

Jiu-Jitsu Competition Rules and Format

SCORING SYSTEM:

In order to receive the points the competitor must have control of your opponent for 3 seconds. Once you have the opponent controlled you will receive points. It is very important that the competitors keep an eye on the score board and the time so that the competitors can keep track of the fight.

Sudden Death overtime is 2 minutes for White, Blue, and Purple Belts, and 3 minutes for Brown and Black Belts.

During the Sudden Death overtime, the fighter to score the FIRST POINT of any type is declared the immediate winner and the match is over. If no score is made by either fighter during the Sudden Death Overtime, then the referee will then determine and declare the winner of the match.

- THROWS AND TAKEDOWNS ----- 2 points
- KNEE ON THE STOMACH ----- 2 points
- SWEEP & REVERSE FROM THE GUARD ----- 2 points
- PASSING THE GUARD ----- 3 points
- FRONT MOUNT POSITION ----- 4 points
- BACK MOUNT POSITION ----- 4 points
- TAP-OUT – END OF MATCH. The competitor is declared the immediate winner.
- ** SUDDEN DEATH applies if score is tied at the end of match (see the details for Sudden Death definition)

** This rule applies to all junior and adult male and female divisions, and belt ranks in the tournament.

COACHING CORNER:

ATTENTION: A Coach must submit an "Individual Coach Registration Form" to receive a coaching pass.

Only Coaches will be allowed in the coaching corner and they must show a coaching pass to access this area. A chair will be placed on two corners of the mat for coaches – one for each competitor's coach. The coach must remain seated, and moving the chair from its predetermined location is NOT allowed. Coaches must obey the referee's commands at all times. Failure to follow these rules may result in PENALTY of the COMPETITOR being coached!

Just to remind everyone, 3 penalties will result in disqualification. Any complaints regarding referees should be directed to the "Arbitrator" AFTER THE MATCH.

The following activities from a coach may result in a penalty:

- * Arguing with the referee.
- * Failure to remain seated on chair at all the time.
- * Moving of Coach's chair.
- * Unsportsmanlike-like conduct by coaches may result in competitor disqualification.

If you have any questions, please feel free to contact us at (209)823-2662 or by email at cortezdojo@aol.com

MATCH DURATIONS:

Children – Male & Female (8 - 15 year old)

- 8 to 9 years old - All Belts - 3 minutes
- 10 to 12 years old - All Belts - 4 minutes
- 13 to 15 years old - All Belts - 4 minutes

Junior – Male & Female (16 - 17 year old)

- White & Blue Belt.....5 minutes

Adult – Male & Female (18 - 29 years old)

- White Belt.....5 minutes
- Blue Belt.....6 minutes
- Purple Belt.....7 minutes
- Brown Belt.....8 minutes
- Black Belt.....10minutes

Master – Male & Female (30 - 39 years old)

- White Belt.....5 minutes
- Blue Belt.....5 minutes
- Purple Belt.....6 minutes
- Brown Belt.....6 minutes
- Black Belt.....6 minutes

Senior – Male & Female (40 years and older)

- White Belt.....4 minutes
- Blue Belt.....5 minutes
- Purple Belt.....5 minutes
- Brown Belt.....5 minutes
- Black Belt.....5 minutes

WEIGH-INS TIME AND LOCATION:

Competitors, please note that weigh-ins WITH THE GI ON will be conducted on the day of the tournament and on the mat before competitor's first match. Remember! In the weight list the "GI" weight is already added, so make sure you are in the correct division.

WEIGHT CLASSES: (WITH GI ON)

Be aware that ALL COMPETITORS must show up at weigh-in with his/her GI ON. In the weight list the "GI" weight is already added, **so make sure you are in the correct division.**

CHILDREN: Age 8 to 15 years old. ALL KIDS must WEIGH-IN. Children's brackets are based on Weight Division, Age, and Belt Rank.

LEGAL TECHNIQUES:

All arm bars, shoulder locks, straight foot locks, and wrist locks.

All carotid arteries choke with the GI (Except on wind pipe).

Straight leg and ankle locks for purple belt and over.

Bicep-Locks ONLY for Brown and Black Belts.

ILLEGAL TECHNIQUES: (Penalties will apply)

ATTENTION: Children from 8 to 15 years old (Illegal Techniques) Guillotine, Ezequiel choke, and any choke that involves the spine.

NO Bicep- Locks for Purple Belts and under.

NO Heel Hooks or Twisting Bent Knee Locks of any kind.

NO Striking of any kind.

NO Slamming of any kind (From the Guard, Takedowns, etc...).

NO Biting, Hair pulling or Eye-Gouging.

NO Small Joint Manipulation (Fingers, Toes, etc...).

NO Knee Bars for purple belt and under.

NO Pressure points.

NO Straight leg and ankle locks for blue belt and under

NO Neck Cranks.

NO Hands, Knee or Elbows in the face.

NO Stalling / Running from the fight.

NO Swearing or other obscene gestures will be tolerated

REGULATION INFORMATION:

1. All competitors must wear a **CLEAN** Brazilian Jiu-Jitsu GI (Kimono). Competitors will compete with regulation GIs only. A regulation GI is four fingers cuff clearance and sleeves are to be no shorter than 4” from wrist between wrist and sleeve of GI. **All male competitors are not allowed to wear any clothing underneath the GI including T-Shirts, Rash Guard, Sweatpants, etc...**
2. Weigh-ins **WITH THE GI ON** will be conducted on the day of the tournament and on the mat before competitor’s first match. Remember! In the weight list the “GI” weight is already added, so make sure you are in the correct division.
3. Any competitor who displays unsportsmanlike conduct before, during, or after the match, will be immediately disqualified and forfeit the registration fee.
4. It is the competitor’s responsibility to find out when his/her match will take place.
5. Any competitor, who does not show up before his/her match, will automatically forfeit the match and registration.
6. Any competitor who deliberately tries to hurt an opponent, (including slamming them while in the guard) will be disqualified.
7. Any competitor running from a fight will be docked one penalty. If the behavior continues, he or she may be disqualified.
8. Any competitor attempting to escape a submission by going out-of-bounds will be disqualified.
9. We reserve the right to combine weight categories. In this way we will ensure that everyone who registers gets at least one match at the tournament.
10. The athletes will not be allowed to apply traumatic holds; only competition sport Jiu-Jitsu holds will be permitted.
11. Competition Scoring System:
 - THROWS AND TAKEDOWNS -----2 points
 - KNEE ON THE STOMACH -----2 points
 - SWEEP & REVERSE FROM THE GUARD ----- 2 points
 - PASSING THE GUARD -----3 points
 - FRONT MOUNT POSITION -----4 points
 - BACK MOUNT POSITION -----4 points
 - TAP-OUT – END OF MATCH. The competitor is declared the immediate winner.
 - ** SUDDEN DEATH applies if score is tied at the end of match.

** This rule applies to all junior and adult male and female divisions, and belt ranks in the tournament.
12. Only Coaches will be allowed in the coaching corner and they must show a coaching pass to access this area. A Coach must submit an” Individual Coach Registration Form” to receive a coaching pass. A chair will be placed on two corners of the mat for coaches – one for each competitor’s coach. ***The coach must remain seated***, and moving the chair from its predetermined location is NOT allowed. Coaches must obey the referee’s commands at all times. Failure to follow these rules may result in PENALTY of the COMPETITOR being coached!
 Just to remind everyone, 3 penalties will result in disqualification. Any complaints regarding referees should be directed to the “Chief Referee” AFTER THE MATCH.
The following activities from a coach may result in a penalty:
 * ***Arguing with the referee.***
 * ***Failure to remain seated in chair at all times.***
 * ***Moving of Coach’s chair.***
 * ***Unsportsmanlike-like conduct by coaches may result in competitor disqualification.***
13. This information may be amended or changed at any time.

“COACH / INSTRUCTOR” REGISTRATION FORM

School: _____ (_____) _____ - _____
Academy's Name Academy's Phone #

Name: _____
First Name Last Name

Academy's Address: _____

(_____) (_____) (_____) Telephone: (____) _____
City State Zip Code

Date of Birth: ____/____/____ Email Address: _____
Month / Date / Year

Emergency Contact: _____ (_____) _____
Name Phone #

GENDER: (Circle one)

MALE / FEMALE

I _____, understand that by entering this competition
(Printed Coach's or Instructor's Full Name)

I will be competing or coaching at my own risk and agree that The Cortez Dojo, AMAPA Allstars Tournament Circuit and any heir, successor, assign, executor, employee, member, representative, owner or director of any or all of them by any third party as a direct or indirect result of my participation in the participation in any activity directly or indirectly associated with the THE MELTDOWN Tournament are not responsible or liable for any injuries or damages sustained during this competition or as result thereof.

X _____
Coaches or Instructor's Signature Month / Date / Year

* Signature on this form is mandatory. If not signed, you will NOT be permitted to get your coaching pass.

“COACH / INSTRUCTOR” RELEASE AND WAIVER OF LIABILITY

THIS DOCUMENT MAY AFFECT YOUR LEGAL RIGHTS. PLEASE READ THE ENTIRE DOCUMENT CAREFULLY BEFORE SIGNING IT.

I, _____, wish to participate in the MELTDOWN Tournament.
(Printed Coach's / Instructor's Full Name)

In consideration of the competition, I hereby freely and knowingly accept and agree to the following terms and conditions:

1. **Assumption of Risk:** I understand that Jiu-Jitsu is a hazardous activity that involves inherent risks of serious physical injury. With full knowledge of risks involved in Jiu-Jitsu, I expressly assume all the risks of harm to myself arising from the participation in the MELTDOWN Tournament.
2. **Release of Claims and Waiver of Liability:** I hereby expressly and for all times, on behalf of myself, my heirs, successors and assigns, executors and personal representatives release and agree to hold harmless The Cortez Dojo, AMAPA Allstars Tournament Circuit, and any heir, successor, assign, executor, employee, member, representative, owner or director of any or all of them from any claim, demand or cause of action at law or equity from any injury to me that arises or might have arisen from my participation in the competition associated directly or indirectly with THE MELTDOWN Tournament.
3. **Indemnification:** I hereby agree to indemnify and hold harmless The Cortez Dojo, The Cortez Family and AMAPA from any claim, demand or cause of action at law or equity, including, but not limited to, any claim of personal injury, that may be asserted The Cortez Dojo, the Cortez Family and AMAPA Allstars Tournament Circuit, and any heir, successor, assign, executor, employee, member, representative, owner or director of any or all of them by any third party as a direct or indirect result of my participation in the participation in any activity directly or indirectly associated with THE MELTDOWN Tournament.
4. **Definition:** As used in this agreement, the terms Cortez Dojo include: The Cortez Dojo of Mitose's Kosho-Ryu, Jason or Lillie Cortez or any member of the Cortez Family and any heir, successor, assigned executor, employee, member, representative, owner or director of any or all of them. The Term: AMAPA Allstars or AMAPA includes any Promoter, Arbitrator, Volunteer or Competitor involved with the AMAPA Tournament Circuit or this individual event. Including, but not limited to: Jordan or Felipa Pallen, Timothy or Tammy Calvin, Jason or Lillie Cortez, Goeffrey or Gina Quares and any heir, successor, assigned executor, employee, member, representative, owner or director of any or all of them.
5. I further understand that tickets will be sold to spectators to watch the tournament; that news media and others might cover the tournament and that it may also be videotaped or otherwise shown to audiences around the world. I hereby consent to having my likeness shown, publicized, commented and/or reported on; and I do not expect to, and in fact waive any compensation I might otherwise be entitled to as a result thereof.

I HAVE READ THIS ENTIRE DOCUMENT. I UNDERSTAND AND AGREE TO ITS TERMS. _____

Printed Name: _____
Coach's / Instructor's Full Name

Signed: _____ Dated: _____ / _____ / _____
Coach's / Instructor's Signature Month / Date / Year

* Signature on this form is mandatory. If not signed, you will NOT be permitted to get your coaching pass.