



Aronld World Grappling Championship BJJ Gi Divisions Saturday March 6, 2010

BJJ Skill Levels:

Men & Women: White Belt, Blue Belt, Purple Belt, Brown Belt & Black Belt

Kids (5-14) & Teens (15-17 years): White, Yellow, Orange & Green Belt

Length of BJJ Matches:

White: 4 minutes

Blue: 5 minutes

Purple: 7 minutes

Brown: 8 minutes

Black: 10 Minutes

Kids 2.5 minutes

Juniors: 3 minutes

Executive (30-39) / Masters (40+): White/Blue belts 4 minutes • Purple/Brown belts 5 min • Black belts 6 minutes

Male Adult BJJ Weight Classes: (Note: Weigh-in WITHOUT uniform)

Rooster: 121lbs. and below

Super Feather: 122-134 lbs.

Feather: 135-147 lbs.

Light: 148-160 lbs.

Middle: 161-174 lbs.

Light-Heavy: 174-187 lbs.

Heavy: 188-202 lbs.

Super-Heavy: 203-221 lbs.

Unlimited: 221 lbs. and over

Kids weight classes matched within 10 pounds

Juniors (15-17) BJJ Weight Classes:

Lightweight: 114.9 lbs. and below

Welterweight: 115-129.9 lbs.

Middleweight: 130-149.9 lbs.

Cruiserweight: 150-169.9 lbs.

Heavyweight: 170 lbs. and over

Women's BJJ Weight Classes:

Class A: 119.9 lbs and below

Class B: 120-134.9 lbs.

Class C: 135-149.9 lbs.

Class D: 150 lbs. and over

Women's Absolute: Open Weight, Open Skill

Executive & Masters BJJ Weight Classes:

Lightweight: 159.9 lbs and below

Middleweight: 160-179.9 lbs.

Cruiserweight: 180-199.9 lbs.

Heavyweight: 200 lbs. and over

BJJ Point System:

Takedown: 2 points

Knee on Belly: 2 points

Sweep or Reversal w/ legs: 2 points

Passing Opponent's Guard: 3 points

Mounted Position: 4 points

Back Control w/ Hooks: 4 points

(All positions must be held for 3 full seconds)

BJJ Illegal Techniques:

White Belt, Blue belt, Executives and Masters: No Leg Locks EXCEPT Straight Ankle Lock. No Neck or Cervical Cranks, Wrist Locks, Slamming or Slicers.

Purple - Black: No Twisting Leg locks EXCEPT Inside Toe Hold, No Neck or Cervical Cranks or Slamming.



Arnold World Grappling Championship No Gi Divisions & Rules Sunday March 7th, 2010

Skill Levels:

Novice: Less than 9 months

Beginner: Nine months to 2 years

Intermediate: 2 years to 4 years

Advanced: More than 4 years

Juniors: Beginner = Less than 18 months • Advanced = 18 months or greater

Women: Beginner - Less than 18 months • Advanced - 18 months or greater

Executive: 30-39 years – Beginner = Less than 18 months • Advanced = 18 months or greater

Masters: Over 40 years - Beginner = Less than 18 months • Advanced = 18 months or greater

Length of No-Gi Matches:

Novice: 3 minutes

Beginner: 4 minutes

Intermediate: 5 minutes

Advanced: 6 minutes

Kids & Teens: 3 minutes

Women: Beginner = 4 minutes • Advanced = 5 minutes

Executive/Masters: Beginner = 4 minutes • Advanced = 5 minutes

Men's No-Gi Weight Classes:

Flyweight: 139.9 lbs. and below

Featherweight: 140-149.9 lbs.

Lightweight: 150-159.9 lbs.

Welterweight: 160-169.9 lbs.

Middleweight: 170-179.9 lbs.

Cruiserweight: 180-189.9 lbs.

Light-Heavyweight: 190-199.9 lbs.

Heavyweight: 200-209.9 lbs.

Superweight: 210 lbs. and over

Kids weight classes matched within 10 pounds

Juniors No-Gi Weight Classes:

Lightweight: 114.9 lbs. and below

Welterweight: 115-129.9 lbs.

Middleweight: 130-149.9 lbs.

Cruiserweight: 150-169.9 lbs.

Heavyweight: 170 lbs. and over

Women's No-Gi Weight Classes:

Class A: 119.9 lbs and below

Class B: 120-134.9 lbs.

Class C: 135-149.9 lbs.

Class D: 150 lbs. and over

Women's Absolute: Open Weight, Open Skill

Executive & Masters No-Gi Weight Classes:

Lightweight: 159.9 lbs and below

Middleweight: 160-179.9 lbs.

Cruiserweight: 180-199.9 lbs.

Heavyweight: 200 lbs. and over

No-Gi Point System:

Takedown landing in Half or Full Guard: 2 points

Takedown to Side Control or Mount: 3 points

Sweep or Reversal w/ legs: 2 points

Passing Opponent's Guard: 3 points

Mounted Position: 4 points

Back Control w/ Hooks: 4 points

(All positions must be held for minimum 3 seconds)

No-Gi Illegal Techniques:

Beginner, Novice, Executive & Masters Divisions: No Leg Locks EXCEPT Straight Ankle Lock. No Neck or Cervical Cranks, Wrist Locks, Slamming or Slicers.

Intermediate: No Twisting Leg locks EXCEPT Inside Toe Hold, No Neck or Cervical Cranks, Wrist Locks, Slamming or Slicers.

Advanced: No Slamming



Detailed Rules: The object of the competition is to control and submit your opponent.

Ways to win: 1) Causing your opponent to physically or verbally Tapout or quit by using a technique within the guidelines of the rules in each set division. (All competitors must be aware of dangerous techniques and know how to Tapout.) 2) Highest score at end of regulation time period or overtime. 3) Referee Stoppage

1. Hygiene: At weigh-ins all competitors will be checked for communicable diseases, not limited to but including ringworm, staph, herpes and impetigo.

2. Tie Breakers: There will be a 1-minute overtime in the event of a draw. At the end of the 1-minute overtime if there were no points scored it will immediately turn to sudden death in which the first point scored gets the victory. The stalling rule will be enforced with ZERO tolerance in overtime. The referee will give 2 warnings and you will be deducted -1 point and given the loss if you do not go after the victory.

3. No Stalling: The referee will issue warning for the 1st offense of stalling (i.e. backing out of the guard without engaging, butt scooting, fleeing the ring to avoid takedown/submission attempts). The 2nd offense will result in a 2-point deduction. A 3rd offense will result in a 3-point deduction. A 4th offense will result in a DQ.

4. Leg Locks: Leg Locks are ILLEGAL in all kids, masters, executive, and novice divisions. Straight ankle locks are legal for Beginner. Straight ankle, inside figure four toe holds, straight knee bars and calf slicers are legal for Intermediate. , All leg locks are legal in the Advanced Men's division. **Note:** Reaping (crossing your leg across your opponent's body while attacking a foot) is illegal in all divisions except Intermediate and advanced adult.

5. Illegal Techniques in all divisions: No strikes, biting, eye gouging (includes chin to eye), head butting, small joint manipulation (finger and toe locks), hair pulling, or ear pulling, neck cranks.

6. Slamming: ZERO tolerance on slamming. This is to avoid slamming to escape the guard and various submissions from the guard. A competitor will be immediately disqualified NOTE - Takedowns are not considered slamming, unless intent to injure is determined by the referee.

7. Neck Cranks and Twister: Neck cranks and Twister (wrestling guillotine) are only legal in the advanced division. Intermediate division may use the Twister setup to execute the banana split or calf slicer.

8. Takedowns and control: Any position must be held for a MINIMUM of 3 full seconds before points will be awarded. If you take your opponent down and Mount him you would receive 3 points for the take down AFTER 3 seconds AND then 3 more seconds for the 4-point mount. Therefore you must maintain the position for 3 seconds per set of points. Guard pass points are established when the opponent's shoulders are flat on the ground and your legs are completely clear of their legs. If you go from standing to a guys back with BOTH his knees on the ground for 3 full seconds you receive 2 points for reversal.

9. Sweeps/Reversals: Reversal of position points are given when one opponent reverses from the bottom to the top position and maintained for a full three seconds. The reversal has to be used from your guard or in the immediate transition of someone passing your guard. For example if you're passing my guard and I IMMEDIATELY put you on your back I receive reversal points. **Note:** Rolling someone over when you are mounted or in side control is an escape not a reversal.

10. No-Gi Attire: Board shorts, fight shorts, singlets, or Gi pants are required. Rashguards, t-shirts, tank tops, Wrestling shoes, knee-pads (non-medal braces), headgear, cups and mouthpieces are optional.

12. Code of Conduct: We will be enforcing a zero tolerance rule on disrespecting, threatening with physical violence, or verbally abusing referees or staff at any time before, during or after the event. If any spectator, coach or competitor threatens or abuses the referee in any shape or form, they will be escorted out of the building.