

# ADCC Rules

Contributed by ADCC European Federation  
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ADCC Europe Rules & Regulations The Championship is knock out tournament style, with only winner going through to the next round.

Gi, Kimono & Wrestling Shoes are optional for juniors and novice.

The mat area is 9 x 9 meters, (8x8m, 1m safety area)

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. If the fighters were standing, they will start again facing each other.

## Legal Techniques

- Any kind of choke (except for using the hand to close the wind pipe).
- No use of T-Shirt and no holding the shorts allowed
- Any armbar, shoulder lock, or wrist lock
- Any Leg Lock or Ankle Lock

## Illegal Techniques

- "Full Nelson" and "Crucifix"
- No striking of any kind
- No eye gouging or fish hooking
- No grabbing the ears
- No hair pulling
- No finger or toe holds
- No thumbing
- No scratching and pinching
- No kicking
- No biting
- No touching groin area
- No hands, knees or elbows on face
- No slippery substances allowed on body or clothing

## Points

- 2 -Mount position
- 2 -Knee on stomach
- 2 -Sweeps (ends Guard or Half Guard)
- 2 -Takedown (ends Guard or Half Guard)
- 3 -Back mount with hooks
- 3 -Passing the guard
- 4 -Clean Sweep (ends passed the guard)
- 4 -Clean Takedown (ends passed the guard)
- Each position must be established for 3 seconds or more in or de for points to be awarded.
- When changing multiple positions points will be awarded only for the position that has been established for 3 seconds or more.

Reversals are considered Sweeps as well.

## Penalties

- 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, he will be punished by a minus point.
- When a fighter disengages from contact and starts backing up and avoids to engage again he 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"

## How you can win

The winner will be decided according to,

- If one competitor gives up or submits by tapping the leg, arm or verbally (verbally only in novice and junior divisions)
- If Referee feels one competitor is unable to defend himself or feels his life is in danger, the Referee will declare the winner
- If a fighter breaks the rules twice he will be disqualified by the Referee

#### Winning by

- Submission
- Points
- Referee Decision

#### Mens Weight Classes

- - 65.9kg
- - 76.9 Kg
- - 87.9 Kg
- - 98.9 Kg
- + 99 Kg
- Absolute Class

#### Womans Weight Classes

- -60kg
- +60kg

#### Time Limits

- Qualifying Rounds = 6 Minutes, first 3 minutes with out points.
- Finals = 10 Minutes, first 5 minutes with out points. Only negative points.
- 3/5 Minutes overtime if there is a draw.

Junior, Beginners and national champion competition weight classes.

Junior (under 15) and beginners competition we use these weight classes

- 45.0kg (junior)
- 50.0kg (junior)
- 55. 0kg (junior)
- 60. 0kg (junior)
- 61.0kg
- 67.0kg
- 73.0kg
- 79.0kg
- 91.0kg
- 100.0kg
- +100.0kg

#### Time Limits

- Qualifying Rounds = 5 Minutes
- first 2 minutes with out points.
- 3 Minutes overtime.

#### Legal Techniques

- Any kind of choke (except for using the hand to close the wind pipe).
- No use of T-Shirt and no holding the shorts allowed
- Any armbar, shoulder lock, or wrist lock

#### Illegal Techniques

- All neck ranks
- Slamming
- Heel hooks
- Knee Bars
- No striking of any kind
- No eye gouging or fish hooking
- No grabbing the ears
- No hair pulling
- No finger or toe holds
- No thumbing
- No scratching and pinching

- No kicking
  - No biting
  - No touching groin area
  - No hands, knees or elbows on face
- No slippery substances allowed on body or clothing

We also will be enforcing fully, the zero tolerance rule of disrespecting, threatening with physical violence, or verbally abusing referees (or promoters) for the entirety of the event. If any coach, parent, or competitor threatens or abuses the referee in any shape or form, they will be escorted out of the building and their team will be banned from any future event by ADCC, [bjj.eu.com](http://bjj.eu.com) and its partners.