

Rules for BJJ and NoGi Grappling under the Way of Warrior Federation

WAYS TO WIN:

- by submission – by tapping or verbally
- in extra time
 - o after the time limit is up, there is extra time. One of the fighters (determined by a draw) chooses a position for the fight: either “the back mounted seatbelt” or “the spider web” (arm bar position). The goal is to make the opponent surrender and the goal of the opponent is to get to a safe position. The positions then get switched and the other one chooses a starting position. Time is always kept. The faster submission or the faster escape wins.
 - o In the category of small children aged 7-9 there is no possibility to chose the starting position
- by referee’s decision
 - o In case the Referee feels that a competitor cannot defend himself/herself or feels that their health is in danger, the Referee will terminate the match (only children’s category)
 - o if a referee feels that one contestant cannot fight back or feels that his/her life is in danger, the referee determines the winner (children’s categories only)
 - o if a fighter breaks the rules twice, he/she is disqualified by the referee

DURATION OF A MATCH:

- main part:
 - o children: 5 minutes
 - o juniors and adults: 10 minutes
- extra time:
 - o no limit

DIVISION:

By performance (adults and masters only):

- NoGi Grappling
 - o beginner: less than 2 years of training BJJ, judo, sambo, wrestling etc.
 - o advanced: 2-5 years of training BJJ, judo, sambo, wrestling atd.
 - o elite: more than 5 years of training BJJ, judo, sambo, wrestling atd.
- Brazilian Jiu-Jitsu
 - o beginner: white belt
 - o advanced: blue belt
 - o elite: purple, brown, black belt

By age and weight (weighing without a gi)

- small children (mixed, Age 7-9): -24 kg, -28 kg, -32 kg, -36 kg, -40 kg, +40 kg
- children (mixed, age 10-13): -36 kg, -40 kg, -45 kg, -50 kg, -55 kg, +55 kg
- juniors (age 14-17):
 - o boys: -58 kg, -64 kg, -70 kg, -77 kg, -84 kg, +84 kg
 - o girls: -53 kg, -58 kg, +58 kg
- adults (over the age of 18):
 - o men: -64 kg, -70 kg, -77 kg, -84 kg, -93 kg, +93 kg
 - o women: -58 kg, -64 kg, +64 kg
- masters (men over the age of 30): -77 kg, -84 kg, +84 kg
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In case there are fewer than 3 competitors in one category, categories will merge as necessary.

- the date of birth is considered; that is the age reached on the day of the contest
- all contestants under the age of 18 must present a waiver signed by their legal representative (otherwise they will not be allowed to participate in the tournament)
- if a contestant does not meet the requirements of a weight and age category stated in advance, they will be disqualified without being refunded the participation fee
- no weight tolerance
- it is possible to compete in more categories (each one is registered and paid for separately)

FORBIDDEN TECHNIQUES (fouls):

- placing hands, knees and elbows to opponent's face and crotch
- sticking fingers into eyes and mouth
- grabbing ears and pulling hair
- any kind of biting, scratching and pinching
- any kind of hits and kicks
- catching fewer than 4 fingers (finger lock) or fewer than 5 toes
- any kind of grabbing clothing (only in NoGi Grappling)
- using a slippery substance (oil, Vaseline) on the body or clothes
- squeezing the Adam's apple
- slamming on the ground (slam)
- throwing on the head or neck

PERMITTED TECHNIQUES (marked with a cross):

WoW BJJ and NoGi GRAPPLING		LEVEL	BEGINNERS	INTERMEDIATE	ELITE		
		Bj	white belt	blue belt	purple, brown, black belt		
		NoGi	less than 2 years		2-5 years	more than 5 years	
		CATEGORY	little kids	kids, juniors, women, men, masters	women, men, masters	women, masters	men
STYLE	Bj / NoGi GRAPPLING	Bj / NoGi GRAPPLING	Bj / NoGi GRAPPLING	Bj / NoGi GRAPPLING	Bj	NoGi GRAPPLING	
NECK AND BODY	choke	RNC, triangle, lapel choke	X	X	X	X	X
	body compression (scorpion crunch)			X	X	X	X
	neck and spinal lock (neck crank, twister)						X
ARMS	shoulder lock (kimura, americana, omoplata)	kimura, americana	X	X	X	X	X
	arm lock (armbar)	armbar	X	X	X	X	X
	wrist lock			X	X	X	X
	biceps lock				X	X	X
LEGS	groin stretch (banana split)		X	X	X	X	X
	straight ankle lock		X	X	X	X	X
	straight kneebar			X	X	X	X
	toehold				X	X	X
	calf lock				X	X	X
	twisting knee lock (heel hook, inverted toehold, reaping knee)						X
TAKEDOWNS	sit down	X	X	X	X	X	X
	throw	X	X	X	X	X	X
	flying submission		X	X	X	X	X
	jumping guard			X	X	X	X
	scissor takedown						X
	slam as defense against submission						X
OTHER	stop fight by referee without tap out	X	kids				

For small children category only the following techniques are allowed:

- levers: armbar, kimura, americana
 - if the child has a locked lever and is nearing completion the Referee will stop the match in 99% of cases
- throttle: RNC, triangle choke (without pulling the head), lapel choke (all throttling kimonos)

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- compared to levers, the Referee will wait a bit to see if the throttle is well set

OTHER:

- a match can continue outside the mat, if a submission is caught

EQUIPMENT:

- **BJJ:** gi of any colour in an appropriate size
- **NoGi GRAPPLING:** shorts without pockets or leggings (not kimono bottoms), naked torso or a rashguard (not a loose t-shirt)
- **forbidden:** jockstrap, shoes, all guards except for mouthguard
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AWARDING POINTS TO TEAMS IN THE LEAGUE:

Awarding points to teams is identical to awarding points to individuals in the league. Points from Championships (national, European etc.) are doubled (stated in brackets). If teams have equal number of points, the number of medals is considered. Points awarded to children are not included.

- 1st place: 10 points (20 points)
- 2nd place: 6 points (12 points)
- 3rd place: 4 points (8 points)
- participation: 1 point (2 points)
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The Championship of the Czech Republic is an open competition, like all the other ones, and every nationality can take part. The League of the Czech Republic (points for the league table) is only for the citizens of the Czech Republic or people with permanent residency in the CZ.

It is possible to compete in a tournament in an unlimited number of categories for which the contestant meets the criteria. The participation fee must be paid for each of the categories in which he/she is included. Only one tournament result is added to the league table; that is the highest number of points obtained.