ADCC Rules and Regulations

Overview

- Gi, Wrestling shoes are optional.
- No slippery substances allowed on body or clothing.
- The mat area is 10 x meters, no cage or fence.
- If the fighters go out of this area, the referee will restart the fight in the center of the mat, in the same position they were when they left the mat when the referee said "Stop". If the fighters were standing without any established locked position, they will start again facing each other. If a competitor has single or double grips before the ref says stop, the athletes will resume the same position.

How you can win

- If one competitor gives up or submits by tapping the leg, arm or verbally. (Tap, I give Up or Mate)
- If Referee feels one competitor is unable to defend himself or feels his life is in danger, the Referee will declare the winner.
- The ways to win: Submission, Points, Referee decision, opponent disqualification.

Time Limits

World Championship

- Qualifying rounds = 10 mins/5 mins overtime if needed. First 5 mins no points, second 5 mins there are points. The positive and negative points start during the points time and all of overtime.
- Superfight, Absolute Finals & Finals = 20 mins/10 min OT1/10 min OT2 if needed. First 10 mins no points, second 10 mins there are points**. The NEGATIVE POINTS start even during no points time.**

Trials

- Qualifying rounds = 6 mins/3 mins overtime if needed. First 3 mins no points, second 3 mins there are points. The positive and negative points start during the points time and all of overtime.
- Finals = 8 mins/4 min overtime if needed. First 4 mins no points, second 4 mins there are points**. The NEGATIVE POINTS start even during no points time.**

Opens North and South America

- Adults = 6 mins/3 mins overtime if needed. First 3 mins no points, second 3 mins there are points. The positive and negative points start during the points time and all of overtime. **Finals = 6 mins/3 min overtime if needed. First 3 mins no points, second 3 mins there are points. The NEGATIVE POINTS start even during no points time.**

    - Masters = 5 mins/2:30 mins overtime if needed. First 2:30 mins no points, second 2:30 mins there are points. The positive and negative points start during the points time and all of overtime. **Finals = 5 mins/2:30 min overtime if needed. First 2:30 mins no points, second 2:30 mins there are points. The NEGATIVE POINTS start even during no points time.**
    - Youth 12 and under = 4 mins/2 mins overtime if needed. First 2 mins no points, second 2:30 mins there are points. The positive and negative points start during the points time and all of overtime. **Finals = 4 mins/2 min overtime if needed. First 2 mins no points, second 2 mins there are points. The NEGATIVE POINTS start even during no points time.**
- Youth 13 and over = 5 mins/2:30 mins overtime if needed. First 2:30 mins no points, second 2:30 mins there are points. The positive and negative points start during the points time and all of overtime. Finals = 5 mins/2:30 min overtime if needed. First 2:30 mins no points, second 2:30 mins there are points. The NEGATIVE POINTS start even during no points time.

Legal Techniques

- Any kind of choke (except for using the hand to close the wind pipe).
- Any arm bar, shoulder lock, or wrist lock
- Any Leg Lock or Ankle Lock
- Can Opener is allowed.
- Twister is allowed.

Illegal Techniques

- Slamming is allowed only if you are locked in a submission. If your opponent lets go of the submission while you are about to slam you must let go of the slam.
- No neck cranks (Anything that traps both shoulders and puts downward pressure on the neck) For example a full nelson.
- No spiking your opponent on their head while attempting a takedown.
- No striking of any kind
- No eye gouging or fish hooking
- No grabbing the ears
- No hair pulling
- No holding of less than 4 fingers or less than 5 toes.
- No thumbing
- No scratching and pinching
- No kicking
- No biting
- No squeezing or putting pressure on the groin area
- No hands, knees or elbows on face
- No slippery substances allowed on body or clothing
- No crossface guillotine twisting the chin
- No use holding of the T-Shirt or shorts.
- No forward rolling if your opponent has a body triangle or both hooks in

Positive Points

Passing the Guard

- Passing the guard = 3 points
- The judges will be looking for a continuous 3 seconds of control to award the points
- You must put roughly 75% of your opponents back onto the mat. If they are on their side and then you flatten them onto their backs(around 75% of the back) for 3 seconds then you will be awarded points.

Knee on the belly

- Knee on the belly = 2 points
- Your knee must be in the middle of opponent's stomach, can't be on the chest or the sides of the stomach and they must be flat on their backs and have control for 3 continuous seconds.
- You can score with the inside or outside knee. The other knee can be in an elevated position or knee to the ground.
- You can control the head and arm with knee on the belly and be awarded points.
- If you get awarded points for knee on the belly, then remove your knee for 3 seconds and then put knee on the belly for 3 seconds of control you will be awarded points again.

Mount Position

- Mount Position = 2 points
- Both knees must be below your opponent's shoulder line.
- Both knees must have contact with the mat. If your opponent is much larger than you and you physically cant get your knees to touch the mat, the judges will determine if there is 3 seconds of continuous control and award the points then.
- You are allowed to grapevine your legs from mount position.
- If your opponent gets both arms under your legs but your knees are still below the shoulder line, you will be awarded points.

- Reverse mount will be awarded points as long as they are not in any threat of a submission

- If you mount your opponent and they go on their side for a period of time and then you flatten them onto their backs and have both knees on the mat below their shoulder line and keep 3 seconds of control, you will be awarded points.

Back Mount

- Back mount = 3 points

- You can secure back mount points either by body triangle or secure both hooks in

- Your body must be square with your opponent to secure points

- If your opponent goes belly down and you are unable to get a body triangle or both hooks in, you will not get points.

- If you are taking your opponent's back and they escape and end up on top, there is no points since you need to be face to face for a sweep.

- If you secure back mount points and then remove the body triangle or one or both hooks for 3 seconds or more and then secure the back mount again either by body triangle or both hooks, you will be awarded points again.

- Transitioning from a body triangle to both hooks or both hooks to a body triangle, you will not be awarded additional points. You must release the back mount for 3 seconds or more in order to score again.

- If you secure back mount points and then switch to a reverse triangle for 3 seconds or more and then secure the body triangle or both hooks for 3 seconds, you will not get additional points since the hook was not released for 3 seconds and then secured for 3 seconds.

- If you and your opponent are both standing and your opponent jumps on your back and gets the body triangle or both hooks in for 3 seconds or more, they will get points. If you then fall backwards so your opponent's back hits the mat, while they have back mount secure and you escape and end on top for 3 seconds or more, your opponent will receive a negative.

Takedowns

- There are two types of takedowns in ADCC, regular takedowns and clean takedowns. Regular takedowns end up in any type of guard position and clean takedowns finish outside the guard position.

- Regular takedowns = 2 points, Clean takedowns = 4 points

- To score a normal takedown, your opponents butt must be touching the mat for a continuous 3 seconds or more. It doesn't matter if your opponent's back is touching the mat or if they are completely upright.

- To score a clean takedown, you must complete a takedown outside of the guard and put roughly 75% of your opponents back on the mat, just like a guard pass. If you are unable to pin your opponents back to the mat and attempt a clean takedown you will be given no points. Clean takedowns are high risk high reward.

- If you go for either takedown and are in the threat of a submission, you will not be awarded points until you escape the submission and establish control for 3 seconds or more.

- There in no initiation criteria for takedowns. If your opponent shoots a double leg on you and you counter with an uchi mata and put them down for 3 seconds or more, you will be awarded takedown points.

Sweeps

- There are two types of sweeps in ADCC, regular sweeps and clean sweeps. Regular sweeps end up in guard or half guard and clean sweeps finish outside the guard.

- A sweep is considered when two athletes are facing each other, change the position from bottom to top and establish control for 3 seconds or more. You must not be in the threat of a submission.

- Regular sweep = 2 points, Clean sweep = 4 points.

- To score a clean sweep, you must complete the sweep and end up outside of the guard and put roughly 75% of your opponent's back on the mat, just like a guard pass. If you are unable to pin your opponents back to the mat and attempt a clean sweep you will be given no points. Clean sweeps are high risk high reward.

- Sweeps must be done in continuous motion to get points. For example, you attempt to sweep your opponent from your guard, they get off balanced and their butts hit the mat, you then apply a foot lock while you are both in double neutral position for 3 seconds or more and then you complete the sweep and come on top, you will not be awarded points.

- Reverse closed guard. If you are in bottom position and have your opponent in a reverse closed guard and are able to sweep and end up in reverse mount and not in a threat of a submission and maintain control for 3 seconds or more, you will be awarded 4 points for a clean sweep

Reversals

- There are two types of reversals in ADCC, regular and clean reversals. Regular reversals end up in guard or half guard and clean sweeps finish outside the guard.
- Reversals are considered sweeps. If you are being held in side control or mount and

reverse the position from bottom to top you will be awarded points as well, either 2 points if you end up in guard and 4 points if you end up in side control and pin roughly 75% of your opponents back to the mat

- The judges will be looking to see who initiates the sequence. For example, you are mounted and then you reverse the position and you end up in your opponent's guard you will be awarded two points. If your opponent tries to setup a submission like an armbar from mount and then you bump them off and end up in their guard, you will not get reversal points since they initiated the sequence with the armbar attempt. '

- Another example, your opponent passes your guard and has you in side control. You are able to bridge and sweep your opponent from side control and put them in side control and maintain 75% of their back onto the mat for 3 seconds, you will be awarded 4 points for a clean reversal.

Penalties (Negative Points)

- When a fighter voluntarily jumps in the guard or goes from standing position to a non-standing position by any means and remains down for 3 seconds or more, they will be punished by a minus point. This applies to the second half of regulation, all of overtime and during the first half of a finals match.
- When a fighter disengages from contact and starts backing up and avoids engaging again, they will be punished by minus point.
- A passive fighter will be warned twice and then will be punished by minus point. The referee will warn the passive player by the words "WARNING PASSIVITY" – after the first minus given there are not going to be any more warnings and the minus points will be given right-away if the fighter continues to be passive.
- If a fighter is very passive during the first half of the regular fights when there are no minuses, the referees will still give him WARNING for passivity. Athletes can receive both warnings during no points time and then issued negatives during regulation or OT
- For minuses the referee will halt the action to inform the athlete and their coach they received a penalty.
- If two fighters (team-mates) make a fixed fight, they will both be disqualified from the tournament.

Other Topics and Scenarios

Code of Conduct

- ADCC staff must be always treated with respect. Yelling, threatening or disparaging our staff will result in immediate removal from the venue.
- Athletes must treat all competitors and coaches with dignity. No verbal or physical taunting, or unsportsmanlike conduct before, during or after matches. If you submit your opponent, you must let go of the submission immediately after the referee stops the match.
- Competitors need to check and be familiar with what techniques are allowed and illegal

for their skill level and age group.

- Coaches and parents must only coach their own athlete and are not allowed to bully, intimate or harass other competitors and their coaches and families. Violations of this may result in a penalty, disqualification or suspension from ADCC events.
- ADCC has a strict no harassment policy for our youth competitors. If competitors harass, bully or threaten any other competitors at an event or on social media they will be subject to a suspension from our events.
- ADCC doesn't allow closeouts, fixed matches or sandbagging. Violations can result in suspension or a permanent ban.

Mounted Triangle

- If you apply a triangle from guard and sweep your opponent to a mounted triangle, you will be awarded 4 points for the clean sweep. Reminder you cannot get points for a mount unless both legs are below your opponent's shoulder line.
- If your opponent is in a seated guard position and you attack a flying triangle and end up in mounted triangle you will be awarded 3 points for a guard pass.
- If you and your opponent are standing and you go for a flying triangle and end up on top with a mounted triangle, you will be awarded 4 points for a clean takedown.
- If you open up your legs from a mounted triangle and bring both knees below your opponent's shoulder line you will not be awarded mount points, there needs to be a change of position such as going to side control or knee on the belly.
- If you are on your opponents' back and apply a back triangle and transition to a mounted triangle, you will not be awarded points.

Flying Submissions standing vs guard

- If you attempt a flying armbar on your opponent while you are both standing and end up on your back, if your opponent escapes the submission and keeps you down for 3 seconds or more, you will get a negative if its during the second half of regulation, all of OT and the first half of a finals match.
- If your opponent is in seated guard and you are in a top position and dive for a kimura, if you keep in contact for 3 seconds or more and your opponent escapes and comes on top, they will not receive points. If you dive for the kimura and make contact for less than 3 seconds and they escape, you will have 3 seconds to get up or you will get a negative for pulling if it is during points time, OT and first half of a finals match.

Turtle Position

- In ADCC if you remain in turtle position for 3 seconds or more you will be considered a down opponent. For example, you shoot for a single leg takedown and get on your knees and are in turtle position for 3 seconds or more, driving forward or attempting to finish the takedown, you can pull guard with no penalty.
- If you shoot the takedown get in one the leg and go turtle position for 3 seconds or more and your opponent knee is on the mat and chest to back, they can pull guard as well with no penalty. If you go to turtle position and your opponent is standing, if they pull they will receive a negative for pulling.
- If you shoot and go turtle position for 3 seconds or more, get sprawled on or stuffed the takedown for a few seconds and then complete the takedown you will not get points,

since it becomes a sweep once on the mat for 3 seconds or more since you are considered a down opponent and for sweeps you must be face to face with your opponent. If you want to get points for a takedown and are in turtle position for more than 3 seconds you must do it in one continuous motion.

- If you head snap your opponent down to turtle position, you try to take your opponents back, fall off and your opponent ends up on top and has you in side control and all of this is done in less than 3 seconds, your opponent will be awarded 4 points for a clean takedown. If you head snap your opponent to turtle position, attempt to take their back and they end up on top and all of this is done in more than 3 seconds, they will not receive points since they are considered a down opponent.
- If you are in turtle position for 3 seconds or more and your opponent bumps you to a hip and puts you in side control, they will not get points for the pass since you were in turtle position and not guard.

Four Point

- If you put one hand or both hands onto the mat and have contact with your opponent, after 3 seconds or more you are able to sit guard without a penalty, since you are considered a down opponent.
- If your opponent is in a four-point stance for 3 seconds or more and they drive forward and put you down and have top position, they will not get points since it becomes a sweep, and you must be face to face.
- If your opponent is in four point position and you have your chest to their back and one or both of your knees are on the mat for 3 seconds or more you can sit guard with no penalty as well. If you are standing with both knees off the mat and then sit you will get a penalty.
- An example, If you put your opponent in four point, go to their back and put them in guard while you take top position all in less than 3 seconds, you will get takedown points.

Various topics

- In order for there to be a change of position you must hold the new position for a continuous 3 seconds. For example, both athletes are on their feet and considered standing opponents, if you pop down to a knee, go to turtle or pull guard and remain there for 3 seconds or more you will now be considered a down opponent. If you are playing guard and stand up for 3 seconds or more, you will now be considered a standing opponent.
- In ADCC we don't combine or chain points together. For example, you pass your opponent's guard and go straight to mount, you will only get 3 points for the pass and not the additional 2 points from mount. To get points for different positions there must be at least 3 seconds between the scoring positions.
- To get points the scoring timer of 3 seconds must begin after points are called or no points will be issued. For example you pass your opponent's guard with 1 to 2 seconds before points are called and complete the pass after points are called, you will not be awarded points. The 3 second timer for a scoring position must begin after points are called.
- Crucifix position. If you are put into a crucifix for 3 seconds or more and you escape and

come up to top position, you will not be awarded points, all sweeps must be face to face. If you are putting someone into a crucifix for 3 seconds or more and roll to top position, you will not be awarded points either.

- Neutral position. If your opponent is in guard and you are in top position, you can also sit down into a neutral position with no penalty if done during no points time, except finals. If its points time and your opponent is in guard and you sit down to neutral position, you will get a negative for pulling. If both athletes are in neutral position and one of the athletes comes on top for 3 seconds or more, they will not be awarded any points and they will not be established as the top player and if they decide to sit down in neutral position again for 3 seconds or more they will get a negative. If you are playing guard and you try to sweep your opponent with a leg entanglement and you both are on the ground in neutral position for 3 seconds or more and you come on top, you will not get sweep points.
- Do NOT stop the action until the referee says stop! The reset will be at the moment the referee said stop, anything done after the ref said stop will be null.

ADCC Open North & South America rules modification

Kids 12 and under all skill levels

- **Legal Techniques**
- Americana
- Armbar
- Chokes
- Ground Guillotines
- Omoplata
- Kimura
- Buggy Choke
- Pulling head triangle
- Peruvian necktie
- Flying submissions
- Baratoplata
- Tarikoplata

- **Illegal Techniques**

- Muffler
- Ezekiel Choke
- Reaping
- Standing Guillotine
- Straight Ankle Lock
- Knee Bar
- Wristlock
- Groin Stretch
- Toe Hold
- Aoki Lock
- Spinal Stretch

- Kidney/rib crush
- Bicep/calf slicers
- Boston crab
- Leg Scissors
- Armless Triangle
- Clavical/spine locks
- Face locks
- Back arch throw - Suplex
- Heel Hooks
- Jumping closed guard
- Scissor Takedown
- Slams
- Lifting from Guard
- Closed guard off a takedown

Kids age 13-14 Beginner/Intermediate skill level

- **Legal Techniques**
- Americana
- Armbar
- Chokes
- Ground Guillotines
- Omoplata
- Kimura
- Buggy Choke
- Pulling head triangle
- Peruvian necktie
- Muffler
- Ezekiel Choke
- Reaping
- Standing Guillotine
- Baratoplata
- Tarikoplata
- Flying submissions

- **Illegal Techniques**

- Straight Ankle Lock
- Knee Bar
- Wristlock
- Groin Stretch
- Toe Hold
- Aoki Lock
- Spinal Stretch
- Kidney/rib crush
- Bicep/calf slicers
- Boston crab

- Leg Scissors
- Armless Triangle
- Clavical/spine locks
- Face locks
- Back arch throw - Suplex
- Heel Hooks
- Jumping closed guard
- Scissor Takedown
- Slams
- Lifting from Guard
- Closed guard off a takedown

Kids age 13-14 Advanced skill level

- **Legal Techniques**
- Americana
- Armbar
- Chokes
- Ground Guillotines
- Omoplata
- Kimura
- Buggy ChoPulling head triangle
- Peruvian necktie
- Muffler
- Ezekiel Choke
- Reaping
- Standing Guillotine
- Baratoplata
- Tarikoplata
- Flying submissions
- Lifting players from guard
- Closed guard from a takedown

- **Illegal Techniques**

- Straight Ankle Lock
- Knee Bar
- Wristlock
- Groin Stretch
- Toe Hold
- Aoki Lock
- Spinal Stretch
- Kidney/rib crush
- Bicep/calf slicers
- Boston crab
- Leg Scissors
- Armless Triangle
- Clavical/spine locks

- Face locks
- Back arch throw - Suplex
- Heel Hooks
- Jumping closed guard
- Scissor Takedown
- Slams

Kids Age 15-17 Beginner and Intermediate Skill level

- **Legal Techniques**
- Americana
- Armbar
- Chokes
- Ground Guillotines
- Omoplata
- Kimura
- Buggy Choke
- Pulling head triangle
- Peruvian necktie
- Muffler
- Ezekiel Choke
- Reaping
- Standing Guillotine
- Baratoplata
- Tarikoplata
- Flying submissions

- **Illegal Techniques**

- Straight Ankle Lock

- Knee Bar
- Wristlock
- Groin Stretch
- Toe Hold
- Aoki Lock
- Spinal Stretch
- Kidney/rib crush
- Bicep/calf slicers
- Boston crab
- Leg Scissors
- Armless Triangle
- Clavical/spine locks
- Face locks
- Back arch throw - Suplex
- Heel Hooks
- Jumping closed guard

- Scissor Takedown
- Slams
- Lifting from guard
- Closed guard off a takedown

Kids Age 15-17 Advanced skill level

- **Legal Techniques**
- Americana
- Armbar
- Chokes
- Ground Guillotines
- Omoplata
- Kimura
- Buggy Choke
- Pulling head triangle
- Peruvian necktie
- Muffler
- Ezekiel Choke
- Reaping
- Standing Guillotine
- Baratoplata
- Tarikoplata
- Straight Ankle Lock
- Flying submissions
- Lifting from guard
- Closed guard from a takedown

- **Illegal Techniques**

- Knee Bar
- Wristlock
- Groin Stretch
- Toe Hold
- Aoki Lock
- Spinal Stretch
- Kidney/rib crush
- Bicep/calf slicers
- Boston crab
- Leg Scissors
- Armless Triangle
- Clavical/spine locks
- Face locks
- Back arch throw - Suplex
- Heel Hooks
- Jumping closed guard
- Scissor Takedown

- Slams

Adults Beginner and Intermediate Skill level

- **Illegal Techniques**
- Scissor Takedowns
- Slams

Adults Advanced Skill level

- **Illegal Techniques**
- Slams

Masters Age 30+ Beginner and Intermediate Skill level

- **Illegal Techniques**
- Heel Hooks
- Jumping Closed Guard
- Scissor takedown
- Slams

Masters Age 30+ Advanced Skill level

- **Illegal Techniques**
- Jumping Closed Guard
- Scissor takedown
- Slams

Belts or training experience for skill levels

- **Kids age 4-12**
- Beginner: white belts or 0-1 years of training
- Intermediate: Grey Belts or 1-3 years of training
- Advanced: Yellow belts and above or 3+ years of training

- **Teens age 13-14 years old & Juveniles 15-17 years old**

- Beginner: White belts or 0-2 years of training

- Intermediate: Grey and yellow belts or 2-4 years of training

- Advanced: Orange and green belts or 4+ years of training

- **Adults and Masters**

- Beginner: White belt or 0-2 years of training

- Intermediate: Blue and Purple belts 2 to 4 years of training

- Advanced: Brown and Black belts 4+ years of training.

- If you don't have a BJJ belt then use the years of training to enter the correct skill level

- If you are a white belt but have 2+ years of experience in another grappling art like wrestling, judo, sambo etc. you need to enter the intermediate skill level.

- For youth competitors if you are going for a takedown and go out of bounds, you both will be started in a standing neutral position, regardless of what grips you had. Try to keep your opponent on the mat to get points.

Judging Criteria

- Scoring in ADCC is extremely difficult so the number 1 judging criteria is who is the aggressor and is initiating the action. We need to incentive the athletes to force the action.
- If someone initiates and their opponent counters, we still give a heavy emphasis to the person initiating.
- We judge the entire match and not just overtimes.
- Other than initiating we take into consideration, positional control, sub attempts and all factors in a grappling match but once again the main judging criteria is who initiates. This does not include fake initiations.

Referee Duties

- Referees play a vital role in monitoring the score and positions, but judges will be the ones who award the points, warnings and penalties.
- The referee should motion to the judges when back mount with hooks are in, when there is a mount position and both knees are on the mat etc places that the judges aren't able to see.
- Be aware of your position on the mat in order to not block the judges view.
- You must be assertive and take control of the match, do not allow the athletes to distract you or try to influence you. Be firm.
- Be aware of the time in the match. Generally, the judge will motion to the referee between 5 to 10 secs before points time or the end of regulation or overtime.
- Make sure to make eye contact with the judge periodically. They will motion to you when to give a warning to a stalling opponent. If they are pointing down, issue a warning to the bottom player.
- An ACTION call is NOT a warning call, it is meant to push the athletes to be more active. WARNING passivity is a warning to the athlete, after 2 WARNING calls the next call will be a negative. If there is a negative point, hold the action briefly announce to the athlete and their coach that they received a negative.
- This is very crucial, in ADCC we DO NOT allow the competitors to play the edges. If there is a scramble that is hard to stop and resume, we will allow them to go onto the other

mats. The match DOES NOT stop because the athletes go off the mats, only the referee will stop the match. If you need to stop the match and resume, pay very close detail to the grips, how their arms and legs are positioned etc and put them back in the same position on the center of the mats. Do not stop the action while an athlete is attempting submission.

- If both opponents are standing and wrestling and you see them about to go off the mats, position yourself between the athletes and the audience, any tables or any other physical objects.
- For Youth competitors, if you attempt a takedown and go out of bounds, you and your opponent will be started on the feet in a neutral position. If you get a rear body lock and go out of bounds, you will be started in a standing neutral position.