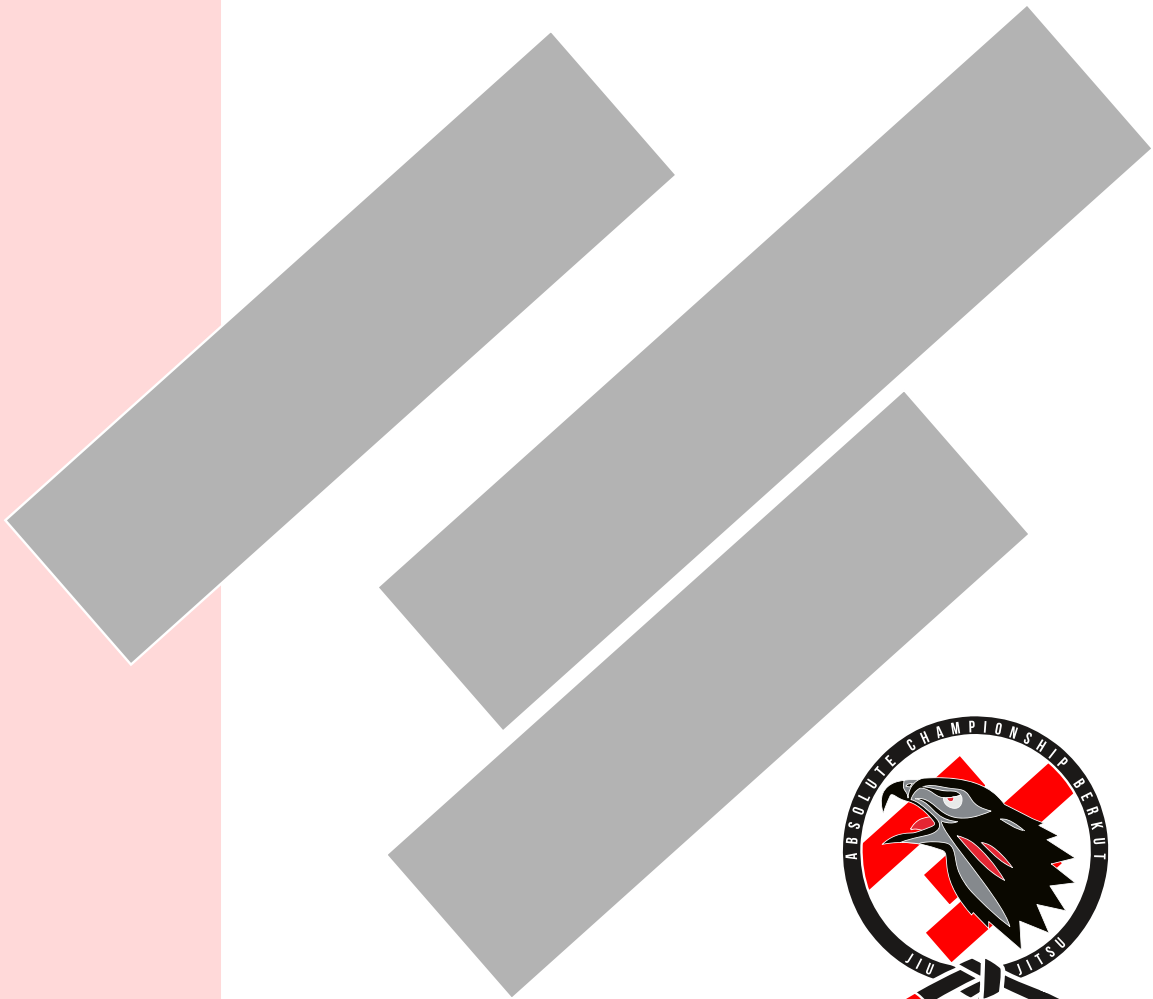


ACBJJ

Absolute Championship Berkut



ACBJJ RULE BOOK

English version

www.acbjj.com

MATCH DECISIONS

Match decisions shall be issued in the following forms :

- Submission
- Score (points)
- Referee stoppage
- Disqualification
- Loss of consciousness (or medical stoppage)
- Golden Score
- Referee decision

Points system:

2 points: Takedown, Sweep, Knee on belly, standing up with control from the double guard pull.

3 points: Guard Pass

4 points: Mount, Back Mount, Back Control

**All positions must be stabilized at least 3 seconds.*

THERE ARE NOT ADVANTAGES.

GOLDEN SCORE

In case the match ends in a draw at the end of the time, the referee will give 1 minute extra time, the athlete that scores first or gets a submission will be the winner.

In case the extra time ends with a draw, the referee will give a decision considering the whole fight (regular time + extra time).

TIME AND WEIGHT CATEGORIES

Teen and juvenile

Grey and yellow belts: 4 minutes

Orange and green belts: 4 minutes

Adult

White and blue belts: 5 minutes

Purple, brown and black belts: 6 minutes

Weight categories (kg):

14-15 years old (Teen)

40, 45, 50, 55, 60, 65, 70, +70 (limit 90kg)

16-17 years old (Juvenile)

50, 55, 60, 65, 70, 75, 80, +80 (limit 100kg)

Adult (+18 years old)

60, 65, 75, 85, 95, +95

**Weighing will be without the Gi*

POINT SCORING.

Points shall be awarded by the central referee of a match whenever an athlete stabilizes a position for 3 (three) seconds.

When the proper defensive counter for a submission hold results in exiting the match area, the referee shall signal 2 (two) points be awarded to the athlete applying the submission hold.

Matches should unfold as a progression of positions of technical control that ultimately result in a submission hold.

Therefore athletes who voluntarily relinquish a position, in order to again score points using the same position for which points have already been awarded, shall not be awarded points upon achieving the position anew.

Athletes who arrive at a point-scoring position while caught in a submission hold shall only be awarded points once they have freed themselves from the attack and stabilized the position for 3 (three) seconds.

Athletes who, in defending a sweep, return their opponent back-down or sideways on the ground shall not be awarded the takedown-related two points.

Athletes defending standing back-control, where the opponent has one or two hooks in place and doesn't have one foot on the mat, shall not be awarded the takedown-related two points, even after he/she stabilizes the position for 3 (three) seconds.

POINT SCORING (part 2).

Athletes who begin a takedown movement before the opponent pulls guard shall be awarded two points for the move, respecting the Takedown rules.

When an athlete has a grip on his/her opponent's pants and the opponent pulls open guard, the athlete with the grip on the pants shall be awarded two points for the takedown if he/she stabilizes the top position on the ground for 3 (three) seconds. If the opponent pulls closed guard and remains suspended in the air, the athlete will have to put the opponent's back on the ground within 3 (three) seconds and stabilize the top position for 3 (three) seconds to be awarded with Takedown points.

Athletes shall be awarded cumulative points when they progress through a number of point-scoring positions, as long as the three-second positional control from the final point-scoring position is a continuation of the positional control from the point-scoring positions from earlier in the sequence. In this case, the referee shall count only 3 (three) seconds of control at the end of the sequence before signaling the points be scored (e.g., guard pass followed by mount counts for 7 [seven] points).

In the case of the mount, when there is a transition straight from back mount to mount or Vice-versa—for being distinct positions—athletes shall be awarded four points for the first mount and another four points for the subsequent mount, so long as the three-second stabilization period was achieved in each position.

TAKE DOWN 2 points.

When an athlete forces his/her opponent back-down, sideways or into a seated position on the ground after standing on two feet at some point during the movement, and keeps the fight on the ground and himself/herself in the top position for 3 (three) seconds.

When an athlete forces his/her opponent to the ground on all fours or belly-down, points shall only be awarded once the athlete performing the takedown has established a back clinch on his/her opponent—hooks need not be in place but at least one of the opponent's knees must be maintained on the ground for 3 (three) seconds.

If an athlete forces his or her opponent to the ground in the outlying safety area, the athlete performing the takedown should have both feet within the match area when the movement begins. In this case, if the athletes land in a stabilized position, the referee will only stop the match after 3 seconds of stabilization in the position. Then the referee will score the points and restart the match at the center of the match area. The athletes will be placed in the same position they were in when the match was stopped.

When the opponent has one or two knees on the ground, the athlete performing the takedown will only be awarded points if he/she is standing at the moment the takedown is carried out.

When the athlete forces his/her opponent to the ground using a single or double-leg takedown and the opponent lands seated and successfully applies a counter-takedown (another takedown), only the athlete performing the counter-takedown shall be awarded the two points when he/she can stabilize this position for 3 (three) seconds.

TAKE DOWN 2 points. (part 2)

For any takedown technique where the athlete, delivering his/her opponent back-down or sideways on the ground, lands in guard or half-guard and immediately suffers a successful sweep by the opponent, the opponent shall be awarded the two points from the sweep.

Athletes who initiate a takedown movement after the opponent has pulled guard shall not be awarded the two points relating to the move.

KNEE ON BELLY 2 points.

When the athlete on top maintaining side-control places a knee on the belly, chest or ribs of his/her opponent – who is on bottom with their back or side on the ground –, maintaining his/her other leg extended diagonally away from the opponent and his/her foot (not knee) on the ground, body facing the opponent's head (not legs), and thus remains for 3 (three) seconds..

MOUNT, BACK MOUNT 4 points.

When the athlete is on top, clear of the half-guard, sitting on the opponent's torso and with two knees or one foot and one knee on the ground, facing the opponent's head and with up to one arm trapped under his/her leg – and thus remains for 3 (three) seconds.

Should the athlete have one of the opponent's arms trapped under his/her leg, he/she shall only be awarded points for the mount if the leg trapping the arm does not extend beyond the opponent's shoulder.

When the athlete lands on top with a triangle fastened around the opponent on bottom, no points shall be awarded for the mount.

BACK CONTROL 4 points.

When the athlete takes control of the opponent's back, placing his/her heels between the opponent's thighs without crossing his/her legs and in a position to trap up to one of the opponent's arms without trapping the arm above the shoulder line – and thus remains for 3 (three) seconds.

SWEEP 2 points.

When the athlete on bottom with the opponent in his/her guard or half-guard inverts the position, forcing the opponent who was on top to be on bottom – and maintains him/her in this position for 3 (three) seconds

When the athlete on bottom with the opponent in his/her guard or half-guard inverts the position and the opponent turns his/her back on all fours and the athlete who initiated the reversal establishes a back clinch over opponent's back – without needing to place hooks but maintaining the opponent with at least one knee on the ground for 3 (three) seconds.

When the athlete on bottom with the opponent in his/her guard or half-guard gets to his/her feet, puts the opponent down and maintains the grips necessary to hold the opponent in bottom position for 3 (three) seconds.

GUARD PASS 3 points.

When the athlete in top position manages to surmount the legs of the opponent in bottom position (pass guard or half-guard) and maintain side-control or north-south position over him/her for 3 (three) seconds.

Note 1: Guard is defined by the use of one or more legs to block the opponent from reaching side-control or north-south position over the athlete on bottom.

Note 2: Half-guard is the guard where the athlete on bottom is lying on his/her back or side and has one of the top-positioned athlete's legs trapped, blocking him/her from achieving side- or north-south control over the bottom-positioned athlete for 3 (three) seconds.

FOULS (part 1).

Fouls are technical or disciplinary infractions addressed in the rules that are committed by athletes before, during or after a match.

Subdivided into technical fouls and disciplinary fouls.

Technical Fouls:

- When an athlete's gi is rendered unusable and he/she is unable to exchange it for a new one within a period of time stipulated by the referee.
- When an athlete deliberately flees the match area to avoid submitting to a submission hold applied by his/her opponent.
- When an athlete intentionally attempts to get his or her opponent disqualified by reacting in a way that places his or her opponent in an illegal position.
- When an athlete applies creams, oils, gels or any slippery substance to any part of the body.
- When the athlete utilizes any substance that increase the adherence in any part of his/her body.
- When the athlete utilizes any substance that makes the kimono slippery for the grips.
- When an athlete strangles his or her opponent ,without using the gi, with one or both hands around the opponent's neck or applies pressure to the opponent's windpipe using the thumb.
- When an athlete blocks the passage of air to his/her opponent's nose or mouth using his/her hands.
- When the athlete who is defending a single leg takedown, while the athlete attacking has his head outside his opponents body, intentionally projects his attacker to the ground, by grabbing his opponents belt, to make him hit the floor with the head.

FOULS (part 2).

- The suplex movements that will project or force the opponent's head or neck into the ground.

Obs: The suplex takedown is defined by the attacking athlete lifting the opponent at the waist in order to take him/her down, by throwing him backwards or sideways to the ground. The use of this technique is still permitted provided that the movement does not force the opponent's head or neck into the ground.

- When an athlete applies a hold prohibited for his/her respective division.

STALLING (Combativeness Foul)

The time for stalling foul will be 15 seconds.

The referee will give Penalties for each foul:

PENALTIES

First: Verbal

Second: 2 points for the opponent.

Third: Disqualified.

ILLEGAL MOVES

Teen (14-15 years old)

Submission techniques stretching legs apart.

Choke with spinal lock.

Straight foot lock.

Forearm choke using the sleeve (Ezequiel choke).

Frontal guillotine choke.

Omoplata.

Triangle (pulling head).

Arm triangle.

Lock inside the closed guard with legs compressing kidneys or ribs.
Wrist lock.

Single leg takedown while the attacking athlete has his head outside his opponents body.

Bicep slicer.

Calf slicer.

Knee bar.

Toe hold.

Slam.

Spinal lock without choke.

Heel hook.

Locks twisting the knees.

Knee Reaping.

Scissor Takedown.

In straight foot lock, turning in the direction of foot not under attack.
In toe hold, applying outward pressure on the foot bending fingers backwards.

Grab the opponents belt and throws him to the floor on his head when defending a single leg situation while his opponents head is on the outside of his body.

Suplex takedown technique, landing with the opponent's head or neck on the ground.

ILLEGAL MOVES

Juvenile (16-17 years old) & Adult White Belts.

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Lock inside the closed guard with legs compressing kidneys or ribs.
Wrist lock.

Single leg takedown while the attacking athlete has his head outside his opponents body.

Bicep slicer.

Calf slicer.

Knee bar.

Toe hold.

Slam.

Spinal lock without choke.

Heel hook.

Locks twisting the knees.

Knee Reaping.

Scissor Takedown.

In straight foot lock, turning in the direction of foot not under attack.
In toe hold, applying outward pressure on the foot bending fingers backwards.

Grab the opponents belt and throws him to the floor on his head when defending a single leg situation while his opponents head is on the outside of his body.

Suplex takedown technique, landing with the opponent's head or neck on the ground.

ILLEGAL MOVES

Adult (+18 yo) Blue and Purple belts.

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Bicep slicer.

Calf slicer.

Knee bar.

Toe hold.

Slam.

Spinal lock without choke.

Heel hook.

Locks twisting the knees.

Knee Reaping.

Scissor Takedown.

In straight foot lock, turning in the direction of foot not under attack. In toe hold, applying outward pressure on the foot bending fingers backwards.

Grab the opponents belt and throws him to the floor on his head when defending a single leg situation while his opponents head is on the outside of his body.

Suplex takedown technique, landing with the opponent's head or neck on the ground.

ILLEGAL MOVES

Adult (+18) Brown and Black belts.

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Slam.

Spinal lock without choke.

Heel hook.

Locks twisting the knees.

Knee Reaping.

Scissor Takedown.

In straight foot lock, turning in the direction of foot not under attack. In toe hold, applying outward pressure on the foot bending fingers backwards.

Grab the opponents belt and throws him to the floor on his head when defending a single leg situation while his opponents head is on the outside of his body.

Suplex takedown technique, landing with the opponent's head or neck on the ground.

***Black Belts rules for the NOGI events:**

In the ACBJJ NoGi events, Black Belts will be allowed:

Slam if the fighter is under a submission attempt.

Heel hook.

Reaping the Knee

Straight foot lock, turning in the direction of foot not under attack