

## Pan Pacific Masters Games Open Styles Grappling Championship

Competition rules are a hybrid of IBJJF and IJF for Gi-fighting only

Contests must be 30 years old on or before the competition day

### Categories

Categories' exact weights will be decided on the competition day based on the number of entries and the weight distributions. The nominal categories are:

Men				
Weight class	Nominal weight range (Kgs)	Beginner <1years training Judo green belt or below BJJ Blue belt or below	Intermediate < 3years training Judo brown belt or below BJJ purple belt or below	Advanced / Open > 3 years training
Light	70 and under			
Middle	70 - 81			
Heavy	81-100			
Open	Open			

Women				
Weight class	Nominal weight range (Kgs)	Beginner <1years training Judo green belt or below BJJ Blue belt or below	Intermediate < 3years training Judo brown belt or below BJJ purple belt or below	Advanced / Open > 3 years training
Light	52 and under			
Middle	52-67			
Heavy	67 - 80			
Open	Open			

### Competition

Players start standing 2m apart and must take a grip of the opponents Gi with at least one hand before commencing grappling by applying any throw, take down, or submission technique.

Players may only commence grappling after the referee calls 'start'. Players must cease grappling and stand at the start positions when the referee calls 'stop'.

Matches are 5 minutes.

A match is won or decided by any of the following:

- submission (when one player taps-out or calls out words indicating submission and the referee calls win or stop) after which the fight is finished) or
- highest points at the end of time
- disqualification
- withdrawal
- medical officer direction
- golden score; - matches finishing with equal points will be decided by first points in the extended time

Submission techniques:

- Arm locks are the only joint lock technique permitted
- Players will be immediately disqualified for performing any type of joint lock except on the elbow (kimuras are legal)
- Strangles and chokes are permitted
- To indicate 'I submit' a competitor must tap twice with hand or foot or call 'stop' and a competitor must cease grappling immediately when a referee calls 'stop'. (penalty for not stopping is disqualification from the match and the event)

Points given are:

Take down or throw from standing	Player throwing must remain on top of the other player for 3 seconds	4
Mount or back ride with 2 hooks in		3
Guard pass		2
Sweep	Person below playing guard reverses and gets a top position	1
Knee ride	One knee on abdomen and up on one foot	1
Hold down	Judo osaekomi waza	1

Points taken off

To take a point off the referee will call stop or freeze if players are grappling on the ground and indicate a point is deducted

One (1) point will be awarded to the opponent when a player refuses to grapple or play for the win, such as:

- Refusing to grappling from standing by sitting down and dragging the opponent down into guard
- Not changing from an immobilisation position (such as holding in guard or a judo hold down with attempting to get a points or submission technique) for excessive time (approximately 15 seconds)
- Continually fending off and not taking a grip (or walking back excessively)
- Holding turtle excessively without seeking to go on the offensive

After 3 points taken off a player (and awarded to the other player) the player will be disqualified

