

USA JIU-JITSU ***(USAJJ)***®

COMPETITION RULES

Of



The National **USA JIU-JITSU (USAJJ)**®
BJJ & Grappling Program Of:

UNITED STATES
JU-JITSU FEDERATION
(USJJF)®

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The United States Ju-Jitsu Federation

USA Jiu-Jitsu (BJJ & Grappling) Competition Rules

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(BJJ & GRAPPLING) ***Competition Rules***

Updated May 15, 2021

Requirements for Use:

1. USJJF's *USA Jiu-Jitsu Competition Rules* will be used at all sanctioned USA Jiu-Jitsu competition events.
2. These rules may be used by non-USJJF organizations if desired. No liability for use of these Rules is assumed by the United States Ju-Jitsu Federation (USJJF).
3. The United States Ju-Jitsu Federation shall not assume any responsibility or liability of any kind whatsoever for any unauthorized modification of any rules.

Divisions/Event Definition:

Grappling is defined as an event involving (2) individuals engaged in a throwing and ground match. Opponents will start on their feet in a designated matted area or ring. Their goal is to demonstrate their ability to take an opponent to the ground and submit or demonstrate superior grappling abilities within a set period of time. Competitors are separated by age, weight, and ability. Competitors are required to wear specified gear for their division and must adhere to the general rules.

Contest Areas:

The competition takes place on mats. Each area (ring) must be composed of a minimum of 20'x20' (7mx7m) fighting area plus a 3' (1mx1m) wide warning area surrounding the fighting area. If a circular mat is used a 10-foot inner circle, the 28-foot wrestling area circle, as well as allow for the minimum 5-foot safety areas surrounding the wrestling area.

Specified Gear:

1. Competitors with a medical mouth apparatus (e.g. Braces, retainers, etc.) are required to remove the apparatus if removable, or wear a mouth guard that fully covers the apparatus.
2. If the mouthpiece is involuntarily dislodged during competition, the referee shall call time and allow the competitor to reinsert the mouthpiece at the first opportune moment, without interfering with the immediate action.
3. Males-cup and supporter are optional.
4. Females-Sport bra is required.

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Note: Taping of hands, wrists or feet are not allowed for non-medical reasons.

No-Gi Events:

1. Each contestant shall wear grappling shorts, compression type shorts, or kick-boxing shorts.
2. Gi, Kimono or shirt is prohibited during competition.
3. Rash guard (long or short sleeve) must be worn, no skin only.
4. Wrestling/Martial Arts shoes are allowed in the no gi divisions but NOT in the gi divisions

Note: Contestants may not attack using the opponent's cloth.

Gi Events:

1. A Judo or Ju-Jitsu approved uniform with sleeves, constructed of cotton or similar material.
2. Colors must be solid, and tops must match bottoms, no combined colors
3. The uniform cannot be so tight or so loose as to give an "unfair advantage" to the wearer of the gi.
4. The sleeves of the competitor's uniform must extend past the elbow to approximately center between the elbow and the wrist but shall not cover the wrist. The pants of the competitor's uniform must extend below the knee covering most of the shin but must be at least one inch above the mat.
5. Sleeves or pants shall not be rolled-up or cuffed-up on the competitor's uniform during a match.
6. Athletes are not permitted to compete with a torn or bloody uniform, sleeves or pants that are not of proper length or with t-shirts underneath (except in the female divisions).

Match Duration:

Youth- (0-12 yrs) 3 minutes

Teen- (13-17 yrs) 4 minutes

Adult- (18+) 4 minutes

Advanced Adult- 5 minutes

Scoring:

Takedown	1, 2 or 3 Points (explained later)
Reversals and Escapes	1 Point
Side Mount	1 Point
Knee On Stomach	2 Points
Sweep from the Guard	2 Points
Pass the Guard to Side or Mount	3 Points
Rear Mount	4 Points
Mount Position	4 Points
Simulated Submission	4 Points

Each position must be held for 3 seconds (excluding takedowns) in order to be awarded points

Scoring Definitions:

Takedown - (1 to 3 points)

A grappler is awarded points for a takedown when the grappler gains control over their opponent from a neutral standing position to the mat. If the takedown is incomplete or the competitor starts the execution of the takedown with both knees on the mat, then an advantage will be awarded. In determining a takedown, a referee will look for the competitor who initiates control of an opponent from a takedown attempt. A takedown will not be awarded for aggressively pulling guard.

(3 points) - Awarded for all complete, well executed throws or takedowns Three points are awarded for a takedown or throw of High amplitude (a throw in which a wrestler brings his opponent off of the mat and controls him so that his feet go directly above his head). Equivalent to Ippon Judo throws or Greco-Roman and Freestyle 5-point throws.

(2 points) - If the takedown demonstrates less than near perfect technique, then 2 points will be awarded. Generally, two points are awarded for a takedown brought about by a high amplitude throw that brings his opponent from his feet to his stomach, back or side (a throw of short amplitude). Equivalent to a *waza-ari* Judo throws or Greco-Roman and Freestyle 3-point throws.

(1 point) - One point is awarded for a takedown brought about by a grappler taking their opponent from their feet to ground in a controlled manner but having no Amplitude in the throw. If a grappler has control of an opponent's leg and the opponent pulls guard 1 point will be awarded to the grappler with leg control.

Sweep from the Guard -

2 points are awarded for a sweep from the guard where a competitor, from the bottom position advances their position into any top position.

Reversals and Escapes -

Advancing position from a bottom to top position other than from the guard. These are considered and get one point. Examples: Side Control or North/South reverse. Full Mount escape: when competitor A pushes off competitor B from a full mount position and gains a top position or simply escapes or if opponent can rise from a turtle position to a standing position and break opponent grips. This does not include fleeing from guard.

Pass the Guard to Side or Top Position -

3 points are awarded for a guard pass where a competitor reverses a dominant position and places himself/herself into a dominant position.

Side Control or North/South-

1 point is awarded for side control, a pinning hold in a stable position, with the other combatant pinned beneath him or her. This includes Kesa-Gatame (Scarf or head-&-arm pin), Kata-Gatame (Side or North/South Mount)

Knee on Abdomen Position -

2 Points are awarded for a competitor placing their rear knee to the chest or stomach of the opponent with the forward leg extended. This is not a legal position in youth's divisions.

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Rear Mount -

4 points are awarded for controlling a competitor's back from a rear mount position. The competitor holding the rear mount must demonstrate control over the opponent. Control can be showed by proper Boots or hooks (heels resting on the inner part of the opponent's thighs) or any action which controls the hip or torso.

Mount Position -

4 points are awarded to a competitor for positioning into a dominant top mount position.

Legal Simulated Submissions -

The legal submissions would include all variations of arm, shoulder leg locks, as well as chokes.

(Note: No wrist or leg locks for youth)

Advantage -

Advantages are "ALMOST" submissions and position attempts that pose a real threat to the other fighter. These include near arm-bar tap out, near chokes, near sweeps, near passes, etc. Advantages only affect the outcome of a tie match.

In Case of A Tie (or Draw) -

In the event of a tie at the end of the specified timed match the winner will be determined by the competitor with the greatest number of Advantages. If the number of advantages for both competitors is equal, the match shall be started with both competitors on their feet. The match will end with the winner determined by whoever scores the first points (sudden death).

Playing For Points -

If a competitor simply transitions between various dominant positions with no earnest attempt at submission, but rather adding points by repeating prior positions, no additional points will be awarded.

NOTE: *No points will be awarded to a competitor who is attaining a position while in a submission. Points will be awarded after the submission attempt has been defended.*

ALSO, *If a competitor is about to get POINTS for a position and the referee starts to count the 3 seconds for control and the match time runs out, the referee will give the competitor an ADVANTAGE only.*

(Youth = 0 to 12 years only)

Simulated Submission - (Youth = 0 to 12 years only)

4 points are awarded for the competitor who attempts a submission. The referee will stop the match, award 4 points and then start both competitors from their feet.

15 Point Advantage -

When a competitor scores 15 points more than his/her opponent the match shall be stopped, and that competitor declared the winner.

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Injuries -

During an injury, the center referee will stop time and a medical professional brought in to diagnose the athlete.

1. If the athlete cannot continue because of the injury, he/she is the winner if the opponent is responsible or if responsibility for the injury cannot be determined...
2. If the athlete cannot continue because of the injury, he/she is the loser if the opponent is not responsible.
3. If you cannot continue during your event, due to injury, you must not compete anymore that day.

How to Win in USA Jiu-Jitsu Competition –

The winner will be decided according to:

1. If a contestant gives up or submits (Tap out or verbal tap out).

(Note: **Youth 0-12 years follow Simulated Submission Rule.**)

2. Technical Stoppage:

- Referee stops bout when an injury as a result of a legal maneuver is severe enough to terminate a match.

3. Decision via Points

4. In the event of a tie at the end of the specified timed match the winner will be determined by the Advantage.

5. If neither competitor has been awarded an advantage then the match shall be started with both competitors on their feet. The match will end with the winner determined by whoever scores the first points. (*sudden death*)

6. If a competitor is unable to defend himself or the referee feels a contestant's well-being is in danger, the Referee will declare the winner.

7. In case of accidental injury or blood spillage where it is not the fault of the opponent, the contestant has one minute to completely stop the bleeding or recover else the referee will require that he/she loses.

8. Referees' decision is final.

General Rules:

Coaching -

Coaches must remain in the chairs provided beside the scoring table. They are not permitted to enter the mat area unless asked to do so by the referee. Only the designated coach should be directing the competitor. Excessive shouting from multiple spectators only serves to confuse the competitors. No calling out of points. This only serves to confuse the scorekeepers. A Coach can stop the match by indicating to the referee that he does not want his competitor to continue. This will be considered a disqualification. Coaches must have credentials and be wearing a coach's shirt. *No Negative Coaching.*

Warnings and Penalties:

Boundary Warning -

If the competitors go off the mat, the match can be stopped for safety and restarted in the middle of the mat with the referee to determine the original positions. A boundary warning is defined as deliberately stepping out of bounds to either escape from an opponent, or to avoid grappling without any physical contact made to force the competitor out of the ring. First time, verbal warning. Second and Third, 2 points awarded to opponent. Fourth time is Disqualification.

Stalling Warning -

If there is stalling on the ground or no change in position as determined by the referee in a 10 second period the referee may restart competitors on their feet. First time, verbal warning. Second and Third, 2 points awarded to opponent. Fourth time is Disqualification.

Contact Warning -

A contact warning is defined as excessive contact as determined by the referee. This may include illegal takedowns, throws or slamming, punching, or kicking. First time, verbal warning. Second and Third, 2 points awarded to opponent. Fourth time is Disqualification.

Note: The referee can escalate penalties. If deemed severe by the referee, can lead to Immediate Penalty Points or Disqualification.

Legal Submissions -

The legal submissions would include all variations of arm, shoulder, and wristlocks, as well as chokes. Leg locks are restricted by division and further discussed in next section.

Attacks below the Waist -

White Belt (gi) / Novice (no-gi) - No attacks below the waist (i.e., toe holds, knee bars, ankle locks)

Blue Belt (gi) / Intermediate (no-gi) - Only straight knee bars and straight ankle locks are allowed (no twisting).

Purple Belt & above (gi) / Advanced Divisions (no-gi) - see table below.

Illegal Techniques

←----- USJJF - Teens and Adults----->

Technique	Ages 0-12 Yrs	Novice	Intermediate	Advanced
Neck Crank	illegal	illegal	illegal	Illegal
Wrist Lock	illegal	OK	OK	OK
Knee on Abdomen	illegal	OK	OK	OK
Bicep Locks	illegal	illegal	OK	OK
Attacks below Waist	illegal	illegal	OK	OK
Any lower body twisting techniques	illegal	illegal	illegal	OK
Heel hooks	illegal	illegal	illegal	Illegal

Neck Cranks -

Necks Cranks are **not** allowed in any division. In addition, placing the opponent in a headlock and twisting the neck to force a takedown or submission may cause spinal damage and is not allowed. Also, excessive squeezing or pressure on the back of the neck or base of the head is **not** allowed. Applying a Neck Crank or a Squeezing technique is “grounds” for Immediate Disqualification.

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Other Restrictions -

There shall be no attacks to the eyes of the competitor.

Intentional contact to the groin is not allowed.

No biting or fish hooking (fingers in mouth) is allowed.

Placing your fingers in any orifice is not allowed.

No small joint manipulations.

No spiking or slamming on neck and head.

No strikes of any kind

An uncontrolled throw

No head or neck cranks

Biting- gouging or pulling hair

The above techniques can be deemed un-sportsmanlike conduct.

Un-sportsmanlike Conduct:

Defined as any act considered to be a physical display of disrespect to an official, other competitor or spectator. This includes but is not limited to arguing with an official, profanity, vulgarity, throwing of equipment, speaking in a loud or disrespectful manner. These results in one or all of the following: warning to the competitor, points awarded to the opponent, disqualification of the competitor from the match and or disqualification from the tournament.

Referee Stopping the Match:

It is the Referee's Responsibility to ensure the Safety of each competitor.

The referee has the authority to stop a match. If a referee determines that a competitor's safety is at risk he/she can end the match. This is a non-disputable call.

Competition Officials:

1. Medical personnel shall be always available and easily recognizable.
2. Each contest must have: One referee, one scorekeeper, and one timekeeper.
3. All officials should be identifiable by wearing appropriate clothing.
4. The scorekeeper tracks all scoring.
5. The scorekeeper will completely fill out the fight forms and turn them into the referee at the completion of the match.

Duties of the Referee:

1. The referee assigns points for valid techniques using designated hand signals.
2. The referee is charged with supervision of the contest.
3. He/she administers and controls the tempo of the contest, enforces the rules, and ensures fair play.
4. To this end, he/she starts and stops the fight, calls and enforces all penalties.
5. The referee shall communicate clearly with the scorekeeper and timekeeper, as well as announce the winner of each match. The referee shall announce in a loud clear voice all official decisions and shall indicate with voice and gestures the player affected by his/her decisions.
6. The referee is the only person who can call for and administer a penalty.
7. The referee is encouraged to give verbal commands throughout the competition where a penalty has not been called, such as "watch the contact, or stay in bounds, etc."
8. Only the referee may call time out. He/she must do so for the following reasons:
 - A. To allow equipment adjustments.

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B. To assess penalties, administer warnings.

C. To attend to an injured competitor.

D. To hear a legal protest.

9. The referee is required to wear a red wristband on his left arm, and a blue wristband on his right arm. He shall indicate with his fingers the points corresponding to the value of a hold after its execution.

10. Referee dress is Black or a black and white striped polo of shirt. Black or gray trousers, black socks or wrestling or martial arts shoes.

Referee Commands - Hand Signals:

The purpose or need for hand signals is so that everyone, including a spectator on the farthest side of the facility, can understand what is going on in the match.

1. To start the fight - say the word "Combat", "fight", "go", etc. and move your hand vertically (up/down motion).

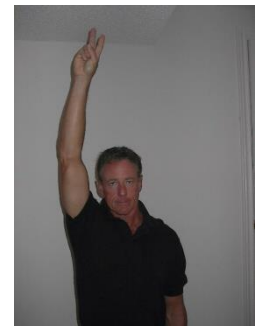


2. When the fight is over- saying the word "Time" and, if necessary, touch both of the competitors.



3. Advantages - move your hand horizontally from your chest out to the side of the competitor getting the advantage point.

4. Points - hold the appropriate arm over your head and indicate the number of POINTS with your fingers (1, 2, 3 or 4). Be sure to make eye contact with the table.



5. Stalling - hold both of your elbows in a box formation at chest height.

(Note: For "Single-Round" Matches-Time is 10 seconds)



6. **Warnings** - make a rolling wrist movement and indicate with your arm raised and fist closed (bent arm) the opponent getting the warning. See picture at right and below.



7. **Penalties with two points** - make a rolling wrist movement and indicate with your arm raised and fist closed (bent arm) the opponent being penalized. Hold the other arm over your head and indicate the appropriate number of *POINTS* going to the other opponent.



8. **Stopping the match** - open both arms horizontally.

Also, YELL Stop or FREEZE to the Competitors



9. **Stopping the time** - use your hands to make the T-sign above the head.

The timekeeper should stop time each time you stop the match.



10. **Waive points** - used when correcting POINTS. Hold the appropriate arm parallel to your head and waive your hand to remove the last points.

Coordinate with scorekeeper to ensure correction is properly recorded.



11. **Re-starting a fight:** fighters must face each other, and referee takes place in between the competitors and says the words to start as well as vertical hand motion.



12. **Disqualification (DQ):** Cross your forearms above your head and then point to the competitor who is getting disqualified.



Duties of the Scorekeeper / Judge

1. The scorekeeper keeps detailed match records on the grappling Scoring Sheets and is responsible for all the duties stipulated in the general Rules.
2. The referee will indicate grappling points for each competitor. The scorekeeper will record points for each competitor as indicated by the mat referee. He must follow the course of the bout very closely without allowing himself to be distracted. They must award points for each action and mark them on the score sheet.
3. The scorekeeper shall keep count of all penalties awarded to competitors, as instructed by the referee.
4. The scorekeeper shall keep count of the number of advantages awarded to each.
5. If, during the match, the judge notices something that he feels he should bring to the referee's attention (because they were not able to see it or did not notice it (a fall, illegal hold, passive position, etc.)), the judge is obliged to raise their hand of the same color as the grappler in question. Even if the referee has not asked for his opinion. At all times, the judge must call the center referee's attention to anything that seems to be irregular or abnormal in the course of the match or in the conduct of the grapplers.
6. The scorekeeper/judge must sign the score sheet upon receipt, and at the end of the match, must clearly record on the score sheet the result of the bout by distinctly crossing out the name of the loser and writing in the name of the winner.
7. The score sheet must accurately indicate the time at which a bout ends in the case of victory by a submission, technical superiority, withdrawal, etc.

Duties of the Timekeeper:

Timekeepers shall be seated adjacent to the competition area and shall stop and start time according to the referee's signal to do so. The referee must call time out with the referee's signal, and restart when fighting resumes. Timekeeper shall use the appropriate electronic time and scoring board, or if one is not available, by verbal and visual signals, such as throwing a bean bag or suitable substitute into the center of the fighting area, inform the referee when time has run out, or when he/she has received a formal protest. Time officially runs out only when the referee calls the signal to stop.

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Duties of the Mat Chairman

1. The chairman shall coordinate the work of the referee and the judge.
2. The chairman verifies the points to the referee.
3. Follows the course of the bouts very carefully.
4. In the event of a disagreement between the referee and judge, their task is to help settle the issue. Such as, in the number of points.
- 5 The mat chairman must wait for the opinion of the referee and judge. They are not entitled to influence the decision.
6. The mat chairman may decide to interrupt the bout in case of a serious mistake made by the referee.
7. They may also interrupt the bout if a serious scoring mistake is made. In such case asking for a consultation.
8. During a bout, when the coach considers that a blatant refereeing mistake has been made against their grappler and calls for a challenge, the mat chairman must wait for the action to go to neutral and stop the match. The center referee gives a decision first, followed by the judge and the mat chairman.

Legal Protest / Arbitration:

A legal or formal protest can only be lodged for a noncompliance of the rules and can only be introduced by a designated coach, the tournament director, or his designate. A legal protest to be acted upon during a match must be lodged with the timekeeper, who will immediately notify the center referee. The center referee will then call a time out to deal with the protest. Process:

1. Coach must raise hand. The center referee will acknowledge, stop time, and confer with the coach.
2. Coach must state arbitration issue in a respectful manner.
3. Once resolved, match will continue.
4. If not in a respectful manner, coach may be asked to leave the ring, or the event, and possible disqualification of his competitor.

DIVISIONS

USJJF reserve the right to add or eliminate divisions.

On the day of the event

In the event there is no competitor within the division weight limits to match with an athlete, then.

1. The Competitor will be asked to move up (1) age division,
2. The weight difference shall not to exceed 15 lbs. max.
3. In the event there is still no other competitor, then USJJF reserves the right to match the competitor with another athlete deemed to be at a similar weight (within 15 lbs.) and skill level, regardless of age."
4. For the youngest age group (7 yrs. and under), and under 50 lbs. the weight difference should be no more than 10 lbs. For fairness and safety considerations.

Experience defined: Based on grappling continuous training only

Novice: 1 year or less continuous ju-jitsu grappling training, for Gi, below Blue Belt

Intermediate: - up to 2 years of continuous ju-jitsu grappling training, for Gi, Blue Belt

Advanced: - over 2 years of continuous ju-jitsu grappling training, for Gi, Purple Belt and up

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Age Groups for Competition:

Youth Divisions -

7 years and under: Novice - Intermediate

8 to 9 years: Novice – Intermediate - Advanced

10 to 12 years: Novice - Intermediate - Advanced

Teen Divisions –

13 to 15 years: novice- intermediate- advanced

16 to 17 years: novice- intermediate- advanced

Weight Divisions: Youth and Teen Divisions:

Age/experience/male/female/weight

7 & Under		8 to 9		10 to 12		13 to 15		16 to 17	
LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG
- 48	- 22	- 62	- 28	- 79	- 36	- 90	- 41	- 125	- 57
- 55	- 25	- 70	- 32	- 90	- 41	- 105	- 48	- 140	- 64
- 62	- 28	- 79	- 36	- 101	- 46	- 120	- 55	- 155	- 70
- 70	- 32	- 88	- 40	- 112	- 51	- 135	- 61	- 170	- 77
70 +	32 +	- 97	- 44	- 123	- 56	- 150	- 68	170 +	77 +
		97 +	44 +	123 +	56 +	150 +	68 +		

Adult Divisions (18 years & older)

White to Blue (gi) and Novice, Intermediate (no-gi)

LBS	KG
- 130	- 59
- 145	- 66
- 160	- 73
- 175	- 80
- 190	- 86
- 205	- 93
- 220	- 100
220 +	100 +

Adult Divisions – Purple to Black Belts (gi), Advanced (no-gi)

Male	Male	Female	Female
LBS	KG	LBS	KG
-132.3	-60	-105.8	-48
-145.5	-66	-114.6	-52
-161	-73	-125.6	-57
-178.5	-81	-140.	-63
-198.5	-90	-154.3	-70
-220	-100	-172.	-78
+220	+100	+172.	+78

Glossary of Terms

USA Jiu-Jitsu ® refers to techniques, maneuvers, and counters applied to an opponent in Ne-Waza (sometimes making use of the clothing or uniform of either person) to gain a physical advantage. USA Ju-Jitsu is a general term that encompasses several disciplines or styles practiced throughout the world. USA Ju-Jitsu is practiced as a sport and as a form of self-defense but does not include striking or the use of weapons.

Rear Mount is a dominant ground grappling position where one combatant is behind the other in such a way that he or she is controlling the combatant in front.

The **Mount or Mounted Position** is a dominant ground grappling position, where one combatant sits on the other combatant's torso with the face pointing towards the opponent's head.

Side Control (often also called **side mount** or sometimes **cross mount**) is a dominant ground grappling position where the top combatant is lying perpendicularly over the face-up bottom combatant in such a way that the legs are free and he or she exerts considerable control over the combatant on the bottom. The top combatant is referred to as having **side control**, and is in a stable position, with the other combatant pinned beneath him or her.

The **Guard or Full Guard** is a ground grappling position where one combatant has their back to the ground, while holding the other combatant using the legs. The **closed guard** is the typical guard position. The legs are hooked behind the back of the opponent, preventing them from standing up or moving away. The opponent needs to open the legs up to be able to improve positioning. The bottom combatant might transition between the open and closed guard, as the open guard allows for better movement, but also increased risk in the opponent passing the guard.

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Half Guard or alternatively **half mount** is a ground grappling position where one combatant is lying on the other, with the bottom combatant having one leg entangled. Sometimes the bottom combatant is said to be in half guard, while the top combatant is in a half mount respectively. The half guard is the position that is in between a full guard and side control or mount. The combatant on top will try to un-entangle the leg and obtain side control or mount, while the bottom combatant will try to transition into a full guard or alternatively attempt a sweep or submission.

Knee-On-Stomach or **Knee-On-Belly** or **Knee-On-Chest**, is a dominant ground grappling position where the top combatant places a knee on the bottom combatant's torso, and usually extends the other leg to the side for balance. This position is typically obtained from side control, simply by rising slightly and putting a knee on the opponent's stomach or chest. **This is illegal in Youth divisions.**

A **Takedown** is a term for a technique that involves off-balancing an opponent and bringing him or her to the ground, typically with the combatant performing the takedown landing on top.

Sweep from the Guard is technique used to transition from a neutral or inferior position to a dominant position, such as moving from under guard to full mount, hence the alternative term 'reversal' as the dominance of positions have been reversed.

Passing the Guard. While in guard, the top combatant's priority is to transition into a more dominant position, such as side mount or mount.

A **Transition** in grappling is a move from one grappling position to another. The process is called **transitioning** and is one of the most important aspects of ground grappling, as it allows the combatant performing the transition to advance in positioning, for instance by using a sweep, or to attempt a submission. A **submission** (depending on the context also referred to as a "**tap out**" or "**tapping out**") is a term for yielding to the opponent, and hence resulting in an immediate defeat. The submission is commonly performed by clearly tapping the floor or the opponent with the hand or sometimes with the foot, to signal the opponent and possibly the referee of the submission. The submission can also be verbal, during which the fighter verbally informs that he is giving up.

Simulated Submission is the process of working toward achieving a submission that is stopped by the referee before the opponent would tap out or yield. The objective is to protect the fighter being submitted, while rewarding the fighter demonstrating the technique or ability to submit his or her opponent.

A **Neck Crank** (and technically known as a **cervical lock**) is a spinal lock applied to the cervical spine causing hyperextension, hyperflexion, lateral hyperflexion, hyper rotation or extension-distraction, either through bending, twisting or elongating. A neck crank is typically applied by pulling or twisting the head beyond its normal ranges of rotation. **This is illegal in all divisions.**

A **Wrist Lock** is a joint lock primarily affecting the wrist-joint through rotation of the hand. A wristlock is typically applied by grabbing the opponent's hand and bending and/or twisting it. **This is illegal in Youth divisions.**

An **Arm Lock** is a single or double joint lock that hyperextends, hyperflexes or hyper rotates the elbow joint and/or shoulder joint. An armlock that hyperflexes or hyper rotates the shoulder joint is referred to as a **shoulder lock**, and an armlock that hyperextends the elbow joint is called an **Arm Bar**.

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A **Leg Lock** is a joint lock that is directed at joints of the leg such as the ankle, knee or hip joint. A leglock which is directed at joints in the foot is sometimes referred to as a **foot lock** and a lock at the hip as a **hip lock**. An ankle lock is a leglock which hyperextends the ankle. **This is restricted to intermediate and advanced adults only.**

A **Biceps Lock or Slicer** is a compression lock that involves pressing the biceps into the humerus. An effective biceps lock can be applied by putting an arm or leg as a fulcrum on the opponent's arm at the inside of the arm by the elbow and flexing the opponent's arm over the fulcrum. This will result in the biceps and forearm being pressed into the fulcrum. The biceps slicer becomes most effective as a compression lock when the bony parts of the limb such as the shin or any of the bones in the forearm are forced into the biceps of the opponent. **This is restricted to intermediate and advanced adults only.**

A **Heel Hook** is a leg lock affecting multiple joints and is applied by transversely twisting the foot either medially or laterally. The torsional force puts severe torque on the ankle, which in turn transfers torque to the knee. The heel hook is generally considered to be a very dangerous leg lock, with a high rate of injury, especially to ligaments in the knee. **This is illegal in all divisions.**

Small Joint Manipulation refers to twisting, pulling, or bending fingers or toes to cause joint locks in the various joints in those appendages. Joint locks on fingers and toes are respectively referred to as **finger locks** and **toe locks**. **This is illegal in all divisions.**

Slamming or Spiking is the act of lifting and aggressively dropping or throwing the opponent either head-first, or on their back, to the mat. This often causes injury or at least loss of breath. **This is illegal in all divisions.**

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