

American Grappling Federation

General Rules and Competition Guidelines

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Tournament Brackets

The American Grappling Federation follows a single elimination tournament format. Depending on the number of competitors participating in a division, it is possible that a single loss could eliminate a competitor's opportunity to compete further in their division.

Bracketing

When bracketing, it sometimes becomes necessary to collapse divisions. When doing so, the safety and fairness of the competitors is paramount. The general rule of thumb when collapsing is one of the following:

- Mix genders (4-12 years old only)
- Move up in Age (no more than 2 years)
- Move up in Weight (10 lbs or less)
- Move up in Experience (only 1 experience level)

Aside from collapsing the genders, it is uncommon to do more than one of the two options listed above. There are exceptions to this rule.

Example:

9-year-old boy that weighs 64 lbs can be moved to the 10-12 year old division against a 10-year-old girl that weighs 67 lbs.

Bonus Divisions

When bracketing, there are some competitors that cannot be fairly matched in a division. In these cases, it is common for a competitor that is closest in age/weight/experience to be given a bonus division. These bonus divisions are always more challenging for the competitor being added to the division. However, they do follow the general bracketing rule of thumb mentioned previously in this section.

Bonus divisions are purely optional and are free. If you (or your child) has been added to an additional division, and do not wish to participate, please contact the tournament director prior to the tournament so that a suitable replacement can be arranged.

Competitors in a bonus division will have a [2] next to their name in the Brackets. Because this is a more challenging division, it is suggested that the competitor compete in their original division first.

Two Match Minimums

All kids divisions (4-15 years old) have a two-match minimum guarantee. This rule was to allow kids more experience competing, and parents more value for their registration fees. Depending on the

number of competitors in a division, the second guaranteed match may be considered a **Consolation Match**. Consolation matches do not alter medal placement.

Examples:

Two-person division – The first match counts towards team points and medal placement. After sufficient rest is provided, the second match is a consolation match. This is **not** a best out of three format.

Three-person division – Depending on who wins the second match, it's possible that a consolation match is not necessary. However, if one is needed, the consolation match is run after the first-place match is concluded.

Four-person division – All competitors start in the semi-final positions. No consolation matches will be necessary as all four competitors will have two matches each.

Five+ person division - Once you start having 5 or more competitors in the division, you start having specific bracket positions that are awarded first round byes. Competitors that do not have immediate placement into the semi-final positions (final 4 seeds in the bracket), and lose their first match, will be given a consolation match. These matches, typically, will be run at the conclusion of the first-place match.

Divisions

No matter what your weight, age or skill level, the American Grappling Federation has you covered! With well over 1,800 possible weight, age and experience combinations, we are certain we can find a division for you.

When creating divisions, it is common to mix the genders for the Kids divisions to ensure matches. Genders will not be mixed in the Teen, Juvenile, Adult, Masters, or Seniors divisions.

Age Groups

Our age groups are broken down into Kids, Juveniles, Adults, Masters, and Seniors. When selecting your proper age category, you should use the one that properly reflects your age on the date of the tournament.

Kids (4-15 years old)

- Tiny Kids (4-6 years old)
- Kids (7-9 years old)
- Pre-Teen (10-12 years old)
- Teen (13-15 years old)

Juvenile (16-17 years old)

Adult (18-29 years old)

Masters (30-39 years old)

Seniors (40 years old and above)

Experience Levels

Gi

- Kids

- White - No Submissions [Ages 4-6 only]
- White
- Grey
 - Grey/White stripe
 - Solid Grey
 - Grey/Black stripe
- Yellow
 - Yellow /White stripe
 - Solid Yellow
 - Yellow /Black stripe
- Orange
 - Orange /White stripe
 - Solid Orange
 - Orange /Black stripe
- Green
 - Green /White stripe
 - Solid Green
 - Green /Black stripe

- Juvenile, Adults, Masters, and Seniors

- White
- Blue
- Purple
- Brown
- Black

In the gi divisions, you must register for the division you currently hold rank in.

Example:

If you are a Blue belt in Brazilian Jiu Jitsu, you can only compete in the Blue belt division. You cannot register as a Purple belt.

No Gi

- Kids, Juvenile, Adults, Masters and Seniors

- Novice - No Submissions (< 6 months) [Ages 4-6 only]
- Novice (< 6 months)
- Beginner (6 months – 1 year)
- Intermediate (1 – 3 years)
- Advanced (3 – 5 years)
- Pro (5+ years)

No Gi experience levels are based on total time grappling in **ANY** sport or martial art such as Sambo, Judo, Japanese Ju Jitsu, Wrestling, Catch as Catch Can, Lute Livre, BJJ, and Submission Wrestling.

Wrestlers – a season of wrestling is equivalent to 1 year of grappling experience.

Examples:

A child that has been training BJJ for 2.5 years and has a rank of Yellow belt in BJJ, but has only trained a handful of times in no gi grappling, must register in the **Intermediate** division.

A high school wrestler that has 3 seasons of wrestling, and no additional training in any other type of grappling sport must register in the **Advanced** division.

Gi and No Gi Weight Divisions

We realize that not all scales are calibrated the same. So, to help avoid any scale related issues, we allow a 1 lb (0.5 kg) allowance for all competitors. It is advised that if you or your child is close to the maximum weight limit, that you register at a higher weight class to avoid disqualification.

All weigh ins are conducted **WITHOUT** the gi.

Kids weight classes are separated by 10 lbs (4.5 kgs). Juvenile, Adult, Masters, and Seniors weight classes are separated by 15 lbs (6.8 kgs).

Kids

| Weight | LBS / KGS |
|-------------------|----------------|
| Light Rooster | 45 / 20.5 |
| Rooster | 55 / 25.0 |
| Light Feather | 65 / 29.5 |
| Feather | 75 / 34.0 |
| Light | 85 / 38.5 |
| Middle | 95 / 43.0 |
| Medium Heavy | 105 / 47.5 |
| Heavy | 115 / 52.0 |
| Super Heavy | 125 / 56.5 |
| Ultra Heavy | 145 / 65.5 |
| Super Ultra Heavy | 146 + / 65.6 + |

Juveniles, Adults, Masters and Seniors (Male)

| Weight | LBS / KGS |
|---------------|-----------------|
| Light Rooster | 115 / 52.3 |
| Rooster | 130 / 59.1 |
| Light Feather | 145 / 65.9 |
| Feather | 160 / 72.7 |
| Light | 175 / 79.5 |
| Middle | 190 / 86.3 |
| Medium Heavy | 205 / 93.1 |
| Heavy | 220 / 99.9 |
| Super Heavy | 235 / 106.7 |
| Ultra Heavy | 236 + / 106.8 + |
| Open Class | Any Weight |

Juveniles, Adults, Masters and Seniors (Female)

| Weight | LBS / KGS |
|---------------|----------------|
| Light Rooster | 105 / 47.7 |
| Light Feather | 120 / 54.5 |
| Feather | 135 / 61.3 |
| Light | 150 / 68.1 |
| Middle | 165 / 74.9 |
| Medium Heavy | 180 / 81.7 |
| Heavy | 180 + / 81.8 + |
| Open Class | Any Weight |

Open Class (Absolute)

The Open Class divisions are for competitors who wish to compete in their age and experience division, regardless of weight restrictions.

Example:

A competitor can be in the adult Purple belt Open Class (Absolute) and compete against other Purple belt ranked adults of any weight.

Match Durations

Gi Divisions

- Tiny Kids – 2 minutes
- Kids – 3 minutes
- Pre-Teen – 3 minutes
- Teen – 4 minutes
- Juvenile, Adult, Master, and Senior
 - o White – 5 minutes
 - o Blue – 5 minutes
 - o Purple – 6 minutes
 - o Brown – 6 minutes
 - o Black – 6 minutes

No Gi Divisions

- Tiny Kids – 2 minutes
- Kids – 3 minutes
- Pre-Teen – 3 minutes
- Teen – 4 minutes
- Juvenile, Adult, Master, and Senior
 - o Novice – 5 minutes
 - o Beginner - 5 minutes
 - o Intermediate – 5 minutes
 - o Advanced – 6 minutes
 - o Pro – 6 minutes

Scoring

Points – Gi and No Gi

| Action | Points |
|--|--------|
| <p>Takedown</p> <ul style="list-style-type: none">Anytime two opponents are on their feet and one forces the other to the mat to a bottom position.If the opponent lands on his knees, the initiator must spin and control the opponent from behind his hips. Upper body control variations do not matter so long as the bottom player's arms (A) are not holding the top player's (B) legs preventing B from moving to A's back. Hand grips can be on the pants but not arms holding the legs from bottom turtle.All takedowns must start inside the white boundary line and land with the bodies of the competitors able to touch the boundary line. No points will be awarded off the mat.If A initiates a takedown and B jumps guard, A has 3 seconds to set B down and 3 seconds of control to be awarded takedown points. | 2 |
| <p>Sweep</p> <ul style="list-style-type: none">First person to come on top in a double guard pull earns 2 points.All sweeps must come from a guard.50/50 sweep points will be awarded after top player opens his legs.All 50/50 sweeps must come a different guard other than 50/50.If A attempts to sweep B, but B remains turtled, so long as A controls Turtle from behind the shoulder, sweep points are awarded. This rule is the same as "spin and control" in the Takedown section. | 2 |
| <p>Knee on Belly</p> <ul style="list-style-type: none">Points are awarded if opponent is on their back or side.Must be the leg closest to opponent's legs.Not awarded if opponent has spider guard. | 2 |

| | |
|--|---|
| Guard Pass <ul style="list-style-type: none"> • A guard must be established for it to be passed. • All limbs of the passer must be out of the guard. • Points can be awarded to unpointworthy positions such as Reverse Mount. This would equal just a guard pass and not a combination of Guard Pass to Mount. | 3 |
| Back (Back Mount, Body Triangle or Hooks) <ul style="list-style-type: none"> • Body Triangle – feet must not be inside opponent's leg. | 4 |
| Mount (Reverse Mount, Technical Mount, S-Mount or Traditional) <ul style="list-style-type: none"> • Traditional Mount – must have knees below the shoulder. • Technical Mount – may be awarded points if opponent is on their side. | 4 |

All takedowns, guard passes, sweeps to side control/north-south control, knee on belly, mounts and back control **must be held for 3 seconds** for points to be awarded. No points will be awarded if the person doing the action's head is caught or if they are in a submission.

Points will not be awarded for competitors who voluntarily abandon a position and then regain that same position.

Advantages

Advantages are only awarded for strong submission attempts. The submission must be defended for the advantage to be given. If the submission was not defended, it would cause a tap. There needs to be no more needed steps to apply the submission.

Submission

A competitor wins via submission by forcing an opponent to:

- Physically tap two (2) times
 - o Tap with hand on an opponent or on the mat
 - o Tap with foot on the mat
- Verbally tap
 - o Request the referee to stop the match
 - o Make any noise that sounds like pain while a match is in progress

Referee Stoppage

The referee has the ability to stop a match when a competitor is caught in a submission that could cause a serious injury. Overtime is the length of the match. It is “sudden death”, meaning the first person to score a point or advantage wins the match. If both opponents score at the same time, the competitor with the higher point value wins.

Example:

A completes a double leg into B’s guard. In the takedown, B, caught a submission. Once A is free of the submission, after 3 seconds A gets 2 points and B gets an Advantage. A’s 2 points is greater than B’s Advantage.

If the score remains tied at the end of overtime, there will be a referee decision. The match will be decided on who was scoring or attempting submissions the longest.

Overtime will begin immediately after the regulation time period ends. The winner is determined by first to points or advantage. Competitors start in the center on their feet.

Disqualification

There are numerous ways an opponent can be disqualified. The disqualification can be specific to a match or the tournament in general.

Verbal request

If a referee or ring coordinator receives a verbal request from the competitor or the competitor's coach.

Failure to report when bracket is called

If the competitor does not show up when the competitor's name is called, or if the competitor leaves an assigned area by the Pit Coordinator or Ring Coordinator.

Uniform requirements not properly met

Please see the uniform guidelines (page 14).

Equipment malfunction

Please see the uniform guidelines (page 14).

Unsportsmanlike conduct

These infractions may result in the competitor being disqualified or a warning/penalty being assessed.

The fouls are not limited to, but include:

- Striking of any type
- Biting
- Spitting
- Eye gouging
- Groin attacks
- Hair pulling
- Fish hooking
- Small joint manipulation
- Putting fingers in any orifice
- Excessive talking during the match

Rule infractions

These infractions will result in the competitor being disqualified. The fouls are not limited to, but include:

- Slamming – Any intention to cause injury, damage, or concussion to their opponent to escape a submission or points being scored. Shaking an opponent off and the opponent off and the opponent falling to the mat is not a slam.
- Clawing, pinching or twisting of skin
- Use of foul language
- Immoral acts directed towards any member of the staff, crowd or competitor
- Malicious conduct
- Any contact with the referee (medical issues are permitted)
- Interference by a coach
- Attacking an opponent after a match has been stopped
- Performing any illegal submission attempt for that particular division

Medical issues

Not limited to, but including: cramping, vomiting, loss of bowels, loss of consciousness, or bleeding that cannot be stopped a second time. Bleeding and eye pokes are given a maximum of 5 minutes to recover.

Example:

If a competitor bleeds from the nose and stops the bleeding, he can continue. If his lip starts bleeding, he is allowed to stop that bleeding and continue. However, the same spot cannot bleed more than once.

Any competitor with a concussion or head injury is not permitted to compete for the rest of the day.

Fleeing

Any time a competitor flees the competition area to avoid a submission, the penalty is a disqualification (DQ). If the competitor flees the mat to avoid being scored upon, the attacking competitor will be awarded 2 points and the match will begin standing in the center of the mat.

If a competitor's natural method of escaping the submission causes them to leave the competition area, the competitor will not be disqualified, but 2 points will be awarded and both competitors will resume standing.

Penalties and Warnings

Some infractions do not merit an immediate disqualification. In those situations, a warning will be issued in an attempt to discourage that infraction from being repeated. Penalties are accrued, regardless of what the competitor is being warned for. Warnings are not limited to, but include:

- Arguing with the referee
- Disengaging from competition (avoiding contact with opponent, fleeing a sweep or takedown, etc.)
- Illegal grips (grabbing inside the opponent's sleeve or pant leg)
- Intentionally removing the gi or belt during a match
- Pushing an opponent out of bounds
- Stalling (20 seconds of inactivity)

Excessive penalties/warnings

When a warning is issued, the following penalties are applied:

- First Warning – Verbal Warning
- Second Warning – 2 points for opponent and restart standing
- Third Warning – Disqualification

Hygiene and Uniform Guidelines

Competitors must follow the uniform and hygiene requirements to be permitted to compete. Failure to comply will result in disqualification.

Hygiene Guidelines

- Finger and toenails must be trimmed with no sharp edges
- Finger and toenails must be clean with no dirt underneath them
- Competitors with long hair must have it controlled so that it does not interfere with either the competitor or their opponent
- Competitor must not have any open cuts or lacerations
- Competitor cannot compete if they have any active skin infections: ringworm, staph, herpes, chicken pox, etc.
- Skin must be dry and not be slippery (no lotions, oils or grease that can cause excess slippage)

Uniform Guidelines

General allowances

- Cups are not permitted
- Headgear of any type is not permitted
- Mouthpieces are not required
- Wrestling shoes are not permitted
- Elbow/Knee braces are permitted only if specific permission has been given by the tournament director. They cannot contain any hard plastic/metal or aid in preventing a submission.
- Foam knee pads are not permitted
- Grappling socks that cover the ball or heel of the foot are not permitted

Gi

- Competitor must wear a valid BJJ kimono
- The kimono must not have any tears or loose thread
- The kimono must be clean and be free of any excessive stains and odors
- Any color kimono is permitted, however the top and bottoms must match
- Belt must be intact and in decent shape
- Pants cannot be shorter than 2 inches above the ankle bone
- Jacket sleeves cannot be shorter than 1 inch from the wrist
- Patches cannot be used in a manner that prevents grips or to cover tears
- Competitors are not allowed to wear t-shirts under their gi
- Rash guards are allowed under the gi

No Gi

- Competitor must wear a rash guard (t-shirts are not permitted)
- Short and long sleeve rash guards are permitted
- Competitor may wear fight shorts, board shorts, spats or Lycra shorts.
- Kimono pants are not permitted
- Shorts with metal grommets are not permitted
- Shorts with pockets are not permitted
- Shorts with strings are permitted, however the strings must be tucked in and the pants tied tight so that the pants do not fall off during a match
- Wrestling singlets are not permitted

If a uniform is damaged during a match, the referee will allow a competitor 5 minutes to change the uniform and return to the match. If the period of time exceeds 5 minutes, then the referee will disqualify the competitor.

Allowed Techniques

Gi – Allowed Techniques

| ALL RANKS (4-12) | ALL RANKS (13-15) | WHITE (16+) | BLUE (16+) | PURPLE - BLACK (16+) | |
|---------------------|----------------------|----------------|---------------|-------------------------|--|
| ✓ | ✓ | ✓ | ✓ | ✓ | COMMON SUBMISSIONS: ARM TRIANGLES • ARM BAR • GUILLOTINE • SHOULDER LOCKS • OMAPLATA • TRIANGLE ETC... |
| ✗ | ✗ | ✓ | ✓ | ✓ | BANANA SPLIT |
| ✗ | ✗ | ✗ | ✗ | ✓ | BICEP SLICER |
| ✗ | ✗ | ✗ | ✗ | ✓ | CALF SLICER |
| ✓ | ✓ | ✓ | ✓ | ✓ | EZEKIAL CHOKE |
| ✗ | ✗ | ✗ | ✗ | ✗ | HEEL HOOK |
| ✗ | ✗ | ✗ | ✓ | ✓ | JUMPING GUARD |
| ✗ | ✗ | ✗ | ✗ | ✓ | KNEEBAR |
| ✗ | ✗ | ✗ | ✗ | ✗ | REAPING THE KNEE |
| ✗ | ✗ | ✗ | ✗ | ✗ | SCISSOR (ONE HAND ON MAT) |
| ✗ | ✗ | ✗ | ✗ | ✗ | SLAM |
| ✗ | ✗ | ✗ | ✗ | ✗ | SMALL JOINT MANIPULATION |
| ✗ | ✗ | ✗ | ✗ | ✗ | SPINAL LOCKS AND NECK CRANKS |
| ✗ | ✗ | ✓ | ✓ | ✓ | STANDING SUBMISSIONS |
| ✗ | ✗ | ✓ | ✓ | ✓ | STRAIGHT FOOT LOCK |
| ✗ | ✗ | ✗ | ✗ | ✓ | TOE HOLD |
| ✗ | ✗ | ✗ | ✓ | ✓ | WRIST LOCK |



No Gi – Allowed Techniques

NOGI 2018

NOV. BEG. INT. ADV. PRO

TINY KIDS - TEEN

| | | | | | |
|---|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|--|
| <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | COMMON SUBMISSIONS: ARM TRIANGLES • ARM BAR • GUILLOTINE • SHOULDER LOCKS • OMAPLATA • TRIANGLE ETC... |
| TINY KIDS, KIDS, & PRE-TEEN <input checked="" type="checkbox"/> TEEN <input checked="" type="checkbox"/> | | | | | BANANA SPLITS |
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| <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | SCISSOR (ONE HAND ON MAT) |
| <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | SLAM |
| <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | SMALL JOINT MANIPULATION |
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| <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | SUBMISSIONS BELOW THE WAIST (SEE BANANA SPLITS) |
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NOGI 2018

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JUVENILE

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NOGI 2018

NOV. BEG. INT. ADV. PRO

ADULT

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| <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | HEEL HOOK |
| <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | JUMPING GUARD |
| <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | KNEEBAR |
| <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | REAPING THE KNEE |
| <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | SCISSOR (ONE HAND ON MAT) |
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| <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | SMALL JOINT MANIPULATION |
| <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | SPINAL LOCKS AND NECK CRANKS |
| <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | STANDING SUBMISSIONS |
| <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | STRAIGHT FOOT LOCK |
| <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | TOE HOLD |
| <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | WRIST LOCK |

