



## CHILDREN'S BJJ & NO GI RULES

### Double Elimination for BJJ, Single Elimination for No Gi

Divisions will be separated by age and weight class.

Although we strive to follow the rules as laid out by the IBJJF, we will be making exceptions to some of the rules. Exceptions are listed below. <https://ibjjf.com/news/new-rules-updates> (link to rules)

**Children 4-5 years old** - will compete in a grappling game. **4 year olds**  
**5 year olds**

The Game will consist of two 60 second rounds. One child will start on their back, the other inside the guard. The objective is for the bottom player to stand up, get on top or take the back and for the top player to pass the guard and establish a position (side mount, mount or rear mount).

1 point is awarded for each successful attempt. After 60 seconds the roles are reversed. The child with the most points wins. This will be done in a round robin format.

**6,7 years old (NO SUBMISSIONS)** starting from a seated position with legs crossed (for safety).

**6 year olds** Matches are 2:00 minutes in length **7 year olds** Matches are 3:00 minutes in length

Points will be awarded for specific positions, refer to the Scoring section. In the case of a child getting pinned for more than 15 seconds, the referee will give a warning for movement. **If the competitors are unable to move the children will get restarted in the seated position.** This is to not only encourage movement but to prevent the children from being frustrated with not being able to escape a position.

**8,9,10 years old (Basic Submissions - Straight Armbars, Chokes)** starting from standing. If the competitor is not confident with throws or falling, we recommend that teen to start on their butt.

**8 year olds** Matches are 3:00 minutes in length **9 year olds** Matches are 3:00 minutes in length **10 year olds** Matches are 3:00 minutes in length

Points will be awarded for specific positions, refer to the Scoring section. In the case of a child getting pinned for more than 20 seconds, the referee will give a warning for movement.

**11,12 years old (Basic Submissions - Straight and Bent Armlocks, Chokes)** starting from standing. If the competitor is not confident with throws or falling, we recommend that teen to start on their butt. 11 and 12 year olds will compete with each other in their appropriate weight class.

Matches are 4:00 minutes in length

Points will be awarded for specific positions, refer to the Scoring section. In the case of a child getting pinned for more than 20 seconds, the referee will give a warning for movement.

**Ages 13 - 15** (Basic submissions allowed, please refer to the [ibjff page](#) for a list of illegal submission or fouls). Teens will start from standing. If the competitor is not confident with throws or falling, we recommend that teen to start on their butt. 13 and 15 year olds will compete with each other in their appropriate weight class.

Matches are 4:00 minutes in length.

Points are awarded for specific positions, see Scoring section.

## **ADULT NO GI RULES & JIU-JITSU RULES**

**Novice (under 9 months) BJJ are Double Elimination, all others are Single Elimination**

Although we strive to follow the rules as laid out by the IBJJF, we will be making exceptions to some of the rules. Exceptions are listed below.

<https://ibjjf.com/news/new-rules-updates> (link to rules)

### **Match Length:**

White Belt matches will be 4 minutes with no overtime.

Blue Belt and Executive matches will be 5 minutes with no overtime. Purple Belt matches will be 7 minutes with no overtime.

Brown Belt matches will be 8 minutes with no overtime.

Black Belt matches will be 10 minutes with no overtime.

The referee will **NOT** give an overview of the rules, it is the competitors responsibility to review the rules themselves and bring up questions with their coach or email inquires to myackulic@arashido.com . Competitors will begin their match on their feet and then instructed to engage. As this is a grappling tournament, competitors will not be separated once the match goes to the ground unless submission occurs or time expires. Should you fall outside the ring, the ref will stop the time and which point he/she will drag you back to the center and start time again. If you are not in a recognised position, the referee will restart you standing.

### **Weight Classes:**

See Division list

### **Winners will be decided by:**

Submission

Race to 16. First to receive 16 points wins **(Juniors and Teens only)**

Competitor with the most points at end of time or Advantages in the event of a tie

Referee Decision

Disqualification

Injury (including nose bleeds that can not be stopped)

## **SCORING:**

Mount 4 points

Rear Mount 4 points Passing Guard 3 points Takedowns 2 points Knee on Belly 2 points Guard Sweep 2 points

Positions must be held for 3 seconds to obtain points, after which the referee will award points. Advantages will be called. If the match does not end in submission the match will be decided on who has more points. If there is still a tie then the referee will decide the winner based on advantages. Points can only be gained by progressing to more dominant positions. Once a competitor has achieved mount they cannot collect points by going to Knee on Belly, they must go to Rear Mount for more points. Once Rear Mount is achieved then they must disengage (stand up) and start again, or reenter the guard and begin again from there.

### **Winners will be decided by:**

Submission (ages 8-16)

Race to 16. First to receive 16 points wins Competitor with the most points or Advantages Disqualification due to infraction of the rules

# **CONTINUOUS KICKBOXING & MODIFIED MUAY THAI RULES**

## **1. REFEREE AND OFFICIALS**

1. The referee is the highest authority of the match. If the referee determines there is a lack of control, a lack of sportsmanship or a competitor is in danger or endangering others, then the referee has full authority to stop the match and disqualify one or both competitors without appeal.
2. Children and Youth Divisions will have a minimum of one center referee
3. Adult Novice Divisions will have a minimum of one center referee
4. Intermediate & Advanced Modified Muay Thai will have a minimum of two corner judges and one referee
5. Judges are volunteers and will represent various academies when possible
6. Judges will wear a traditional uniform from their club or a volunteer t-shirt with black pants

## 2. COMPETITORS

2.1. Competitors must be within their weight limit or they will be disqualified. Weigh-ins will take place at the venue the same day as the tournament. Competitors will weigh-in with their t-shirt, thai shorts and groin cup on. There will be no weight allowance for the uniform.

2.2. Boxing glove minimum sizes are listed below:

| <b>DIVISION</b>              | <b>MINIMUM GLOVE SIZE</b> |
|------------------------------|---------------------------|
| Adult Male 154.6lbs & up     | 16oz                      |
| Adult Male 154.5 lbs & below | 14oz                      |
| Adult Female 129lbs & up     | 14oz                      |
| Adult Female 129lbs & below  | 12oz                      |
| Youth Age 13-15              | 12oz                      |
| Youth Age 11-12              | 10oz                      |
| Youth Age 9-10               | 8oz                       |
| Children Age 8 & under       | 6oz                       |

2.3. Shin guards with foot covering are mandatory. Vinyl, leather or cloth shin protection are all acceptable.

2.4. Head protection is mandatory. (For adult intermediate & advanced divisions, competitors are required to use headgear manufactured for kickboxing or boxing. Foam headgear for these divisions is not permitted.)

2.5. Mouth protection (gum shield) is mandatory

2.6. Groin cups are mandatory for males and recommended for females.

2.7. No adhesive, rough, torn uniform or clothing or loose equipment will be permitted.

2.8. Protective gear shall not contain metal or hard plastic substances of any sort. 2.9. Competitors with long hair must tie it behind their head.

2.10. Fingernails must be filed properly and cut short.

2.11. No jewellery is permitted while competing.

2.12. A freshly washed shirt and shorts must be worn.

2.13. Loose shirts must be tucked in. If your clothing becomes bloodied or torn, you will be

asked to replace it immediately or forfeit the match. All patches must be secure and free of any loose threads.

## **DEFINITION OF SKILL LEVELS FOR ADULT DIVISIONS IN KICKBOXING / MUAY THAI DIVISIONS**

The essence of competition relies on the fairness of the contest. We encourage competitors to enrol in the division that offers the greatest challenge. Regardless of your rank in other martial arts, the time spent training in striking is most important in determining your division. By enrolling in a division that does not provide a sufficient challenge, you not only deny other competitors a fair match but yourself a chance for you to test your true abilities.

**NOVICE:** The Novice division is for competitors who have practiced striking for up to 1 year. Competitors in this division have a limited number of techniques. Should you not practice striking regularly, then the Novice division is appropriate for you. If you have been training for more than 1 year, have ever taught striking to others, or competed in several tournaments you do not qualify to compete in this division.

**INTERMEDIATE:** This division is for competitors with 1 to 3 years of experience. This division is for people that have competed in tournaments before and are comfortable with striking and basic clinch technique. Competitors should be able to move around well with good defensive and attacking skills and demonstrate a high level of control. Competitors who have previously won the Novice division must enrol in this level. Competitors with some tournament experience should enrol here.

**ADVANCED:** This division is for competitors with more than 3 years of experience. Competitors here are very comfortable with striking, clinch,

balance and control. Individuals must possess a wide variety of techniques to attack and counter their opponents. Finesse, self-control, mental calmness and physical conditioning should be extremely present. Competitors who have competed in 6 or more tournaments, or had any kind of ring fight must enroll in this level.

### **3. SCORING**

1. Scores will be awarded when the competitor shows:

- Control of Power and Accuracy
- Balance
- Sporting Attitude
- Awareness
- Good timing
- Correct distance

## 2. Summary of techniques

|   |   |
|---|---|
| <b>CHILDREN &amp;<br/>YOUTH<br/>DIVISIONS</b> | <i>Simulated</i> punches/kicks to the head are allowed No contact to the head<br>Light contact punches to the body<br>Light contact kicks to the body<br>Light contact kicks to the legs above the knee Clinch is allowed (no knee strikes allowed)   |
| <b>ADULT NOVICE<br/>DIVISIONS</b>             | <i>Simulated</i> punches/kicks to the head are allowed No contact to the head<br>Light contact punches to the body<br>Light contact kicks to the body<br>Light contact kicks to the legs above the knee Clinch is allowed (no knee strikes allowed)   |
| <b>ADULT<br/>INTERMEDIATE<br/>DIVISIONS</b>   | Light contact punches<br>Light contact kicks to the body, no kicks to head<br>Light contact kicks to the legs above the knee<br>Clinch is allowed with light contact knees to the body Catching kicks is allowed but must immediately   |
| <b>ADULT<br/>ADVANCED<br/>DIVISIONS</b>       | Light contact punches<br>Light contact kicks to the body, no kicks to head<br>Light contact kicks to the legs above the knee Clinch is allowed with light contact knees to the body<br>Sweeps / takedowns<br>Catching kicks is allowed with strikes while holding leg Catching kicks is allowed with technical sweep/ takedown No elbow strikes |

3. All children, youth and adult novice kickboxing divisions will be double elimination. All other divisions will be single elimination. The referee will NOT give an overview of the rules. It is the competitor's responsibility to review the rules themselves and bring up questions with their coach or email inquiries to [arashido@hotmail.com](mailto:arashido@hotmail.com)

#### 4. LENGTH OF MATCHES

| ALL DIVISIONS (Preliminaries & | ALL DIVISIONS (Finals) |
|--------------------------------|------------------------|
| 1 round x 90 seconds           | 2 rounds x 1 minute    |

#### 5. FOULS AND ILLEGAL TECHNIQUES

5.1. All striking techniques must be CONTROLLED with LIGHT CONTACT. Any intent to injure or knockout an opponent will result in a warning or immediate disqualification.

5.2. For ADVANCED DIVISIONS: Sweeps, takedowns or off-balancing must be executed within traditional Muay Thai rules. Any throw or takedown must emulate a kicking motion by the attacking competitor.

5.3. No judo throws, wrestling takedowns or trips are allowed.

5.4. No elbow strikes in any division

5.5. No striking to the joints.

5.6. No biting, hair pulling or eye gouging

5.7. No grabbing your opponents uniform or equipment

5.8. No techniques that involve hyper-extending joints

5.9. No holding your opponents head and striking.

5.10. No contact to the back of the head or back.

5.11. No uncontrolled or blind spinning techniques.

5.12. Competitors who intentionally demonstrate a lack of desire to engage in combat will receive a warning or a loss of points

5.13. Talking to, or goading the opponent, failing to obey the orders of the Referee, discourteous behaviour towards the Refereeing officials, or other breaches of etiquette.

5.14. For serious fouls, the first infraction results in a warning and the opponent is awarded a point. If blood is drawn then it will result in immediate disqualification. A second infraction will also result in *disqualification*

## **6. THAI PAD FORMS DIVISION**

The Thai Pad Forms division is a demonstration of proper Thai pad technique between a “Thai padholder” and a “Fighter”.

- 6.1. Performances should be approximately 1 minute in length. Competitors can choose to run through their demonstration twice, back to back, if it is short.
- 6.2. It is recommended that competitors bring their own Thai pads to the event.
- 6.3. Both the padholder and the fighter must be registered for the division in order to compete.**
- 6.4. Competitors first wait to be called to the competition area. When called before the judges, competitors will execute a quick bow of respect to the judges and then to each other prior to starting the Thai pad combos. After the completion of the pad drill, the competitors finish with a bow to each other and the judges and wait to receive their scores from the judging panel before leaving the competition area.
- 6.5. The scoring system is based on the decimal point system. The first part of the judge’s score will indicate the whole number (i.e. 8), the second part will be the decimal (i.e. 5 for a score of 8.5). In the event of a tie, the centre judge may ask the tied competitors to perform again to be judged head-to-head.
- 6.6. Youth should be partnered with youth, and adults should be partnered with adults, but if a mix is necessary, youth can be partners in the adult division, but adults CANNOT be partners in the youth division.
- 6.7. The Thai Pad Forms division will be scored based on the following criteria:

| <b>THAI PAD FORMS PERFORMANCE EXPECTATIONS</b>  |
|---|
| Conformance to the style, standards and traditions of Muay Thai Technique.  |
| <b>Technical performance of both the Striker and the Pad Holder</b> <ul style="list-style-type: none"><li>a. Stances and Posture</li><li>b. Techniques</li><li>c. Transitional movements</li><li>d. Timing/Synchronisation</li><li>e. Correct breathing/Intensity</li><li>f. Focus</li><li>g. Technical difficulty</li><li>h. Accuracy</li><li>I. Ease of Execution</li></ul> |
| <b>Athletic performance</b> <ul style="list-style-type: none"><li>a. Strength</li><li>b. Speed</li><li>c. Balance</li><li>d. Rhythm</li></ul>   |