

**GUIDING BODIES**

World Police and Fire Games Federation (WPFGF)  
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Used as guidelines only.  
IBJJF (International Brazilian Jiu-Jitsu Federation)  
[www.ibjjf.org](http://www.ibjjf.org)

**EVENTS**

Men and Women Experience Level Divisions  
Novice- Up to 18 months of training experience  
Open- Over 18 months of training experience

Men Age divisions  
18+, 30+, 40+, 50+

Men Weight Categories  
Up to 129.9  
130 to 139.9lbs  
140 to 149.9lbs  
150 to 159.9lbs  
160 to 169.9lbs  
170 to 179.9lbs  
180 to 189.9lbs  
190 to 199.9lbs  
200 to 229.9lbs  
230 lbs & over

Women Age divisions  
18+, 30+, 40+

Women Weight Categories  
Up to 114.9lbs  
115 to 124.9lbs  
125 to 134.9lbs  
135 to 144.9lbs  
145 to 154.9lbs  
155 to 164.9lbs  
165 to 174.9lbs  
175 lbs & over

## **WPFG ABRIDGED RULES - SUBMISSION GRAPPLING -- Page 2**

### **GENERAL SPORTS RULES for Brazilian Jiu-Jitsu**

Brazilian Jiu-Jitsu is a grappling art (such as Judo and Wrestling) which consists of controlling the opponent without using striking, in standing position or on the ground after a throw, and to make him or her give up after submissions (joint locks and choke holds).

Brazilian Jiu-Jitsu (Grappling) plays an important role in the practice of Mix Martial Arts (MMA) and can be used as a self-defense technique. Techniques from other styles such as Judo, Wrestling and some Sambo (with some restrictions) are also allowed.

Attention: No strikes of any kind is allowed during competition.

To gain points for a position, the competitor must show clear control for 3 seconds (including takedowns and throws).

- 1) Advantages are awarded for submission attempts that posed a real threat to the other fighter, near takedowns, near sweeps, near passes etc. Advantages will only be used in the case of a tie with points.
- 2) No Stalling: Referee will issue warnings for the 1st offense of stalling (i.e. backing out of the guard without engaging, hugging the opponent's hips inside the guard, no activity, fleeing the ring to avoid takedown or submission attempts, etc). A 2nd offense will result in an advantage for the staller's opponent. A 3rd offense will result in 2 point deduction. A 4th offense will result in a disqualification. If a competitor flees the ring when a submission is locked in and the competitor is obviously fleeing to avoid submission, he or she will be automatically disqualified.
- 3) Referee has the discretion to call a match for use of excessive force (i.e. competitor refuses to release pressure after opponent submits or opponent refuses to submit and the referee believes that the submission will cause immediate damage or injury). The referees will be shown maximum respect at all times. Their decisions are final and will not be overturned.
- 4) If the competitors are near the edge of the ring, they will be restarted from the same position, unless the referee is unable to duplicate the position for any reason, in which case the competitors will restart from a standing position.
- 5) No strikes, biting, eye gouging (includes chin to eye), head butting, small joint manipulation (finger or toe locks), hair pulling, or ear pulling.
- 6) No unsportsmanlike conduct allowed as observed by referee (includes spitting, use of foul language, obscene gestures, etc.). Warnings will be given for unsportsmanlike conduct. Repeat offenders will be disqualified.
- 7) No lubricants, oils, or lotions of any kind permitted of any part of the body or clothing.
- 8) No slamming allowed. Illegal slamming will be defined as slamming your opponent to escape submissions and/or to pass the guard; or standing from the guard and/or jumping from a standing position to slam your opponent. Slamming will result in an automatic DQ. There are no exceptions to this rule. Takedowns are NOT considered slams, but you must deliver your opponent safely to the mat.
- 9) World Police & Fire Games reserves the right to expand or combine divisions to accommodate competitors.
- 10) Eligibility: Women will not be permitted to compete in Men's divisions. Men will not be permitted to compete in Women's divisions.

## **WPFG ABRIDGED RULES - SUBMISSION GRAPPLING -- Page 3**

11) All competitors SHALL attend the mandatory meeting the night prior to competition for weigh-ins and explanation of rules. If you do not show up for the mandatory meeting, you will not be allowed to compete in the competition.

### **EQUIPMENT & ATTIRE**

Use of mouth piece and groin protector is optional.

Competitors shall appear on the edge of the mat wearing regulation competition grappling or board shorts and a short sleeve or long sleeve rash guard shirt. The shorts shall not be excessively baggy or have button/snaps that may be unsafe during competition.

### **SCORING**

To gain points for position, the competitor must show clear control for 3 seconds (including takedowns and throws).

Takedown or Throw = 2 points

Sweep = 2 points

Knee on Stomach = 2 points

Pass opponent's guard = 3 points

Mounted position = 4 points

Back mount without Hooks (opponent flat on the mat) = 4 points

Back Mount with Hooks in = 4 points

### **MATCH LENGTHS**

Men & Women:

All matches in all divisions are 5 minutes.