GUIDING BODIES

United States Police & Fire Championships (USPFC)
8304 Clairemont Mesa Blvd., #107, San Diego, CA 92111
Tele: (858) 571-9919; Fax: (858) 571-1641; E-Mail: uspfcinfo@cpaf.org

IBJJF Rules of Brazilian Jiu Jitsu and Submission Grappling
Used as guidelines only.

International Federation of Brazilian Jiu Jitsu
Av. Armando Lombardi, 800
Sala 314
Condado de Cascais
CEP 22640-000
Barra da Tijuca – Rio de Janeiro

EVENTS

Men; Open and Novice Categories: 18-34 and 35+

- Bantamweight: Up to 129.9 lbs
- Flyweight: 130 to 139.9 lbs
- Featherweight: 140 to 149.9 lbs
- Lightweight: 150 to 159.9 lbs
- Welterweight: 160 to 169.9 lbs
- Middleweight: 170 to 179.9 lbs
- Cruiserweight: 180 to 189.9 lbs
- Light Heavyweight: 190 to 204.9 lbs
- Heavyweight: 205 to 219.9 lbs
- Super Heavyweight: 220 lbs & over

Women; Open (18+):

- Featherweight: Up to 114.9 lbs
- Lightweight: 115 to 129.9 lbs
- Middleweight: 130 to 144.9 lbs
- Heavyweight: 145 lbs to 159.9 lbs
- Super Heavyweight: 160 lbs. and over

Novice will be held for those competitors with less than 2 years training. If the officials feel you do not qualify for this division, you will be placed in the Open division based on your ability. All Novice winners will move up to the Open Division in the following years’ competition.
GENERAL SPORTS RULES for Submission Grappling

Grappling is a wrestling style also called “No Gi Jiu-Jitsu” “submission wrestling” or “submission grappling” 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 abandon thanks to immobilization techniques such as locks. Grappling plays an important role in the practice of Mixed Martial Arts (MMA) and can be used as a self-defense technique. It brings together techniques from Brazilian jiu-jitsu, freestyle wrestling, folk American wrestling (catch-as-catch-can), sambo and judo.

Submission grappling is the tactic of attempting to end a fight before regulation expires by submitting your opponent. Fighters can attempt submissions from a variety of angles/positions once the fight has reached the floor.

Submission grappling is a blend of Brazilian Jiu-Jitsu, Judo, Sambo, and Free Style Wrestling. Submission Grappling Tournaments/Championships exist specifically for those interested in grappling without “ Strikes.”

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

1) Advantages are 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.

October 2019
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) Submissions to the spine, legs and feet are not permitted.

10) United States Police & Fire Championships reserves the right to expand or combine divisions to accommodate competitors.

11) Eligibility: Women will not be permitted to compete in Men's divisions. Men will not be permitted to compete in Women's divisions.

12) 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 is optional.
Groin protector is Not allowed

NO GI ALLOWED

Grapplers shall appear on the edge of the mat wearing regulation competition grappling or board shorts and a sleeveless, 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 with Hooks in = 4 points
- or
- Body triangle from the back = 4 points

October 2019
MATCH LENGTHS

Men & Women: 5 minutes