

THE BLACK WARRIOR MARTIAL ARTS

GI & NO-GI SUMMARY

- Consciously Submitting – It is VERY important that all competitors understand how to “Tap-Out” when caught in a submission technique. Tapping out can be done both verbally and through a physical tap.
- Kids & Teens **3 Minutes** (Expert are 4 Minutes); All other divisions will be **4 Minutes** in length except Adult Intermediate **5 Minutes**, Advanced Divisions which are **6 Minutes**.
- All Submission Techniques are legal (including heel hooks, knee locks, guillotine chokes etc.) except:
 1. No attacks to the front of the windpipe (i.e. Finger in throat), eyes (elbows, palms, fingers, etc.) or groin. No fish hooks, no hair pulling, or biting. No pushing palm or elbow directly into nose.
 2. No striking of any kind including: head butts, punches, elbows, knees, kicks etc.
 3. No dropping or slamming of opponent on their head, no slamming from the Guard Position.
- Fighters are NOT allowed to grab and use their opponents clothing, T-shirts are optional (No-Gi Div.)
- If the fight does not end by submission the referee will choose the winner.
- If a match is considered a “Draw” by the referee, then there will be a 2-minute overtime for adults, 1-minute overtime for kids/teens. Judges are encouraged to choose a winner in every match should it not end by submission.
- If fighters are deadlocked, the referee may re-start the match from a standing position.
- **NO Gi Divisions** (Gi/Uniforms are not required, at a minimum shorts with a draw string, cup and mouthpiece must be worn). Any intentional use of an illegal technique or act of poor sportsmanship will result in the immediate ejection of competitor/spectators. **NO HEEL HOOKS** or **NECK CRANKS** allowed in the kids divisions, **NO SLAMMING** from the Guard allowed in any of the divisions.

GI DIVISIONS POINTS ARE AWARDED FOR:

- Takedowns 2 POINTS
 - Sweep from the Guard 2 POINTS
 - Knee on Stomach Position 2 POINTS
 - Pass Guard to Side Position 3 POINTS
 - Rear Mount Position 4 POINTS
 - Mount Position 4 POINTS
- You must hold your position for 3 seconds In order to get the above point

WHITE BELTS & ALL CHILDREN / TEEN GI COMPETITORS:

No attacks below the waist (No Knee bars, foot locks, etc.)

BLUE BELTS. MASTERS, DIRECTOR, EXECUTIVE WOMEN'S ADVANCE):

Straight Ankle locks are allowed

Twisting Ankle or Twisting Leg Locks are NOT allowed

ADULT MEN'S PURPLE BELT & ABOVE:

Straight Knee Bars are allowed, Straight Ankle Locks are allowed
Toe Holds are allowed (aka Figure Four)

BJJ GENERAL RULES Neck Cranks are NOT allowed in any GI division (i.e. Can Opener):

You do NOT have to weigh in with your uniform / Gi on A full Gi must be worn, no cut of sleeves:

Rash guards, sports bra's for women or T-Shirts may be worn under your Gi