



Rules Summary

Pennsylvania State Brazilian Jiu-Jitsu Federation

Introduction

The PSBJJF Rules are based on and derived from the International Brazilian Jiu-Jitsu Federation's (IBJJF) rules, and most of the IBJJF rules are simply incorporated by reference. A copy of the IBJJF rules is available online at www.ibjjf.org. There are some additions to and deviations from the IBJJF rules, however. The following is a summary of the major PSBJJF Rules and the key differences from the IBJJF rules. This summary is not comprehensive and the referee always retains complete and unfettered discretion.

General Points

1. The primary goal of the PSBJJF is that all competitors be treated fairly and that the competition be conducted in a safe, professional, and positive fashion. UNSPORTSMANLIKE CONDUCT AND/OR DISRECT FOR REFEREEES OR ANY TOURNAMENT OFFICIAL/EMPLOYEE BY COMPETITORS, COACHES, OR SPECTATORS WILL NOT BE TOLERATED AND SHALL BE GROUNDS FOR DISQUALIFICATION AND/OR IMMEDIATE EJECTION FROM THE COMPETITION.
2. Coaching is permitted, but coaches must remain outside of the mat area.
3. Adult competitors must know their physical limitations. A referee usually will not stop a match during a submission attempt. IT IS UP TO YOU TO TAP IF YOU ARE CAUGHT IN A SUBMISSION. Stay healthy and train the next day.
4. Referees MAY stop a Kids or Teens match during a submission attempt and award the match to the dominant competitor if the referee believes that the submission is likely to succeed (for example, the arm is bent at 90 degrees in an Americana or Keylock submission or the arm is free in a Straight Arm Bar submission). This is done for the safety and welfare of the competitors. PLEASE DO NOT ATTEMPT TO DISPUTE A

STOPPAGE WITH A REFEREE OR ARGUE THAT YOUR CHILD COULD HAVE ESCAPED THE SUBMISSION ATTEMPT. The decision will not be overruled or modified.

5. All PSBJJF referees hold advanced ranks in Brazilian Jiu-Jitsu and have significant competition experience. Once made, a referee's decision is final and irreversible. Please do not attempt to argue the decision with the referee or another tournament official, as the decision will not be overruled or modified. Under no circumstances will videos be reviewed or other media examined after a decision has been made.
6. No shirts or rash guards may be worn beneath a male competitor's gi (female competitors may wear shirts, rash guards, or other appropriate apparel beneath their gi).
7. No-gi competitors must wear a shirt, rash guard, or gi top, and either shorts or gi pants.
8. No-gi competitors may not grip any portion of the opponent's shirt, rash guard, shorts, or gi pants.
9. A competitor may yield by a physical or verbal tap. Excessive or loud verbal outbursts will be deemed a verbal tap.
10. If a match is tied at the end of regulation period, the referee shall have the discretion to either determine the winner or hold one 2-minute "sudden death" overtime period. If a "sudden death" overtime period is held, the first person to score during the period will be declared the winner. If neither competitor scores during the 2-minute overtime period, the referee will determine the winner. In either case, if the referee determines the winner it will be based on his/her perception of which competitor was more aggressive and/or more technical.
11. The referee has absolute authority on his or her mat, and will decide any and all issues or questions.
12. Tournament officials reserve the right to adjust weight classes and divisions and/or to modify these rules on competition day to ensure that the matches are fair and safe.
13. Note that White Belt and Beginner competitors ARE allowed to jump guard (contrary to IBJJF Rule 6.4.23).
14. Note that "straight layback" ankle locks are allowed in all divisions with competitors 18 years and older, including White Belt and Beginner divisions. They are not allowed in any Kids or Teens divisions, regardless of rank.

Illegal Techniques

- A. Slamming is not allowed. All takedowns must be controlled.

- B. Spinal locks and neck cranks without chokes (e.g., Can Openers) are not allowed.
- C. Attacks to the eyes, Fish Hooks, hair pulling, biting, and Cross Facing “with separation” are not allowed.
- D. Strikes of any kind (e.g., punches, kicks, or head butts) are not allowed.
- E. Attacks to single digits (e.g., bending a finger) are not allowed.
- F. Placing a hand directly on the “mask” of the face or placing both hands on the throat (i.e., the Rape Choke) are not allowed.
- G. Wristlocks and Heel Hooks are not allowed.
- H. Scissors takedowns are not allowed.
- I. Bicep slicers, Calf Slicers, Knee Bars, and Toe Holds are not allowed in any division except for the Brown and Black Belt Gi divisions, and the Advanced No-Gi division (they are allowed in those divisions). Where legal, Toe Holds must be applied with “inward pressure,” not “outward pressure.”
- J. Reaping the knee is not allowed. Rolling “into the foot being attacked” or otherwise twisting the knee (except for Toe Holds in legal divisions) is not allowed. However, it is not a penalty for the attacker if the competitor being attacked pushes the heel across the hip or rolls the attacker onto his/her knee. In such cases, the referee may warn the competitor that pushed the heel or rolled. If the behavior continues, the referee may award penalty points to the attacker and/or disqualify the offending competitor.
- K. Guillotine Chokes from Mount position are not allowed. However, it is not a penalty if the competitor being attacked rolls or otherwise places himself/herself in that position (e.g., rolls from Guard onto his/her back while in a Guillotine Choke attempt).
- L. The following submissions are not allowed in Kids or Teens divisions, regardless of rank:
 - i. Ezekiel or Palm & Sleeve Choke (but it is allowed with the “arm in”).
 - ii. Omoplata, Americana from Kesa-Getame With the Legs, or any other submission where the arm is entangled or trapped by the leg(s).
 - iii. Leg attacks (e.g., Straight Lay Back Ankle Lock, Toe Hold, and Knee Bar).
 - iv. Pulling on the back of the head during the Triangle.
 - v. Scissors submissions without an arm inside.
 - vi. Chokes with spinal locks and/or neck cranks.
 - vii. Guillotine Choke (but it is allowed with the “arm in”).

Points

- All positions must be stabilized for 3 seconds before points can be awarded. Takedowns do not need to be stabilized for 3 seconds if the opponent lands flat on his/her back or side, but they must be controlled and at least momentarily stabilized. Takedowns must be stabilized for 3 seconds if the opponent lands seated or in the “back clench.”
- Points will not be awarded for a position if the competitor is in a submission attempt (e.g., the competitor is in a Head Lock while moving to Side Control). Points will be awarded if the competitor escapes the submission attempt and maintains the position.
- Except for the Purple Belt, Brown Belt, Black Belt, and Advanced No-Gi divisions, a 12 point lead will be deemed a Technical Submission. In the Purple Belt, Brown Belt, Black Belt, and Advanced No-Gi divisions matches will go to time or submission, regardless of the score.
- A competitor may not flee the match area in the midst of a controlled and legitimate submission attempt (e.g., crawl out of bounds to avoid tapping). Doing so will be deemed a forfeit and the win will be awarded to the attacker.
- Take Down – 2 points (even if takedown is directly to Side Control)
- Sweep (must use the legs) – 2 points
- Knee on Belly (once per side, moving around the head, OR passing around the legs) – 2 points
- Passing the Guard to Side Control – 3 points
- Back Control – 4 points
- Mount or Rear Mount – 4 points
- Submission Attempt Requiring Legitimate Defense, “Almost” Scoring, or Advancing Position (e.g., Upa or Bridge-Over from Side Control) – Advantage (again at referee’s discretion)

Age Divisions

- Kids, 4 – 5
- Kids, 6 – 7
- Kids, 8 – 9
- Teens, 16 – 17
- Adult, 18 – 29
- Masters, 30 – 39

- Kids, 10 – 12
- Teens, 13 – 15
- Senior 1, 40 – 49
- Senior 2, 50 – 59

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Time Periods

Kids, 4 – 5	2 minutes	Adult White Belt	5 minutes
Kids, 6 – 7	3 minutes	Adult Beginner, No-Gi	5 minutes
Kids, 8 – 9	4 minutes	Adult Blue Belt	6 minutes
Kids, 10 – 12	4 minutes	Adult Intermediate, No-Gi	6 minutes
Teens, 13 – 15	5 minutes	Adult Purple Belt	7 minutes
Teens, 16 – 17	5 minutes	Adult Advanced, No-Gi	7 minutes
All Women, 18+	5 minutes	Adult Brown Belt	8 minutes
All Masters and Seniors	5 minutes	Adult Black Belt	10 minutes

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