

North American Combat Jujitsu Federation Gi Submission Grappling Rules 2023:

All matches are 5min.

Takedowns:

- o Both feet leave the mat =4 points
- o One foot leaves the mat= 2 points
- o snap down to a back take= 1 point
- o guard pull of any kind = -1 point

Control must be established for a minimum of 3 seconds for takedowns to score. If the thrown opponent rolls through and “reverses” the takedown, they will receive the 2 points. Flying scissors or the use of joint locks to takedown and opponent are forbidden. Spiking an opponent on the head/neck is forbidden. All takedowns must be delivered in such a way that the opponent lands on side/back/butt. Guard slamming is prohibited.

Ground points:

- o Sweep from guard =2 points
- o knee-on-belly= 2 points
- o pass guard to position of control = 3 points
- o top mount (includes technical mount & “Z” mount)/back mount with hooks in (includes body triangles) =4 points

*control must be established for 3 seconds for positional points to score.

Forbidden Submissions:

Heel hooks, rotational knee locks, spine cranks, neck cranks, direct chokes with fingers, finger locks & toe locks (small joint manipulation).

Gripping inside the sleeves or pant legs is forbidden. Pulling of hair, biting, fish hooking, gouging, scratching, muffling,striking of any kind is prohibited. Cross-facing across the eyes or bridge of the nose is forbidden.

Win Conditions:

- o Submission instantly ends the contest.
- o 12 point lead = Tech fall, ends the contest.
- o point lead at end of 5min period.

Weight classes shall be determined by the Madison Bracketing System.

Uniform:

Contestants shall wear properly fitting judo/Jujitsu gi with sleeves that extend to the wrist when arms are outstretched. Pants may not be cut off, and must extend to mid shin or below. Contestants shall wear red or blue belt for scoring purposes. No shoes or socks are permitted. Uniforms shall be clean, and all contestants will present with trimmed nails, freshly bathed.