



Twin Tiers Martial Arts Championship

"Knowledge is Power. Competition is Testing Your Knowledge & Power."



TTMAC Time Chart Summary

ASJL – SJJ Quick View	Junior <i>Ages 7 & under</i>	Junior <i>Ages 8-11</i>	Cadet <i>Ages 12-17</i>	Adult Under-Belt <i>Ages 18+</i>	Adult Black Belt <i>Ages 18+</i>
Round Time	1-minute	90-seconds	90-seconds	2-minutes	2-minutes
Time between Rounds	30-seconds	30-seconds	30-seconds	30-seconds	1-minute
Ground Time	20-seconds	20-seconds	30-seconds	30-seconds	30-seconds
Ground Points	2 pts for 10 seconds +1 pt for +5 seconds +1 pt for +5 seconds	2 pts for 10 seconds +1 pt for +5 seconds +1 pt for +5 seconds	2 pts for 10 seconds Then MUST try for submission	2 pts for 10 seconds Then MUST try for submission	2 pts for 10 seconds Then MUST try for submission
Submissions	Not Allowed	Not Allowed	Wins Round	Wins Round	Wins Match

Point Sparring	Junior <i>Ages 7 & under</i>	Junior <i>Ages 8-11</i>	Cadet <i>Ages 12-17</i>	Adult Under-Belt <i>Ages 18+</i>	Adult Black Belt <i>Ages 18+</i>
Round Time	1-minute	90-seconds	2-minutes	2-minutes	2-minutes
Points	3 points	3 points	3 points	3 points	5 points