



SFBJJL
SOUTH FLORIDA BRAZILIAN JIU-JITSU LEAGUE

Rules and Regulations

Table of Contents

#	Chapters	Page
1	Match Conclusions	2
2	SFBJJ League Scoring	3
3	Penalties	5
4	Penalties Score	6
5	Illegal Techniques	7
6	Illegal Technique Chart	9
7	Match Lengths	10
8	Age Divisions and Weight Classes	10
9	Match Officials	12
10	Officiating	12
11	Policies	13
C	Coaches Code of Conduct	14
P	Personal Conduct Policy	14-15



SFBJJL
SOUTH FLORIDA BRAZILIAN JIU-JITSU LEAGUE

Rules and Regulations

1. Match Conclusions

- **Submission:** When an athlete taps, screams with a submission in progress, loses consciousness, or verbally asks to stop from a legal submission or hold. In the kids divisions, referees will stop the fight before the tap out or any situation where a child can get hurt.
- **Youth Divisions:** If a competitor cries with a submission in progress, it is considered a tap. If crying occurs without a submission, the referee may stop the fight to check the competitor's condition. If possible, continue from the same position or restart standing if necessary.
- **Stoppage:** When an athlete taps due to injury or requests to stop. Examples: uncontrollable bleeding, doctor stoppage, cramps, vomiting, loss of bodily functions. The opponent is declared winner.
- **Disqualification:** 6 penalties in a match or a severe foul will result in disqualification (DQ). Unsportsmanlike conduct may also result in DQ per referee discretion. Competitors losing consciousness due to head trauma cannot compete again in the same tournament.
- **Points:** The competitor with the most points at the end wins.
- **Draw:** Last fighter to score wins. If no points or tied due to penalties, referee decides based on who was closer to establishing points from position and/or submission attempts.



SFBJJJ
SOUTH FLORIDA BRAZILIAN JIU-JITSU LEAGUE

Rules and Regulations

2. SFBJJ League Scoring

- 2.1 A scoring event is designated by the referee. Scores are recorded by a trained scorekeeper. Scoring criteria are identical in all divisions.
- 2.2 Control must be maintained for 3 seconds after a scoring event for points to qualify.
- 2.3 When a submission is in progress, and submitter gets into a possible point position, submitter receives points if position held for 3 seconds. Defender scores points by escaping and controlling for 3 seconds.

- **Two (2) Points positions:**

- **Takedown**
 - When a fighter starts in the standing position, forces the opponent to fall back down, sideways or into a seated position on the ground, and establishes the position for 3 seconds.
 - When a fighter forces their opponent to the ground on all fours or belly down, points shall be awarded once the fighter establishes top position for 3 seconds, having his entire body behind the line of at least one of the arms. At least one of the opponent's knees needs to be on the ground.
 - A fighter who initiates the takedown movement, after the opponent has pulled guard, will not receive points.
 - When a competitor pulls guard after the opponent has established a grip on the pants, it will be considered a takedown for the competitor with the grip on the pants after 3 seconds of top control.



SFBJJL
SOUTH FLORIDA BRAZILIAN JIU-JITSU LEAGUE

Rules and Regulations

- When a competitor forces their competitor to the ground and lands inside the guard, and the person on the bottom successfully applies a sweep/counter takedown before 3 seconds of control, only the competitor performing the counter technique shall be awarded points if he establishes control for 3 seconds on top.
- When both competitors stand up, after 3 seconds in the standing positions, both will have the possibility of scoring points through a takedown.
- **Sweep**
 - Action where the scoring competitor is in the bottom position playing guard and is able to move to a top control position, and establish control for at least 3 seconds.
 - When a double guard pull occurs, the competitor who gets to the top position first and establishes control for 3 seconds is awarded 2 points. If 20 seconds pass and neither opponent reaches the top position the referee will stop the fight and both competitors will be penalized. The fight will be restarted from the standing position.
- **Knee on Belly**
 - Top competitor places knee or shin near opponent's torso while foot stays on mat.
- **Three (3) Points positions:**
 - **Guard Pass**
 - Top competitor clears legs and establishes side control, north-south, knee on belly, or mount.



SFBJJL
SOUTH FLORIDA BRAZILIAN JIU-JITSU LEAGUE

Rules and Regulations

- Four (4) Points positions:

▪ Full Mount

- When the athlete is sitting on the opponent's torso with 2 knees on the ground, or one knee and one foot on the ground. The competitor on top must be facing the opponent with only up to one arm trapped under the leg, if both arms are under the legs points will not be given.

▪ Full Back Mount

- When the athlete is sitting on the opponent's torso and they are flat and facing the ground. The competitor mounting the back must have both knees on the ground or one knee and one foot on the ground.

▪ Back Control

- The competitor takes control of their opponent's back placing both heels (hooks) between their opponent's thighs or a body triangle (body lock) or having the feet crossed.

3. Penalties:

8.3 Stalling: Avoiding the fight for 20+ seconds or continuously moving out of bounds. Referee restarts fight standing.

8.3 Pulling guard without grips: Competitor must have at least one grip or point of contact. Violation results in penalty and standing restart.

8.3 Talking to referee: Competitors and/or coaches are not allowed to talk to the referee during the match. (Basic communication with the referee is allowed in the case of equipment malfunction and personal emergencies.)



SFBJJL
SOUTH FLORIDA BRAZILIAN JIU-JITSU LEAGUE

Rules and Regulations

See coaches code of conduct for further information. The referee will notify the competitor that they were penalized and the fight will continue from their current position.

8.3 Illegal grips: Inside opponent's sleeves/pants. Minor scrambles are not penalized if immediately released.

Note: All penalties are cumulative.

4. Severe Penalties – Immediate DQ

- Use of inappropriate language towards the referees, opponents, and/or staff members. (This rule applies **at all times** during an event.)
- Illegal techniques. See illegal techniques table.
- Inappropriate coach conduct.
- Any lack of fair play.
- Intentionally leaving the mat area with a submission in progress against the offender (This does not apply if the technique to escape the submission lands the competitors out of bounds).

5. Penalty Score:

- 1st Penalty: Penalty signal
- 2nd Penalty: Penalty signal
- 3rd to 5th Penalty: Penalty Signal + 2 points to opponent
- 6th Penalty: Penalty Signal + Disqualification



SFBJJL
SOUTH FLORIDA BRAZILIAN JIU-JITSU LEAGUE

Rules and Regulations

6. Illegal Techniques

- **Group 1: *Tiny to Junior* & • Group 2: *Pre-Teen to Teen***
- 1. All leg/foot attacks, including triangle when the opponent crosses their feet in back control.
- 2. Guillotine choke with or without the arm inside, peruvian necktie, neck crank techniques, anaconda choke, d'arce choke and any arm triangle variation.
- 3. Slams: from a closed guard.
- 4. Wrist locks.
- 5. Omoplatas.
- 6. Scissor takedown.
- 7. Calf and biceps slicers.
- 8. Pulling the head in a triangle.
- 9. Ezekiel choke from any position.
- 10. Kidney lock.
- 11. Supplex.
- 12. Jumping into guard.
- 13. Groin stretch.
- 14. Knee Ripping.
- 15. Single leg with the head outside.
- 16. Neck Cranks.
- 17. Triangle using the legs from any position without the opponents arm in.

Group 1 Notes

- If a child applies an illegal technique, the referee will stop the fight and undo the illegal move. No penalty will be given and the match will be restarted by the referee. Unless the referee understands that illegal technique it's been used to get some reasonable advantage in the fight. In this case, penalties can be applied.



SFBJJL
SOUTH FLORIDA BRAZILIAN JIU-JITSU LEAGUE

Rules and Regulations

- In the event of a youth tap from an illegal technique, before the referee has a chance to stop the match the offender will be DQ.
- **Group 2 – Juvenile White, Blue & Purple Belts**
 1. Neck cranks
 2. Slams
 3. Wrist locks
 4. Scissor takedown
 5. Calf and biceps slicers
 6. Guillotine choke without the arm in
 7. Kidney Lock
 8. Supplex
 9. Spinal Hyperextension
 10. Knee bars
 - 11- Heel hooks and toe holds.
 - 12- Knee Ripping

Notes For All Groups

- The list above are examples of prohibited techniques and do not represent the full array of prohibited technical situations and variations.

Find below the SFBJJL Illegal Moves Chart



Rules and Regulations

ILLEGAL MOVES	GROUP 1 & 2 TINY to TEEN	GROUP 2 JUVENILE
Ezekiel choke from any position.	NO	YES
Triangle (Pulling Head)	NO	YES
Triangle using the legs without the opponent's arm in	NO	YES
Omoplatas	NO	YES
Guillotine choke	NO	YES
Arm Triangle and Variations	NO	YES
Straight Ankle Lock	NO	YES
Groin Stretch	NO	YES
Wrist Locks	NO	NO
Kidney Locks	NO	NO
Jumping Guard	NO	NO
Single leg with head outside	NO	NO
Knee Bars	NO	NO
Calf and biceps slicers	NO	NO
Toe Holds	NO	NO
Heel Hook	NO	NO
Knee Ripping	NO	NO
Neck Spinal Cranks	NO	NO
Slams	NO	NO
Scissor takedown	NO	NO
Suplex landing with the opponent's head or neck on the ground.	NO	NO

** The list above are examples of prohibited techniques and do not represent the full array of prohibited technical situations and variations.



Rules and Regulations

7. Match Lengths

Age Group	Match Length (Minutes)
Tiny & Mini	2
Little 1 & Little 2	3
Junior, Pre-Teen & Teen	4
Juvenile	5

8. Age Divisions & Weight Classes

8.3 Divisions: Based on the participant's age on the day of the event. However, for easier classification, we consider the **year of birth**, according to the chart provided below:

Division	Age	Reference Birth's Year
Tiny	3	2023
Mini	4 – 5	2021 - 2022
Little 1	6 – 7	2019 - 2020
Little 2	8 – 9	2017 - 2018
Junior	10 – 11	2015 - 2016
Pre-Teen	12 – 13	2013 - 2014
Teen	14 – 15	2011 - 2012
Juvenile	16 – 17	2009 - 2010



SFBJJL
SOUTH FLORIDA BRAZILIAN JIU-JITSU LEAGUE

Rules and Regulations

8.2 Weigh-In:

- Separate Weigh-Ins by Division Type:
- Gi Divisions: Athletes weigh in **WITH** the Gi on.
- No-Gi Divisions: Athletes weigh in **WITHOUT** the Gi.
- Competing in both? You must weigh in separately for each (once with Gi, once without).

8.3 Weigh-In Allowances:

- Ages 3–15 (Kids/Teens): Up to 2 lbs over registered weight is allowed.
- Juveniles (16–17): Up to 1 lb over registered weight is allowed.
- Adults & Masters (18+): No overweight allowed.

Any weight exceeding these allowances = Missed weight → Immediate disqualification.

8.4 Key Requirements

- Must make weight during the official weigh-in period for each division.
- Only one attempt per weigh-in.
- No division changes or refunds if weight is missed.
- Responsibility: Coaches, competitors (or parents) are fully responsible for meeting weight.

SFBJJL Policy: Strongly recommends children compete at natural weight.
Weight cutting is not supported or encouraged.



SFBJJL
SOUTH FLORIDA BRAZILIAN JIU-JITSU LEAGUE

Rules and Regulations

8.5 Weigh-In Procedure

- **Allowed on scale:**
 - Gi divisions: Gi + belt + undergarments
 - No-Gi: Rash guard, shorts, undergarments
- **Not allowed on scale:**
 - Shoes
 - Knee/elbow braces (must be removed for weigh-in; can be worn during uniform inspection)
 - Any other items

Example (Age 14-15, Rooster -85.0 lbs):

- **No-Gi weigh-in:** Max 85.0 lbs without Gi
- **Gi weigh-in:** Max 85.0 lbs with Gi on

9. Match Officials

- 1 Referee, 1 Score/Time keeper, 1 Runner
- Officials must be certified and trained.
- Referee wears colored wristbands for scoring.

10. Officiating

- Match remains in central area; action continues as long as one part inbounds.
- Out-of-bounds scoring: only if part of athlete remains inside.
- Scrambles out-of-bounds restart standing.



SFBJJL
SOUTH FLORIDA BRAZILIAN JIU-JITSU LEAGUE

Rules and Regulations

11. Policies

11.1 Hygiene:

- Nails trimmed, hair tied, uniforms clean.
- No substances (oil, lotion), cups, jewelry, casts, or unsafe accessories.

11.2 Uniforms:

- Gi: cotton, proper fit, solid colors, belt flexible.
- No-Gi: shorts (no pockets, proper length), rash guards allowed.

11.3 Two Matches Guarantee:

- Bracket formats 2-man → best 2/3, 3-man → round robin, 4+ → double elimination.
- Must participate in 1 match to earn podium points.

11.4 Head Referee: Can overrule decisions.

11.5 Video Review: Might be available at events or submitted online; fixes applied if bracket not progressed.

11.6 This rule applies if a Referee or table operator, miscounts or misawards points during the match.

- Referee interpretation does not count towards this rule.
- Any other situation will be evaluated and SFBJJL will always work to be as fair as possible with all the competitors.



SFBJJL
SOUTH FLORIDA BRAZILIAN JIU-JITSU LEAGUE

Rules and Regulations

SFBJJL Coaching & Personal Conduct Guidelines

Coaching Code of Conduct

1. Each competitor may have **one coach** present during the match.
2. **One chair** will be provided at the mat side for the coach.
3. Scorekeepers **will not wait** for a coach to start a match.
4. Coaches **must not stand or kneel on the mat** during a match.
5. **Do not talk to referees** during the match—violations may result in penalties.
6. **Do not talk to the scorekeeper's table**—penalties apply.
7. Coaches **must present a valid ID** to enter the competition area.
8. Only **black or brown belts** can be registered as coaches.
9. Each team may register up to **5 coaches per tournament**.
10. Coaches **may only remain in the competition area while actively coaching**.

Personal Conduct Policy

All participants—including coaches, athletes, parents, and officials—must maintain **high standards of integrity, respect, and safety**. Conduct that is illegal, violent, threatening, or irresponsible is **strictly prohibited**.



Rules and Regulations

Prohibited Conduct

- Physical violence, assault, or abuse of any kind.
- Threats or intimidation toward competitors, coaches, officials, or attendees.
- Stalking, harassment, or inappropriate electronic communication.
- Illegal possession of weapons in any League setting.
- Disorderly conduct or interference with League operations.
- Crimes against law enforcement.
- Behavior that endangers others or undermines the League's integrity.

Discipline

Violations of these rules may result in:

- Warning or probation
- Suspension (baseline: **1 year**)
- Banishment from the League

Responsibilities of Academies/Teams:

- Ensure violators comply with discipline.
- Prevent suspended coaches, athletes, or parents from participating.
- Failure to enforce may result in **loss of ranking points, forfeiture of awards, or additional sanctions.**

All disciplinary matters are handled **exclusively between SFBJJL and the Organization/Academy.**