at the middle weight of the competitors, if there is an Odd number of competitors the person that holds the middle most weight will have the decision to compete in one group or the other making them the lightest or the heaviest for that division. In the event that two people at the middle most weight are of equal weight they will draw a number to decided who will have the decision of moving division with a split.\*\*\*\***