



American Sport Jujitsu League

ASJL Brazilian Jiu-Jitsu Grappling Rules Summary

Complete Rules & Regulations available at <https://bit.ly/ASJL-Rules>

Ages 11 and under. Submissions are not permitted in these age groups. These divisions will follow the same protocol and scoring as the Combat Sport Jujitsu divisions with the exception of no strikes.

This is a "Submission Only BJJ" format for all divisions ages 12 and above. Points are NOT awarded for the specific control positions and the competitors theoretically only win if they get a submission. This format places less emphasis on maintaining position, and more emphasis on attacking submissions. The competitor wins via tap-out, verbal tap-out, or referee stoppage due to imminent danger. Athletes can attempt throws, takedowns, and both standing and ground submissions until one gives up or the time limit is reached.

Legal submissions include:

- All variations of wrist locks
- All variations of arm-bars
- Shoulder locks
- Chokes, strangulations, and smothers
- Leg locks (including hip, knee and ankle)
- Compression locks (arm and leg, also known as slicers)

Neck cranks, spine locks and twisting knee locks are ILLEGAL and will be penalized.

COMPETITION FOULS

- Stalling (if one or both competitors do not attempt to engage, advance their position, or fail to attempt a submission for 15 seconds)
- Sitting down to obtain the guard position without being physical engaged
- Running away from an opponent
- Small joint manipulation
- When gripping, no gripping of fingers or toes
- Bending fingers backwards

Referees will give warnings and penalties for competition fouls as follows:

- **First instance:** a warning
- **Second instance:** 2 points awarded to the competitor's opponent
- **Third instance:** 3 points awarded to the competitor's opponent
- **Fourth instance:** the competitor(s) will be disqualified

This is a Summary page.

A full list of Minor Fouls, Competition Fouls, and Severe Fouls can be found on the **Complete Rules & Regulations** available at <https://bit.ly/ASJL-Rules>

OVERTIME

In the event of a tie match, penalty points will determine the winner and no overtime round will be necessary; however, if the penalty points are equal one additional round will ensue to determine a clear winner.

Any legal submission automatically ends the overtime round and match.

Points to be used during OVERTIME ROUND ONLY!!!

Takedowns:

1 point if the takedown takes the match from standing, to the ground in a neutral position

2 points if the takedown takes the match from standing, directly to a position of Advantage on the ground

Position/pin:

2 points for gaining a position of advantage (Standard Judo Holding techniques will be used (Scarf hold, shoulder hold, side four corner, upper four corner, mounted four corner, rear mount WITH HOOKS IN, etc...)) Once a hold has been initiated the referee states "HOLD" and counts off. If the pin is held for 10 seconds, the player scores 2 points. Once the pin points are awarded the competitor must make legitimate submission attempts; or may be penalized for stalling!!!

Ending the Match. At the end of overtime, the points, including penalty points and points from regulation match play are calculated, the winner will be determined. If the points are again tied the center referee, arbitrator, and scorekeeper of the match (three judges) will call for winner of the match based on match control, dominant positioning, and quality of *attempted* technical grappling. (A winner must be determined; there will be no tie matches or 2nd overtime.)

