

CHILDREN'S BJJ & NO GI RULES

Double Elimination

Divisions will be separated by age and weight class. If there are enough competitors we will split them by experience too.

Children under 9 - will compete in a grappling game. The Game will consist of two 45 second rounds. One child will start on their back, the other inside the guard. The objective is for the bottom player to stand up and for the top player to pass the guard and establish a position (side mount, mount or rear mount). 1 point is awarded for each successful attempt. After 45 seconds the roles are reversed. The child with the most points wins. This will be done in a round robin format.

Divisions:

9 to 12 years old (NO SUBMISSIONS)

Under 80lbs, under 100lbs, over 100lbs

Ages 12 to 16 (Basic Submissions allowed, see below)

Under 100lbs, under 120lbs, over 120lbs

Illegal Techniques & Submissions

Slamming, Bicep lock, Wrist lock, Neck Cranks (including pulling the head with a triangle), leg locks, Ezekiel and Scissor takedowns.

Match Time Limits:

Matches are 3 minutes in length with no overtime.

Scoring:

Mount 4 points

Rear Mount 4 points

Passing Guard 3 points

Takedowns 2 points

Knee on Belly 2 points

Guard Sweep 2 points

Positions must be held for 3 seconds to obtain points, after which the referee will award points. No advantages will be called. If the match does not end in submission the match will be decided on who has more points. If there is still a tie then the referee will decide the winner based on aggressiveness. Points can only be gained by progressing to more dominant positions. Once a competitor has achieved mount they cannot collect points by going to Knee on Belly, they must go to Rear Mount for more points. Once Rear Mount is achieved then they must disengage (stand up) and start again, or get caught back in the guard and begin again from there.

Winners will be decided by:

Submission (ages 12-16)

Race to 16. First to receive 16 points wins

Competitor with the most points

CHILDREN'S MODIFIED PANKRATION RULES

Single Elimination

Duration of Match:

Two 90 second rounds with a one minute rest.

Judge's Duties:

Judges will evaluate the players and award one point to the fighter who demonstrates the best stand up skills, one point to the fighter who demonstrates the best take-down skills, one point to the fighter who demonstrates the best ground fighting skills and two points to the fighter who demonstrates the best overall skills. Judges will be seated in the corners of the ring.

Referee's Duties:

The referee has ultimate responsibility for the control of the match. Player safety is his/her primary concern.

His/her duties include:

- Assess all penalties
- Disqualifies players when necessary
- Monitors player safety (see Catch)
- Maintains tempo of the match (see Prolonged Inactivity)

Decision:

By submission (12 to 16 years), most points scored, disqualification or referee's decision.

Legal Technique:

- Clean controlled punches and kicks at the body, no head contact allowed
- Punching to the body while on the ground
- Clean takedowns/throws
- All grappling technique except as noted above

Illegal Technique: See Modified Pankration Rules in the Section below

If contact is too hard there will be a warning and a possible disqualification. Touch contact only.

Points are only awarded for controlled techniques.

NO GI RULES

Novice is Round Robin, all others are Single Elimination

A) Tournament Rules

No striking at your opponent with any part of the body

No submissions for children under 13.

No biting, fish hooking, hair pulling or eye gouging

No grabbing your opponents clothing.

No techniques that involve bending or attempting to break fingers or toes or the small joints.

No twisting techniques applied to the legs. Techniques which apply pressure to the joint as a result of twisting. (ie. ankle twist, knee twist, neck etc.)

No Bicep Slicers or Knee Slicers (placing a forearm or leg behind the joint and bending your opponents leg or arm.

No slamming of opponent or suplex.

A competitor will be disqualified from the match if he/ she intentionally tries to injure his / her opponent by twisting the neck or by lifting his opponent and throwing him on his back of his neck to the ground (suplex) etc. or where there is an infraction to the tournament rules. Warnings and potential loss of points for competitors intentionally rolling out of the ring to avoid an ankle lock or demonstrate a lack of desire to engage in combat.

B) Technique Summary:

Striking with any part of the body is prohibited. Competitors found to be with intent to strike or cause harm to their opponent will be disqualified and asked to leave the venue. The following techniques are permitted.

Chokes:

Any choke that renders the opponent into submission. Chokes can be applied with either the arms or legs.

Competitors can not apply chokes by directly squeezing opponents throat with hand.

Joint Locks:

Any technique where pressure is applied against a joint forcing opponent to submit. Competitors are permitted to use standard arm locks, inverted arm locks, shoulder locks, wrist locks, foot locks, and straight knee locks.

Techniques which require twisting or bending of the leg are prohibited. We the promoters feel that we would rather have our competitors walk home healthy than limp home sore.

IF YOU CANNOT ESCAPE FROM A TECHNIQUE AND ARE EXPERIENCING DISCOMFORT, SUBMIT BY VISIBLY TAPPING THE GROUND OR OPPONENT OR TELLING THE REFEREE.

We encourage sportsmanship and competitive spirit, so please if you feel that your move or application is in any way going to harm your opponent carefully monitor your opponents reaction.

C) Matches:

Children's matches are 3 minutes with no overtime.

Novice matches will be 4 minutes with no overtime.

Intermediate matches will be 5 minutes with no overtime.

Advanced matches will be 6 minutes with no overtime.

The referee will **NOT** give an overview of the rules, it is the competitors responsibility to review the rules themselves and bring up questions with their coach or email inquiries to admanrth@telus.net. Competitors will begin their match on their feet and then instructed to engage. As this is a grappling tournament, competitors will not be separated once the match goes to the ground unless submission occurs or time expires. Should you fall outside the ring, the ref will stop the time and tell you to maintain your position at which point he/she will drag you back to the center and start time again.

D) Attire and safety equipment

Mouth guards are recommended. No protective gear shall contain metal or hard plastic substances of any sort. No adhesive, rough, torn or loose equipment will be permitted. Competitors with long hair should tie it behind their head. The nails must be filed properly and cut short. Proper hygiene is in order. No jewelry is permitted while competing. A freshly washed shirt and shorts must be worn. If your clothing becomes bloodied or torn, you will be asked to replace it immediately or forfeit the match. All patches must secure and free of any loose threads.

E) Skill level break down:

The essence of any competition relies on the fairness of the contest. We encourage competitors to enroll at the skill level they feel will offer the highest challenge without being overwhelmed. By enrolling in a division that is easy for you, you not only deny competitors a fair match but a chance for you to test your true abilities.

Novice: Usually someone in this level has been practicing for up to 9 months. Competitors here have a limited number of techniques on the ground and really have no previous wrestling experience. Regardless to your ranking in any other martial art, your amount of focus on grappling is important. Should you not practice grappling regularly, this is your skill level. In addition, individuals with wrestling experience not at a competitive level qualify at this level. If you have ever taught grappling you do not qualify in this division.

Intermediate: Individuals here generally train anywhere from 9 months to 2 years. Competitors here find themselves with the ability to feel very comfortable with grappling. Individuals possess a fair amount of techniques to reverse, control and submit their opponents. Competitors who have previously won a novice division must enroll in this level. Wrestlers with tournament experience and provincial ranking should enroll here. Grappling experience must be possessed but not yet refined.

Advanced: This division is for competitors with more than 2 years experience in a grappling art. Competitors here have been grappling for quite some time. Knowledge of various ground techniques is substantial. Tournament experience is sufficient, and training is plentiful. Intermediate winners should consider enrolling here. Competitors do not necessary need to possess the above qualifications but must consider their opposition will be well versed in grappling and have years experience behind them. As this is a growing tournament we have designated advanced as a blue belt and higher. However, we have full intentions to create Purple belt divisions should we obtain enough entrants. Please call us with your intentions early so that we can tell other potential entrants of the existence of a purple belt division. If you have competed in public events where grappling is involved (MMA) you must register here.

F) Scoring:

Mount	4 points
Rear Mount	4 points
Passing Guard	3 points
Takedowns	2 points
Knee on Belly	2 points
Guard Sweep	2 points

Round Robin

3 points for a win
1 point for a tie
0 points for a loss
Winner decided by most points after all matches are completed

Positions must be held for 3 seconds to obtain points, after which the referee will award points. No advantages will be called. If the match does not end in submission the match will be decided on who has more points. If there is still a tie then the referee will decide the winner based on aggressiveness.

Winners will be decided by:

- Submission
- Race to 16. First to receive 16 points wins
- Competitor with the most points
- Referee Decision.

JIU-JITSU RULES

Single Elimination

A) Tournament Rules

No striking at your opponent with any part of the body

No submissions for children under 13.

No biting, fish hooking , hair pulling or eye gouging

No fingers/ hands inside the cuffs of the opponents gi as a way of holding.

No techniques that involve bending or attempting to break fingers or toes or the small joints.

No twisting techniques applied to the legs. Techniques which apply pressure to the joint as a result of twisting. (ie. ankle twist, knee twist, neck etc.)

No Bicep Slicers or Knee Slicers (placing a forearm or leg behind the joint and bending your opponents leg or arm.

No slamming of opponent or suplex.

A competitor will be disqualified from the match if he/ she intentionally tries to injure his / her opponent by twisting the neck or by lifting his opponent and throwing him on his back of his neck to the ground (suplex) etc. or where there is an infraction to the tournament rules. Warnings and potential loss of points for competitors intentionally rolling out of the ring to avoid an ankle lock or demonstrate a lack of desire to engage in combat.

B) Technique Summary:

Striking with any part of the body is prohibited. Competitors found to be with intent to strike or cause harm to their opponent will be disqualified and asked to leave the venue. The following techniques are permitted.

Chokes:

Any choke that renders the opponent into submission. Chokes can be applied with either the arms, legs or with clothing. Competitors can not apply chokes by directly squeezing opponents throat with hand.

Joint Locks:

Any technique where pressure is applied against a joint forcing opponent to submit. Competitors are permitted to use standard arm locks, inverted arm locks, shoulder locks, wrist locks, foot locks, and straight knee locks.

Techniques which require twisting or bending of the leg are prohibited. We the promoters feel that we would rather have our competitors walk home healthy than limp home sore.

IF YOU CANNOT ESCAPE FROM A TECHNIQUE AND ARE EXPERIENCING DISCOMFORT, SUBMIT BY VISIBLY TAPPING THE GROUND OR OPPONENT OR TELLING THE REFEREE.

We encourage sportsmanship and competitive spirit, so please if you feel that your move or application is in any way going to harm your opponent carefully monitor your opponents reaction.

C) Matches:

Children's matches are 3 minutes with no overtime.

Novice matches will be 4 minutes with no overtime.

Intermediate matches will be 5 minutes with no overtime.

Advanced matches will be 6 minutes with no overtime.

The referee will **NOT** give an overview of the rules, it is the competitors responsibility to review the rules themselves and bring up questions with their coach or email inquires to admanrth@telus.net . Competitors will begin their match on their feet and then instructed to engage. As this is a grappling tournament, competitors will not be separated once the match goes to the ground unless submission occurs or time expires. Should you fall outside the ring, the ref will stop the time and tell you to maintain your position at which point he/she will drag you back to the center and start time again.

D) Attire and safety equipment

Mouth guards are recommended. No protective gear shall contain metal or hard plastic substances of any sort. No adhesive, rough, torn or loose equipment will be permitted. Competitors with long hair should tie it behind their head. The nails must be filed properly and cut short. Proper hygiene is in order. No jewelry is permitted while competing. A freshly washed traditional martial arts gi, in full must be worn. If your clothing becomes bloodied or torn, you will be asked to replace it immediately or forfeit the match. All patches must secure and free of any loose threads.

E) Skill level break down:

The essence of any competition relies on the fairness of the contest. We encourage competitors to enroll at the skill level they feel will offer the highest challenge. By enrolling in a division that is easy for you, you not only deny competitors a fair match but a chance for you to test your true abilities.

Novice: Usually someone in this level has been practicing for up to 9 months. Competitors here have a limited number of techniques on the ground and really have no previous wrestling experience. Regardless to your ranking in any other martial art, your amount of focus on grappling is important. Should you not practice grappling regularly, this is your skill level. In addition, individuals with wrestling experience not at a competitive level qualify at this level. If you have ever taught grappling you do not qualify in this division.

Intermediate: Individuals here generally train anywhere from 9 months to 2 years. If you have a blue belt in BJJ you can not register here. Competitors here find themselves with the ability to feel very comfortable with grappling. Individuals possess a fair amount of techniques to reverse, control and submit their opponents. Competitors who have previously won a novice division must enroll in this level. Wrestlers with tournament experience and provincial ranking should enroll here. Grappling experience must be possessed but not yet refined.

Advanced: This division is for competitors with 2 to 4 years experience in a grappling art. If you have a blue belt in BJJ you MUST register here. Competitors here have been grappling for some time. Knowledge of various ground techniques is substantial. Tournament experience is sufficient, and training is plentiful. Intermediate winners should consider enrolling here even if the timelines do not match. Competitors do not necessary need to possess the above qualifications but must consider their opposition will be well versed in grappling and have years experience behind them. As this is a growing tournament we have designated advanced as a blue belt.

Elite: This division is for competitors with 4 or more years of grappling experience, ideally purple belts and up. Competitors here have been grappling for quite some time. Knowledge of various ground techniques is substantial. Tournament experience is sufficient, and training is plentiful. Advanced winners should consider enrolling here even if the timelines do not match. Competitors do not necessary need to possess the above qualifications but must consider their opposition will be well versed in grappling and have years experience behind them.

F) Scoring:

Mount	4 points
Rear Mount	4 points
Passing Guard	3 points
Takedowns	2 points
Knee on Belly	2 points
Guard Sweep	2 points

Positions must be held for 3 seconds to obtain points, after which the referee will award points. No advantages will be called. If the match does not end in submission the match will be decided on who has more points. If there is still a tie then the referee will decide the winner based on aggressiveness.

Winners will be decided by:

Submission

Race to 16. First to receive 16 points wins

Competitor with the most points

Referee Decision.

MODIFIED PANKRATION RULES

Single Elimination

Duration of Match:

Two 3 minute rounds with a one minute rest.

Any competitors who have competed in a MMA card fight must fight in the advanced divisions.

Judge's Duties:

Judges will evaluate the players and award one point to the fighter who demonstrates the best stand up skills, one point to the fighter who demonstrates the best take-down skills, one point to the fighter who demonstrates the best ground fighting skills and two points to the fighter who demonstrates the best overall skills. Judges will be seated in the corners of the ring.

Referee's Duties:

The referee has ultimate responsibility for the control of the match. Player safety is his/her primary concern.

His/her duties include:

- Assess all penalties
- Disqualifies players when necessary
- Monitors player safety (see Catch)
- Maintains tempo of the match (see Prolonged Inactivity)

Decision:

By submission, most points scored, disqualification or referee's decision.

Legal Technique:

- Clean controlled punches and kicks at the head, no contact allowed
- Stiff body kicks, and punches
- Punching to the body and legs while on the ground
- Leg kicks
- Knee/Elbow strikes standing and on the ground to the body and legs
- Clean takedowns/throws
- All grappling technique except as noted below

Illegal Technique:

- Striking to the head standing or on the ground
- Suplex or any throw onto the head
- Any strike against a joint
- Inside or outside heel hooks
- Neck cranks
- Finger or toe locks
- Eye gouging
- Biting
- Groin strikes
- Strikes to the spine
- Elbow or knee strikes to the head
- Head butts

Points are only awarded for controlled techniques.

Penalties:

The referee for any of the following infractions will issue one official warning and restart the fight with both players standing at the start lines. Two infractions will result in disqualification. The referee has the ability to disqualify at any time for any excessive infractions.

- Illegal technique
- Running out of the ring to avoid the fight
- Unsportsmanlike conduct by the player or coach.

Out of Bounds:

A player is considered in bounds if any part of his/her body is touching inside the ring.

- a) While Standing: If a player goes out of bounds while fighting, the referee will break the match, center the players and resume the match.
- b) While Grounded: The referee will stop the match to have the players moved to the center of the ring where they will resume the fight on the ground in the same position they left. If players are not in a position when they leave the ring, they will resume standing in the center.

Catch:

If the referee is concerned about a player's safety while on the ground he will call "Catch". The disadvantaged player must then give a positive signal in response or the referee will end the match.

Prolonged Inactivity:

If a match on the ground appears to be stalemated the referee will give a 5 second warning to resume fighting or the players will be separated and the match will resume standing up.

Medical Time Out:

In the event of an injury, a player will have 5 minutes to resume competition or be disqualified. Medical personnel will have the final say as to whether a player may continue. If a player is unable to continue a match due to injury the decision will be based on the current point count.

Dress Code:

Players must wear an appropriate school uniform including top and pants or shorts. Attire with inappropriate language or imagery is not acceptable. Traditional Gi are optional but may be grabbed. Tee shirts and shorts can not be grabbed.

Sparring Equipment:

All players must wear grappling style gloves (4oz or up), Safety Kicks or shin and instep pads and mouth guard. Groin cups are mandatory for all male players. Headgear optional for adults. Wrestling shoes are allowed, taping of hands and feet are strictly prohibited.

KICKBOXING & MODIFIED MUAY THAI RULES

Single Elimination

A) Tournament Rules

- No striking your opponent's joints
- No biting, fish hooking , hair pulling or eye gouging
- No grabbing your opponents clothing.
- No techniques that involve bending or attempting to break joints.
- No takedowns or slamming of opponent in novice divisions.
- No leg kicks allowed in the novice divisions.
- No Knee attacks allowed in Kickboxing Divisions.
- No catching the legs in novice divisions
- No Elbow attacks allowed in any division.
- No holding your opponents head and striking.
- No contact to the back of the head or back.
- No leg sweeps
- No blind spinning techniques
- Light contact to the head and controlled contact to the body.
- Excessive contact will result in a warning or immediate disqualification

B) Modified Muay Thai Rules

- Knees to the legs and body only
- Clinch must be followed with knee attacks immediately or will be stopped and separated
- Controlled Takedowns or throws from the clinch
- Catching the leg is allowed.

A competitor will be disqualified from the match if he/ she intentionally tries to injure his / her opponent where there is an infraction to the tournament rules. Warnings and potential loss of points for competitors who intentionally demonstrate a lack of desire to engage in combat.

C) Matches:

Novice matches will be 90 seconds, finals are 2 x 60 second rounds.
Advanced matched will be 2 x 60 second rounds, finals are 2 x 90 second rounds.
Advanced Modified Muay Thai will be 2 x 60 second rounds, finals are 2 x 90 second rounds.
The referee will **NOT** give an overview of the rules, it is the competitors responsibility to review the rules themselves and bring up questions with their coach or email inquires to admanrth@telus.net .

D) Attire and safety equipment

Mouth guards, groin cups, 16 oz boxing gloves, headgear and shinpads with instep protectors are required and will not be supplied. No protective gear shall contain metal or hard plastic substances of any sort. No adhesive, rough, torn or loose equipment will be permitted. Competitors with long hair should tie it behind their head. The nails must be filed properly and cut short. Proper hygiene is in order. No jewelry is permitted while competing. A freshly washed shirt and shorts must be worn. If your clothing becomes bloodied or torn, you will be asked to replace it immediately or forfeit the match. All patches must secure and free of any loose threads.

E) Skill level break down:

The essence of any competition relies on the fairness of the contest. We encourage competitors to enroll at the skill level they feel will offer the highest challenge. By enrolling in a division that is easy for you, you not only deny competitors a fair match but a chance for you to test your true abilities.

Novice: Usually someone in this level has been practicing for up to 1 year. Competitors here have a limited number of techniques. Regardless to your ranking in any other martial art, your amount of focus on striking is important. Should you not practice striking regularly, this is your skill level. If you have ever taught striking you do not qualify in this division. No leg kicks allowed.

Advanced: This division is for competitors with more than 1 year. Competitors here find themselves with the ability to feel very comfortable with striking. Individuals possess a fair amount of techniques to attack and counter their opponents. Competitors who have previously won a novice division must enroll in this level. Competitors with tournament experience should enroll here. Striking experience must be possessed but not yet refined.