



**NUWAY  
COMBAT**

# **NUWAY JIU JITSU RULES & REGULATIONS**

# Uniform & Gear Requirements

**1.1)** Gis will not be checked or measured before the tournament, but the NUWAY Jiu Jitsu officials have the right to ask a competitor to change his/her Gi if they judge it is inappropriate. This situation can happen if: the Gi is obviously too short or too long, there are too many patches on the Gi preventing the opponent from gripping it, the top and the pants are of different colors or the Gi shows visible tears, is wet or dirty, or emanates unpleasant odors.

**1.2)** Competitors may wear a rash guard under their gi. Competitors may not select to wear a shirt under their gi instead.

**1.3)** For NoGi Men divisions, athletes have to wear board shorts without pockets or with pockets entirely stitched shut and reaching at least halfway down the thigh and at most to the knee. Attached metal or plastic of any kind that may hurt the opponent is expressly forbidden on the board shorts. Spats can be worn under the shorts if selected. Athletes also have to wear a rashguard or a shirt of elastic fabric (clings to body). This rash guard or elastic shirt does not need to meet any color requirements. Athletes cannot compete shirtless or wearing a loose shirt of any kind.

**1.4)** For NoGi Women divisions, athletes have to wear board shorts or lycra elastic pants without pockets or with pockets entirely stitched shut and reaching at least halfway down the thigh and at most to the knee. Attached metal or plastic of any kind that may hurt the opponent is expressly forbidden on the board shorts. Athletes also have to wear a rashguard or a shirt of elastic fabric (clings to body). This rash guard or shirt does not need to meet any color requirements. Athletes cannot compete wearing a loose shirt of any kind.

**1.5)** Use of any foot gear, head gear, hair pins, jewelry, cups (genital protectors) or any other protector fashioned of hard material that may cause harm to an opponent or the athlete him/herself is forbidden. Also forbidden is the use of head wear – be it bandages, hoods or an elastic cap.

**1.6)** The use of joint protectors (knee, elbow braces, etc.) that increase body volume to the point of making it harder for an opponent to grip the Gi are also forbidden.

# Hygiene

- 2.1)** Athletes' finger and toe nails should be trimmed and short.
- 2.2)** Long hair should be tied up so as not to cause competitor or opponents any discomfort.
- 2.3)** Athletes will be disqualified if they are wearing hair dye or makeup that stains their opponent's Gi or the mat surface during a match.
- 2.4)** Any athletes presenting any skin lesions, cuts, scrapes, staph infections, ringworm, etc... will be disqualified from competing. No exceptions will be made.

# Weigh-In Guidelines

- 3.1)** You must check-in and weigh-in at the schedule weigh-in timeline listed on the tournament page. Please check the tournament page on smoothcomp for your scheduled weigh-in time.
- 3.2)** There will be a 1 pound allowance.
- 3.3)** Athlete has one chance to make weight on official weigh-in scale. There are, however, check-scales competitors may utilize before weighing in on official scale.
- 3.4)** Athletes who fail to make weight during the designated period will be disqualified and will not be moved up to another weight division. Athletes who are disqualified will not be eligible for a refund. It is the athlete's responsibility to make the weight class they signed up for, or have changed to a higher weight class by that event's change deadline.
- 3.5)** All competitors competing in Gi divisions weigh-in WITHOUT their Gi on.
- 3.6)** An athlete who competes in both their Gi and NoGi divisions only has to weigh-in once.

# Competition Rules

## Match Duration

**5.1)** The time limit for every Adult (16+ years old) fight in the tournament will be:

5 mins for Novice/White

6 mins for Intermediate/Blue/Purple

7 mins for Advanced & Expert/Brown/Black.

**5.2)** The time limit for every Teens (11-15 years old) fight in the tournament, will be 4 minutes.

**5.3)** The time limit for every Kids (7-10 years old) fight in the tournament will be 3 minutes.

**5.5)** The time limit for every Team Tournament event is 1 x 6 minute round. In case of a 25lb+ weight difference between competitors, a 1 x 4 minute round will be adjusted.

## Scoring

**6.1)** NUWAY Jiu Jitsu matches follow traditional BJJ point scoring:

4 for the mount

4 for the back

3 for a guard pass

2 for a sweep (defined by using a variation of a guard position)

2 for a take down

2 for knee on stomach

2 for a solid submission attempt that was stopped out of bounds\*\*\*

**6.2)** All positions must be held and controlled for 3 seconds.

**6.3)** There is no “Advantage” scoring.

**6.4)** A first penalty will result in a warning, a second penalty will result in the opponent being given 2 points, a third penalty will result in disqualification.

**6.5)** \*\*\*Intentionally fleeing of the mat while in a submission of any kind is expressly forbidden and will result in immediate disqualification or penalty, per Referee’s discretion. If while in a submission the competitors naturally roll out of bounds, the offense competitor will be awarded 2 points and they will be restarted either in the same position (if possible) or back standing, per Referee’s discretion.\*\*\*

**6.6)** If a match finishes in a draw, a 2 minute Overtime round will be decided by first point scored. Guard pulling is permitted. If neither competitor scores during the OT round, the Ref will determine a winner by decision.

**6.7)** A match will be deemed over immediately if a competitor taps out, screams in pain while a submission is applied, or verbally submits during the match.

# Team Tournament

**Format:** Team Round Robin

**6.8) HOW the TEAM TOURNAMENT WORKS:** Each team will present a Team lineup 1-3. Winner of the first matchup stays in to face the next competitor from the opposing team.

In the event of a Draw, both fighters are eliminated. In the event that both teams are down to their last fighters with the match ending in a draw, both teams will reflect a Draw on their record for that round.

Example Record: "(0-0-1)"

**6.9) HOW TO WIN:** Team Champions & Medalists are determined by Most Team Victories (not individual wins).

**7.0) TIE BREAKER:** In the event of a tie between Team's records, the Team with the most combined wins by Submission for the event will determine the victor.

Example: \*5 teams Registered for Team Duels\*

"1st Place - Team A (4-0) as a team

2nd Place - Team B (3-1) as a team

3rd Place - Team C (2-2) as a team

etc..."

### **7.1) WEIGHT LIMITS:**

Adult Male Teams are comprised of 3 competitors with a maximum combined Team weight of 600lbs.

Adult Female Teams are comprised of 3 competitors with a maximum combined Team weight of 500lbs.

Kids teams are comprised of three, 12U competitors in the following weight classes: 95, 105, 115.

### **7.2) TIME LIMITS:**

1X6min round or 1X4min round\*

\*(in case of 25+lb weight difference between competitors, matches will be shortened to 4min in length.)\*

All KIDS/TEENS YOUTH DUELS matches are 4min in length.

## **Round Robin & Double Elimination**

For Divisions with 5 or less people, we will be following a Round Robin format with an opportunity of getting up to 4 matches for each competitor.

For Divisions with 6 or more people, we will be following a Double Elimination format where competitors who lose their first match get the opportunity to get more matches and battle their way back to compete for a true 3rd place. All Double Eliminations brackets guarantee 2 matches to each competitor.

## **Awards**

**7.1)** The top three placers from each division shall receive medals for 1st-3rd place.

**7.2)** The prizes shall be awarded according to the results proclaimed by the referees. Exchanging placement at the moment prizes are awarded is expressly forbidden.

**7.3)** Team Tournament Awards - The Team who wins the event will receive a special, team trophy for their accomplishment.

# Allowable Techniques

| Technique                      | 18 & Under | Beginner White | Intermediate | Advanced & Expert |
|--------------------------------|------------|----------------|--------------|-------------------|
| Straight Arm Lock              | ✓          | ✓              | ✓            | ✓                 |
| Chokes with Kimono             | ✓          | ✓              | ✓            | ✓                 |
| Kimura/Americana               | ✓          | ✓              | ✓            | ✓                 |
| Rear Naked Choke               | ✓          | ✓              | ✓            | ✓                 |
| Arm Triangle                   | ✓          | ✓              | ✓            | ✓                 |
| Guillotine Choke (On Ground)   | ✓          | ✓              | ✓            | ✓                 |
| Ezequiel Choke                 | ✓          | ✓              | ✓            | ✓                 |
| Omoplata                       | ✓          | ✓              | ✓            | ✓                 |
| Triangle (Pulling Head)        | ✓          | ✓              | ✓            | ✓                 |
| Groin Stretch                  | ✗          | ✓              | ✓            | ✓                 |
| Straight Foot Lock             | ✗          | ✓              | ✓            | ✓                 |
| Guillotine Choke (Standing)    | ✗          | ✓              | ✓            | ✓                 |
| Wrist Lock                     | ✗          | ✓              | ✓            | ✓                 |
| Jumping Full Closed Guard      | ✗          | ✗              | ✓            | ✓                 |
| Knee Bar                       | ✗          | ✗              | ✓            | ✓                 |
| Toe Hole (Inside/Outside)      | ✗          | ✗              | ✓            | ✓                 |
| Bicep/Calf Slicer              | ✗          | ✗              | ✓            | ✓                 |
| Knee Reap                      | ✗          | ✗              | ✗            | No-Gi Only        |
| Neck Crank                     | ✗          | ✗              | ✗            | No-Gi Only        |
| Twister                        | ✗          | ✗              | ✗            | No-Gi Only        |
| Scissor Takedown               | ✗          | ✗              | ✗            | No-Gi Only        |
| Heel Hook                      | ✗          | ✗              | ✗            | No-Gi Only        |
| Slam (Out of Guard/Submission) | ✗          | ✗              | ✗            | ✗                 |

- All scoring must be held for 3-seconds of control in order to be awarded points
- Points can only be re-scored if there is a regression and re-advancement of position;  
ie. You cannot score knee on belly unless you advance or regress position, and then re-establish knee on belly.
- Reversals **don't** count for 2 points, this includes reversal from mount/side control/KOB
- All scoring is at the discretion of the referee