

Tiger Balm Internationals

Jiu Jitsu & Submission Grappling Rules

Basic Rules:

- This is a round-robin tournament.
- The number of fights depends on the number of competitors in a division.
- Matches will last 3 minutes for juniors and 4 minutes for all others.
- Competitors who go off the mat in a scramble will be restarted standing.
- When possible, competitors will be moved to the centre in the same position.
- Competitors who leave the mat while in a submission will lose automatically.
- Only competitors are allowed on the mats.

Ways to win:

- Submission (physical or verbal)
- Referees stoppage (rule infringement)
- Medical stoppage (accidental injury)
- Corner or competitor stops fight
- Referee decision (after tie-breaker)

Scoring system:

- Competitors fight in a round-robin within their weight category and skill level.
- 3 points are awarded for a win, 1 point each for a draw and 0 points for a loss.
- At the end of the round-robin, the competitor with the highest scores wins.
- In the event of a tie, another 3 minute tie-breaker round will be run.
- If there is no winner after a tie-breaker, the winner will be chosen by the referee.
- The referee's decision is final.

The referee will end the fight if:

- A competitor uses any illegal technique or commits any other foul.
- A competitor is in a submission hold that puts his/her safety at risk.
- A competitor and/or coach acts in an unsportsmanlike fashion.
- A competitor tries to seriously injure an opponent.

Hygiene & Safety:

- Please wear shoes when you are not on the mats.
- Please do not wear shoes when you are on the mats.
- Competitors must wear properly-sized, clean, un-torn kimonos for jiu-jitsu matches
- Competitors must wear clean, un-torn, tight fitting outfits for no-gi matches.
- Competitors cannot wear street clothes. No pockets, zippers etc. are allowed
- No hard plastic or metal cups or braces are allowed. Only soft materials.

Note: Any competitor committing a serious foul causing injury or death may be liable in a court of law so adhere to all rules and follow the directors and referee's directions at all time.

	Kids 12 & Under	Teens & Novice	Adult Advanced
Straight Armbar	Yes	Yes	Yes
Americana / Kimura	Yes	Yes	Yes
Cross Choke w/ Gi	Yes	Yes	Yes
Rear Naked Choke	Yes	Yes	Yes
Banana Splits	Yes	Yes	Yes
Baseball Bat Choke	Yes	Yes	Yes
Push Choke	Yes	Yes	Yes
Papercutter Choke	Yes	Yes	Yes
Triangle Choke	Yes (no pulling head)	Yes	Yes
Bow & Arrow Choke	No	Yes	Yes
Arm Triangle Choke	No	Yes	Yes
North/South Choke	No	Yes	Yes
Body Compression	No	Yes	Yes
Guillotine Choke	No	Yes	Yes
Ezekiel Choke	No	Yes	Yes
Straight Ankle Lock	No	Yes	Yes
Omplata Lock	No	Yes	Yes
Gogoplata Choke	No	Yes	Yes
Choke w/ Neck Crank	No	Yes	Yes
Kneebar	No	No	Yes
Toe Hold / Estima	No	No	Yes
Bicep Slicer	No	No	Yes
Calf Slicer	No	No	Yes
Wrist Locks	No	No	Yes
Jumping Guard	No	No	Yes
Inward Knee Reap	No	No	No
Outward Toe Hold	No	No	No
Finger Bending	No	No	No
Neck Crank only	No	No	No
Scissor Takedown	No	No	No
Heel Hook	No	No	No
Slam* (see below)	No	No	No
Spiking onto head	No	No	No
Striking of any kind	No	No	No

*Slamming is lifting a grounded opponent up off the mat and then smashing them down again.

