AMERICAN GRAPPLING FEDERATION



AGF RULES &
COMPETITOR GUIDELINES

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American Grappling Federation

americangrapplingfederation.com

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Tournament Brackets

The American Grappling Federation follows a double-elimination tournament format for regular divisions and a modified single-elimination format for our Challenger divisions.

Regular Divisions

- Divisions with 2 competitors are best-of-three. The first competitor to win 2 matches is the winner.
- Divisions with 3 competitors are round-robin. Each athlete competes against every other athlete. The competitor with the most wins earns first place. The competitor with the second most wins earns second place. The final competitor will earn third place.
- In case of a tie, the competitor with the most submissions wins. If there is a need for an additional tiebreaker, then the competitor with the fastest submission will win.
- Divisions with 4 or more competitors are double elimination until the finals. The final matches are single elimination.

Competitors that lose their first match have the opportunity to continue to compete for third place.

Challenger Divisions

- Divisions with 5 or more competitors are single elimination until the semi-final. Competitors who lose their semi-final match will have the opportunity to compete again for third place. Competitors that win their semi-final match will have an opportunity to compete for first place.
- Divisions with 3 competitors follow this format:
  - Player A vs. Player B in Match 1. (Assume Player A wins.)
  - Player B (loser of Match 1) competes against Player C in Match 2.
  - If Player C wins, Player C competes against Player A for first place. If Player C loses, Player C earns third place, Player B earns second place, and Player A earns first place.
- Divisions with only 2 competitors are single elimination.

Depending on the number of competitors participating in a division, it is possible that a single loss could eliminate a competitor's opportunity to compete further in their division.

Bracketing

When bracketing, it sometimes becomes necessary to collapse divisions. When doing so, the safety and fairness of the competitors are paramount. The general rule of thumb when collapsing is one of the following:

- Mix genders (4-11 years old only)
- Move up in age (no more than 2 years)
- Move up in weight (10 lbs / 4.5 kg or less)
- Move up in rank (only 1 rank, 4-15 years old only)

Aside from mixing genders, it is uncommon to combine more than one of the age, weight, or rank adjustments listed above. There are exceptions to this rule.

> **Example:**
>
> A 9-year-old boy weighing 64 lbs can be moved to the 10-11-year-old division against a 10-year-old girl weighing 67 lbs.

Seeding

For normal events, bracket seeding uses the following criteria:

- Teammates are placed on opposite sides of the bracket.
- Affiliation members are placed on opposite sides of the bracket.
- Random placement for remaining competitors.

For special events, bracket seeding will use the following criteria:

- Rankings-based seeding to ensure the highest-ranked opponents face each other in later rounds.
- Normal event seeding criteria resume.
- For seeded events, teammates and affiliate seeding rules are ignored. It is possible that seeded teammates face each other in the first round of the bracket.

Special events, including but not limited to Worlds and Nationals, will be identified as seeded on their event description pages.

Bonus Divisions

When bracketing, there are some competitors that cannot be fairly matched in a division. In these cases, it is necessary for a competitor that is closest in age / weight / rank to be given a bonus division. These bonus divisions are always more challenging for the competitor being added to the division. However, they do follow the general bracketing rule of thumb mentioned previously in this section.

Bonus divisions are purely optional and are free. If you (or your child) have been added to an additional division and do not wish to participate, please contact the tournament director prior to the tournament so that a suitable replacement can be arranged.

Bonus divisions are typically more challenging. It is suggested that competitors compete in their original divisions first.

Divisions

No matter what your weight, age, or rank, the American Grappling Federation has you covered! With well over 2,100 possible weight, age, and rank combinations, we are certain we can find a division for you.

When creating divisions, it is common to mix the genders for the Kids divisions to ensure matches. Genders will not be automatically mixed in the Junior and Teen divisions. Juvenile, Adult, Masters, Seniors, or Executives divisions will not be mixed.

Age Groups

Our age groups are broken down into Kids, Juveniles, Adults, Masters, Seniors, and Executives. When selecting your proper age category, you should use the one that properly reflects your age on the date of the tournament.

Kids (4-15 years old and split into 2-year age groups)

- Tiny Kids (4-5 years old)
- Little Kids (6-7 years old)
- Kids (8-9 years old)
- Pre-Teen (10-11 years old)
- Juniors (12-13 years old)
- Teen (14-15 years old)
- Juvenile (16-17 years old)
- Adult (18+ years old)
- Masters (30+ years old)
- Seniors (40+ years old)
- Executives (50 years old and above)

Masters, Seniors, and Executive competitors are permitted to compete down in age if they wish.

Juveniles are permitted to compete in Adult divisions if they wish.

> **Examples:**
>
> A 37-year-old competitor can compete in either the Adult or Master division.
>
> A 27-year-old competitor can only compete in the Adult division.
>
> A 16-year-old competitor can compete in either the Juvenile or Adult division.

Ranks

Gi and No Gi

Kids

- White - No Submissions [Ages 4-7 only]
- White
- Grey
  - Grey / White
  - Solid Grey
  - Grey / Black
- Yellow
  - Yellow / White
  - Solid Yellow
  - Yellow / Black
- Orange

  - Orange / White
  - Solid Orange
  - Orange / Black
- Green
  - Green / White
  - Solid Green
  - Green / Black

Juveniles, Adults, Masters, Seniors, and Executives

- White
- Blue
- Purple
- Brown
- Black

You must register for the division you currently hold Brazilian Jiu Jitsu rank in. The only exceptions are as follows:

- Competitors who hold a judo black belt must register in the Blue Belt division if they are unranked or hold a white belt in Brazilian Jiu Jitsu.
- Competitors who wrestled at the College/University level in the USA or who have a professional record in MMA cannot compete as white belts and must compete at Blue Belt. Wrestlers outside the United States with experience in National and World Wrestling, Sambo or Pancrase tournaments are also required to compete at Blue Belt if they hold no rank in Jiu Jitsu.
- Yellow, Orange, and Green Belts can enter Juvenile and Adult Blue Belt divisions.

> **Example:**
>
> If you are a Blue belt in Brazilian Jiu Jitsu, you can only compete in the Blue belt division. You cannot register as a Purple belt.

Gi and No Gi Weight Divisions

To help avoid any scale-related issues, we allow a 1 lb (0.5 kg) allowance for all competitors. If a competitor is close to the maximum weight limit, we advise registering in a higher weight class to avoid disqualification. All weigh-ins are conducted **WITHOUT** the gi.

Kids

DIVISION	POUNDS	KILOGRAMS
Rooster I	Up to **40**	Up to **18.2**
Rooster II	Up to **45**	Up to **20.5**
Rooster III	Up to **55**	Up to **25.0**
Feather I	Up to **65**	Up to **29.5**
Feather II	Up to **75**	Up to **34.1**
Feather III	Up to **85**	Up to **38.6**
Light I	Up to **95**	Up to **43.2**
Light II	Up to **105**	Up to **47.7**
Light III	Up to **115**	Up to **52.3**
Middle I	Up to **125**	Up to **56.8**
Middle II	Up to **135**	Up to **61.4**
Middle III	Up to **145**	Up to **65.9**
Heavy I	Up to **160**	Up to **72.7**
Heavy II	**160.1** and Up	**72.8** and Up

Juveniles, Adults, Masters, Seniors, and Executives (Male)

DIVISION	POUNDS	KILOGRAMS
Light Rooster	Up to **115**	Up to **52.3**
Rooster	Up to **130**	Up to **59.1**
Light Feather	Up to **145**	Up to **65.9**
Feather	Up to **160**	Up to **72.7**
Light	Up to **175**	Up to **79.5**
Middle	Up to **190**	Up to **86.4**
Medium Heavy	Up to **205**	Up to **93.2**
Heavy	Up to **220**	Up to **100**
Super Heavy	Up to **235**	Up to **106.8**
Ultra-Heavy	**235.1** and Up	**106.9** and Up
Challenger I	Up to **175**	Up to **79.5**
Challenger II	**175.1** and Up	**79.6** and Up

Juveniles, Adults, Masters, Seniors, and Executives (Female)

DIVISION	POUNDS	KILOGRAMS
Light Rooster	Up to **105**	Up to **47.7**
Light Feather	Up to **120**	Up to **54.5**
Feather	Up to **135**	Up to **61.4**
Light	Up to **150**	Up to **68.2**
Middle	Up to **165**	Up to **75**
Medium Heavy	Up to **180**	Up to **81.8**
Heavy	**180.1** and Up	**81.9** and Up
Challenger I	Up to **135**	Up to **61.4**
Challenger II	**135.1** and Up	**61.5** and Up

Challenger Divisions

The Challenger divisions were created to allow competitors additional opportunities to compete for special awards. There are 2 types of Challenger Divisions: Kids (6-15) and Adults (Juveniles - Executives).

Adults (Juvenile - Executive):

The Challenger divisions for adult competitors were created for those who wish to compete in their age and rank division but also with other weight classes. The adult weight classes for males are divided at 175 lbs / 79.5 kg. Challenger I is for competitors 175 lbs / 79.5 kg and below, and Challenger II is for competitors above the weight range. This gives competitors the opportunity for more matches, especially for the lighter weights. Typically, lighter-weight competitors do not enter Absolute / Open Class divisions for fear of injury. At AGF, we offer the opportunity to compete versus multiple weight classes without extreme weight differences. For those competitors who would like to compete in a division with an extreme weight class difference, they are welcome to enter the Challenger II division.

Kids:

The Kids Challenger Divisions are different from the adult Challenger divisions. For safety reasons, we do not allow extreme weight differences. Kids are allowed to register in their Challenger divisions for extra matches against opponents of any rank and age, but they may compete only against opponents in the same weight class.

To ensure safety for our White belt competitors, Challenger divisions for white belts only are available.

The Challenger divisions are restricted to kids 6-15 years old. Tiny Kids (4-5 years old) are not allowed to compete in the Challenger divisions.

Ranked Challenger divisions (Grey - Green) are split into two groups: 6-10-year-olds and 11-15-year-olds. White belt Challenger divisions are not split by age.

> **Examples:**
>
> An 8-year-old Yellow belt weighing 85 lb can compete against a 10-year-old Grey belt weighing 83 lb. A competitor must be Grey, Yellow, Orange, or Green Belt. White belts are not permitted to compete in this Challenger division.
>
> For the White belt only Challenger division, an 85 lb, White belt, 9-year-old competitor can compete against an 83 lb, 11-year-old, White belt.

Match Durations

Gi and No Gi Divisions

DIVISIONS	MATCH DURATION
Tiny Kids	2 minutes
Little Kids	2 minutes
Kids	3 minutes
Pre-Teen	3 minutes
Juniors	3 minutes
Teens	4 minutes
Juvenile, Adult, Master, Senior, and Executive	5 minutes

Challenger Divisions

DIVISIONS	MATCH DURATION
Kids	3 minutes
Juvenile, Adult, Master, Senior, and Executive Divisions	5 minutes

Scoring

Gi and No Gi Divisions

ACTION	POINTS
Conceding the Takedown Video • Guard Jumping is a Penalty, and matches will be restarted standing. • A No Contact Guard Pull results in 1 point being awarded to the athlete in the top position. The match will continue, and the athlete on top must engage the bottom athlete. • Conceding a takedown by pulling guard or moving to any bottom position awards the top athlete 1 point after 3 seconds of stabilization. • Any Guard Pull, Conceding of a Takedown, or Sacrifice Throw that immediately results in a Reversal to a top position will score 2 points. 1 point will not be awarded for Conceding the Takedown if the Reversal happens with continuous motion. Any pause of action will cause the 1 point for Conceding the Takedown to be awarded. • Flying submissions are legal Blue-Black. If the athlete earns 1 point for the submission attempt and ends up on bottom, their opponent will not be awarded 1 point for Conceding the Takedown. AGF views the athlete flying for a submission as seeking the fastest end to the match possible. If the submission attack was missed or not strong enough to gain 1 point, then it will be considered Conceding the Takedown. • Reversals in which both athletes rise to their feet and return to the mat with the same grips will not be scored as a Takedown.	**1**
Takedown Video • A takedown occurs when both competitors are on their feet and one forces the other to the mat, with the top competitor's chest facing down and the bottom competitor's chest facing up. • Anytime a Takedown is initiated but results in the Turtle position, the top athlete must control the opponent from behind the shoulders. Upper body control variations do not matter so long as the bottom player's arms are not holding the top player's legs. For takedown scoring, the bottom athlete may grip the top athlete's pants with their hands. However, takedown points are not awarded while the bottom athlete holds the top athlete's legs with their arms. One knee of the bottom athlete must be on the ground for 3 seconds for points to be given. • Once a Takedown is initiated, the athlete that controls top position for 3 seconds will be awarded 2 points. • Once a Takedown is initiated, neither athlete can concede to bottom position or pull to a guard. The athlete who maintains top position after a takedown is initiated will be awarded 2 points. • All takedowns must start and stop in bounds. • No points are awarded in the front headlock position.	**2**
Reversal Video • 2 points will be awarded to an athlete that transitions from a bottom position to any top dominant position in which one or both athletes' chests are facing the mat. No points will be awarded for positions resulting in both athletes' chests facing upwards. • No points are awarded for either athlete for an attempted Reversal in which an athlete transitions from the ground to standing while maintaining grips and returns to the ground with the same grips. • Reversal points from 50/50 Guard are only awarded 1 time consecutively for each person. If the position changes and then 50/50 is established again, the competitors can earn 50/50 Reversal points again. • If an athlete attempts to Reverse another and transitions from bottom position to controlling top Turtle, they will be awarded 2 points.	**2**

ACTION	POINTS
Double Guard Pull Video • The first person to control Top dominant position during a Double Guard Pull earns 2 points. • In the case of a Double Guard Pull, the competitors have 20 seconds to attempt to gain top dominant position before being penalized for stalling. • Any athlete that intentionally sits guard after their opponent does will be penalized and forced to stand. * Points are conditional based on the above criteria.	2*
Knee on Belly Video • Points are awarded if the bottom competitor's chest is angled upwards in any way. • The shin and knee of a top athlete in Side Control must be placed on their opponent's torso and both athletes are facing the same direction. • The top athlete can only be awarded points if their free leg is posted on the sole of their foot. The top athlete's knee cannot touch the ground. • No points are to be awarded if the bottom athlete has any Guard variation. • The foot of the knee on the belly may be on the mat or on the opponent, but the knee and shin must be on the torso.	2
Guard Pass • A Guard must be established for it to be passed, but there is no length of time required for a Guard to be established so long as the top athlete's knee is considered Re-Guarded. • All limbs of the passer must be out of any Guard. • Cradles are considered a Guard Pass. • Passer must clear the hip line of the guard player in Side Control. • Points can be awarded to non-point-worthy positions. **Example:** An athlete can receive Guard Pass points, but won't receive mount points if they are in Reverse Mount (mounted while facing the legs). • Once Guard Pass points are awarded, points will not be awarded again unless the bottom player gains Half Guard, Closed Guard, Seated Guard, or an Open Guard variation. • Quarter Guard is not a Guard Recovery position. The top player's knees must be recovered back into an AGF-recognized guard.	3

ACTION	POINTS

Back (Back Mount, Back Control, Body Triangle, or Hooks)
• Back Control consists of 1 of 4 leg positions while behind an opponent:
  • Body Triangle - feet must not be inside the opponent's legs.
  • Hooks - feet cannot be crossed.
  • Legs are allowed to trap arms but are not allowed over the shoulder of their opponent to be awarded points.
  • Back Mount - when a competitor has their opponent belly to the mat from turtle with shins outside opponent's hips.
Mount (Reverse Mount, Technical Mount, or Traditional) Video
• Traditional Mount - must have knees below the shoulder. A Triangle is not considered Mount.
• Technical Mount - may be awarded points if the opponent is on their side.
• Reverse Mount earns no points.
	4

Submissions out of Bounds • The attacking competitor is awarded 2 points when the defender's natural escape takes the athletes out of bounds. The athletes restart standing in the center of the competition area because the submission's outcome and resulting position cannot be determined.	**2**
Submission Attacks Video • 1 Point is awarded for strong Submission Attacks after the attack has come to an end. • A Submission Attack must be defended for 1 point to be given. • The Submission Attack must be strong enough that if not defended, it would cause a tap. • There must be no additional steps needed to apply the Submission in order for 1 point to be awarded. • There is no time requirement for a Submission to be held to be awarded a point. • Hand-over-mouth suffocation techniques can only be attacked from the Back or Back Crucifix variations with at least one arm trapped. • Submission Attack points can be awarded in combination with other positional points, such as an Omoplata and Reversal. However, Submission Attack points are not awarded if additional steps are required to apply the submission, such as a Kimura from Half Guard.	**1**
High Elevation Video • 1 point will be added to any Takedown or Reversal that includes High Elevation. • High Elevation is considered the time in which both athletes are on their feet and one elevates their opponent off of their feet and the lifted athlete's hips rise above the lifting athlete's hip line while standing or the action results in an athlete's feet being higher than their head. For example: High Double Leg, Mat Return to Turtle, Arm Throw. • A High Elevation point will only be awarded to Takedowns and Reversals that are completed and cannot be awarded independently. • There is no specified time length in which a competitor needs to be lifted at High Elevation.	**1**

ACTION	POINTS
Step Out Video • 1 point is awarded to the athlete who forces their opponent to defensively step out of bounds on the feet during takedown engagements. • Referees will award the point and then return the competitors to Standing Neutral. • This rule does not apply to grappling on the mat. • To earn a Step Out point, an athlete must engage in an upper body clinch, lower body clinch, or both while actively attempting a takedown. • Neither stiff-arming nor pushing is considered a takedown attempt.	**1**
Side Control (via Reversal or Takedown) Video • 1 point is added to any Takedown or Reversal that results in the offensive competitor being in any variation of Side Control. This also includes the North South position.	**1**

All Takedowns, High Elevations, Guard Passes, Reversals, Knee on Belly, Mounts and Back Controls **must be held for 3** seconds for points to be awarded. No points will be awarded if the person doing the action is caught in a submission. Only after the submission is no longer a threat will stabilizing time be counted for points.

Referees count stabilization time by moving a fist vertically from their shoulder to their thigh. Points are awarded when the fist touches the thigh a third time. If that third touch does not occur, no points are awarded.

Points will not be awarded for competitors who voluntarily abandon a position and then regain that same position.

Points can be awarded after the end of the match. If the referee has begun to count stabilizing time during the match period, and the clock expires, the points will be awarded to the person controlling their position.

When a Gi match restarts, any lapel that was pulled out or being used remains out. The belt must be tied, and any existing lapel grips must be restored.

Tie Breakers

Tied scores will be decided in the following order:

1. The athlete who has the fewest Penalties wins the match.
2. The athlete with the highest point value wins the match.

> **Example:**
>
> Red - 4 points (4 Back Control), Blue - 4 points (2 Takedown, 2 Knee on Belly). Red wins because his point value for 4 points was greater than Blue's.

3. Last to Score - The last athlete to score wins the match.

Passivity

Passivity penalties will follow these guidelines:

1. It is the responsibility of the athletes to continuously advance their position or seek a submission.
2. Any time a referee considers an athlete to be intentionally hindering the match progression, he may call Passivity. This includes Mount, Back and Side Control positions.
3. Passivity includes intentionally delaying positional advancement, submission attempts, restarts, or returning to the mat; using a uniform adjustment to delay the match; or intentionally untying the belt.

Stalling

If athletes remain on their feet for the first minute, Referees are to give a stalling penalty to the least active competitor, or a double stalling penalty if both competitors are equally passive. After the second-minute mark, if the athletes remain standing with no score, the referee will penalize the less active athlete and award 2 points to the opponent. If both athletes are equally passive, both receive a penalty and each athlete is awarded 2 points. At the third minute mark if the athletes still remain on their feet with no score, the referee will issue a penalty of a Disqualification to the least active competitor or a double disqualification if both competitors are equally passive. Video

Excessive stiff arming will be penalized for Stalling. Pushing an opponent with a Stiff Arm and no other clinch or takedown attempt is considered stalling. Active defensive and offensive stiff arming is acceptable.

Disengaging from a guard and backpedaling or circling to avoid contact is considered stalling. Resetting to pass the guard again is legal. Disengaging and making the guard player chase the top player is stalling.

A Body Triangle from closed guard and no submission in play is considered stalling.

Additional Kids Rules and White Belt Division Rules

Body Climbing vs. Jumping Guard

An athlete may advance position by progressively climbing the opponent's body from a standing or grounded engagement, provided that continuous contact is maintained with the opponent and / or the mat at all times. The climbing athlete must use controlled grips, steps, or hooks to elevate their position without launching, leaping, or propelling their body onto the opponent.

It is illegal for an athlete to jump, leap, or otherwise project their body weight onto a standing opponent in a manner where both feet leave the mat simultaneously with the intent of attaching to or wrapping the opponent.

An athlete may climb the opponent's body using continuous contact and controlled movement. Any action in which an athlete jumps guard or leaves the mat with both feet to attach to a standing opponent is prohibited.

Kids must pull Guard with a Submission from standing. Standing Submissions are not permitted and will result in disqualification if an athlete taps. If a referee is able to stop the Submission Attack before a tap happens, the submission will not be restarted. The two competitors will start from a Neutral Standing position in the center of the mat and the attacker will be penalized. Video

Submissions are legal if the defending kid stands up from ground grappling while the submission is applied. Standing after being put in a Submission is not considered a Standing Submission Disqualification for either athlete. If a competitor is anchored to their opponent and their opponent stands, the competitor can still apply submissions. If at any time the athlete performing the submission has their feet touch the ground, then they must return their opponent to the mat to apply the submission again.

Flying submissions are legal versus a seated or grounded position. Video

> **Example:**
>
> A is standing; B is sitting Butterfly. A can jump to a triangle because the danger of breaking knees has changed.

All Guillotines, Arm Triangle variations, all shoulder lock submissions (Americanas, Kimuras, Omoplatas) and pulling the head of a Triangle are legal for kids. No joint-breaking submissions below the waist are legal for kids' divisions. Submissions stretching the legs apart are legal. For example: Electric Chair, Banana Split.

Hand-over-mouth suffocation techniques are permitted only from Back or Back Crucifix positions, with one or both of the defending athlete's arms trapped.

Submission

A competitor wins via submission by forcing an opponent to:

- Physically tap two (2) times minimum
  - Tap with hand on an opponent or on the mat
  - Tap with foot on the mat
- Verbally tap
  - Request the referee to stop the match
  - Make any noise that sounds like pain while a match is in progress
  - Crying during a match is a verbal tap
- Leaving the mat to vomit during regulation time counts as a submission.

Referee Stoppage

The referee can stop a match when a competitor is caught in a submission that could cause a serious injury.

Disqualification

There are numerous ways an opponent can be disqualified. The disqualification can be specific to a match or the tournament in general.

Verbal request

A competitor is disqualified when a referee or ring coordinator receives a verbal request for disqualification from the competitor or their coach.

Failure to report when bracket is called

A competitor is disqualified if they fail to report when their name is called or leave an area assigned to them by the pit coordinator or ring coordinator.

Uniform requirements not properly met

Please review the uniform guidelines.

Equipment malfunction

Please review the uniform guidelines.

Unsportsmanlike conduct

These infractions may result in the competitor being disqualified or a warning / penalty being assessed. The fouls include, but are not limited to:

- Striking of any type
- Biting
- Spitting
- Eye gouging
- Groin attacks
- Hair pulling
- Fish hooking
- Small joint manipulation
- Putting fingers in any orifice
- Excessive talking during the match
- Unsportsmanlike conduct from the competitor's coach and/or teammates

Slamming

- Any mat return or high elevation takedown on the side in which the defending athlete has their arm trapped is considered a slam.
- Intentional Back Arch throws out of bounds.

Rule infractions

These infractions will result in the competitor being disqualified. The fouls include, but are not limited to:

- **Lifting a grounded opponent:** An athlete in top position may lift a grounded athlete off the ground. If this occurs, the lifting athlete assumes responsibility for the safe return of the lifted athlete. However, if the lifted athlete attempts to push, shift, post, or otherwise disrupt the top player's balance, the top athlete will not be penalized for loss of base or balance that results in an uncontrolled fall of one or both athletes.

  Slam: A slam occurs when an athlete lifts a grounded opponent and the lifting athlete initiates an uncontrolled fall with no detectable interruption to their base, for any purpose, including, but not limited to, causing injury by impact, fleeing, or interrupting submission attempts. An athlete that initiates an uncontrolled fall in this fashion will be disqualified upon review by the head referee.
- Clawing, pinching or twisting of skin
- Use of foul language
- Immoral acts directed towards any member of the staff, crowd or competitor

- Malicious conduct
- Any contact with the referee (medical issues are permitted)
- Interference by a coach
- Attacking an opponent after a match has been stopped
- Performing any illegal submission attempt for that division
- Only 1 coach per competitor is allowed in front of the barricades and must remain in the coach's chair for the duration of the match.
- Using an opponent's uniform in No Gi divisions with the hands, arms, or legs
- Grips on the inside of the pants or arm sleeves of the Gi uniform

Medical issues

Not limited to, but including: cramping, vomiting, loss of bowels, loss of consciousness, or bleeding that cannot be stopped a second time. Competitors with bleeding, eye pokes, groin hits, or dislocated fingers or toes are given a maximum of 5 minutes to recover. Competitors may compete in additional brackets after the medical DQ so long as it was not a concussion, spinal injury, or other serious injury. Kids who lose consciousness are medically disqualified and are unable to compete for the remainder of the day.

> **Example:**
>
> If a competitor bleeds from the nose and stops the bleeding, they can continue. If their lip starts bleeding, they are allowed to stop that bleeding and continue. However, the same spot cannot bleed more than once.

Fleeing

Any time a competitor flees the competition area to avoid a submission, the penalty is disqualification (DQ). If the competitor flees the mat to avoid being scored upon, the attacking competitor will be awarded 2 points, and the match will begin standing in the center of the mat.

If a competitor's natural method of escaping the submission causes them to leave the competition area, the competitor will not be disqualified, but 2 points will be awarded and both competitors will resume standing in the center of the mat.

Penalties and Warnings

Coaches are not allowed inside the competition area unless they are brought in by staff or there is a medical emergency. Failure to stay in the designated coaching areas will result in a verbal warning for the first offense, forfeiture of 10 team points for the second offense, and disqualification of team points and removal from the tournament for the third offense.

For competitors, some infractions do not merit an immediate disqualification. In those situations, a warning will be issued to discourage that infraction from being repeated. Infractions that may receive a warning include, but are not limited to:

- Arguing with the referee
- Disengaging from competition (avoiding contact with opponent, fleeing a sweep or takedown, etc.)
- Illegal grips (grabbing inside the opponent's sleeve or pant leg)
- Intentionally removing the gi or belt during a match
- Intentionally pushing an opponent out of bounds

- Passivity
- Athletes have 20 seconds to tie their belts. Upon stopping the match, the referee will inform the competitor of the time limit and begin timing the 20-second period. A competitor who does not tie their belt within that period will be penalized.

Accruing Penalties

When a warning is issued, the following penalties are applied:

- First Penalty - Verbal Warning, penalty given to scorekeeper
- Second Penalty - 2 points awarded to the opponent, penalty given to the scorekeeper
- Third Penalty - Disqualification

Penalties do not have to be the same infraction in order to accrue. Each penalty may be different or the same, but after each infraction, the referee will apply the next level of penalties to the match.

Hygiene and Uniform Guidelines

Competitors must follow the uniform and hygiene requirements to be permitted to compete. Failure to comply will result in disqualification.

Hygiene Guidelines

- Fingernails and toenails must be trimmed with no sharp edges
- Fingernails and toenails must be clean with no dirt underneath them
- Competitors with long hair must have it controlled so that it does not interfere with either the competitor or their opponent. Hair must be restricted above the shoulders.
- Competitors must not have any open cuts or lacerations.
- Competitors cannot compete if they have any active skin infections: ringworm, staph, herpes, chicken pox, etc.
- Skin must be dry and not be slippery (no lotions, oils or grease that can cause excess slippage).
- Athletes knowingly infected with the HIV / HBV virus are prohibited from participating in grappling competitions.

Uniform Guidelines and Inspection

Upon reporting to the Pit, a competitor will need to remove any clothing or footwear they will not be competing in. Qualified AGF employees will inspect the competitors for proper uniform requirements as well as excessive hair products (no products or styles that can affect the match are allowed), jewelry, trimmed toenails and fingernails, hair length (not to exceed shoulders), excessive lotions or greasing and cleanliness.

If a uniform is damaged during a match, the referee will allow a competitor 5 minutes to change the uniform and return to the match. If the period of time exceeds 5 minutes, then the referee will disqualify the competitor.

General allowances

- Cups are not permitted.
- Headgear of any type is not permitted.
- Eyewear of any type is not permitted.
- Mouthpieces are not required.
- Wrestling shoes are not permitted.
- Elbow / Knee sleeves are permitted but cannot contain any hard plastic / metal or aid in preventing a submission.
- Bobby pins or any metal hairpins are not permitted.
- Grappling socks that cover the ball or heel of the foot are not permitted.
- Hair that passes shoulder length must be tied or braided.

Gi

- Competitors must wear a valid BJJ kimono.
- The kimono must not have any tears or loose thread.
- The kimono must be clean and be free of any excessive stains and odors.
- Any color kimono is permitted; however, the top and bottoms must match.
- The belt must be intact and in decent shape with no hanging strings.
- Pants cannot be shorter than 2 inches above the ankle bone.
- Jacket sleeves cannot be shorter than 1 inch from the wrist.
- Patches cannot be used in a manner that prevents grips or to cover tears.
- Competitors are not allowed to wear t-shirts under their gi.
- Rash guards are allowed under the gi.

No Gi

- Competitors must wear a rash guard (t-shirts are not permitted).
- Rash guards with short or long sleeves are permitted.
- Competitors may wear fight shorts, board shorts, spats, or Lycra shorts.
- Kimono pants are not permitted.
- Shorts with metal grommets are not permitted.
- Shorts with pockets are not permitted.
- Shorts with strings are permitted; however, the strings must be tucked in and the shorts tied tightly so that the shorts do not fall off during a match.
- Wrestling singlets are not permitted.

Referee Guidelines Video

- All referees must score 85% or higher on our online exam prior to their first referee trainee event.
- AGF will provide a uniform shirt, which must be tucked in at the waist, and red and blue wristbands.
- It is the referee's responsibility to be in all-black pants, all-black crew-length socks (no ankle socks, no colors on toes and heels or leg skin showing), an all-black belt (no colored buckles) and have a wristwatch (any color watch).

- Senior and head referees may wear an approved AGF hat, worn forward, to signify their position and rank.
- Wrestling shoes are permitted to be worn but must be removed once outside of the competition area.
- All referees must be at the designated points assigned to them by the event director for setup, uniform check, greeting, judging a match and breakdown.
- All referees must attend the entire AGF referee course given by their event's head referee.
- Head referees shall produce an after-action review to AGF Senior Management after each event to include the punctuality, work ethic, calls challenged and overall evaluation of each referee at their assigned event.

Allowed Techniques

✓ Allowed ✗ Not allowed

Gi - Allowed Techniques

TECHNIQUE	ALL RANKS (4-15)	WHITE (16+)	BLUE (16+)	PURPLE - BLACK (16+)
COMMON SUBMISSIONS: ARM TRIANGLES • ARM BAR • GUILLOTINE • SHOULDER LOCKS • OMOPLATA • TRIANGLE ETC...	✓	✓	✓	✓
ANKLE LOCK	✗	✓	✓	✓
BICEP SLICER	✗	✗	✗	✓
CALF SLICER	✗	✗	✗	✓
EZEKIEL CHOKE	✓	✓	✓	✓
FLYING SUBMISSIONS	✗	✗	✓	✓
HEEL HOOK	✗	✗	✗	✗
JUMPING GUARD	✗	✗	✗	✗
KNEEBAR	✗	✗	✗	✓
REAPING THE KNEE	✗	✗	✗	✗
SCISSOR (ONE HAND ON MAT)	✗	✗	✗	✗
SLAM	✗	✗	✗	✗
SMALL JOINT MANIPULATION	✗	✗	✗	✗
SPINAL LOCKS AND NECK CRANKS	✗	✗	✗	✗
STANDING SUBMISSIONS	✗	✓	✓	✓
STRAIGHT FOOT LOCK	✗	✓	✓	✓
STRETCHING THE LEGS APART	✓	✓	✓	✓
TOE HOLD	✗	✗	✗	✓
WRIST LOCK	✗	✓	✓	✓

No Gi - Allowed Techniques

JUVENILE - EXECUTIVE

TECHNIQUE	WHITE	BLUE	PURPLE	BROWN	BLACK
COMMON SUBMISSIONS ARM TRIANGLES • ARM BAR. GUILLOTINE • SHOULDER LOCKS• OMOPLATA • TRIANGLE ETC...	✓	✓	✓	✓	✓
BICEP SLICER	✗	✗	✓	✓	✓
CALF SLICER	✗	✗	✓	✓	✓
EZEKIEL CHOKE	✓	✓	✓	✓	✓
FLYING SUBMISSIONS	✗	✓	✓	✓	✓
HEEL HOOK	✗	✗	✓	✓	✓
JUMPING GUARD	✗	✗	✗	✗	✗
KNEEBAR	✗	✗	✓	✓	✓
REAPING THE KNEE	✗	✗	✓	✓	✓
SCISSOR (ONE HAND ON MAT)	✗	✗	✓	✓	✓
SLAM	✗	✗	✗	✗	✗
SMALL JOINT MANIPULATION	✗	✗	✗	✗	✗
SPINAL LOCKS AND NECK CRANKS	✗	✗	✓	✓	✓
STANDING SUBMISSIONS	✓	✓	✓	✓	✓
STRAIGHT FOOT LOCK	✓	✓	✓	✓	✓
STRETCHING THE LEGS APART	✓	✓	✓	✓	✓
TOE HOLD	✗	✗	✓	✓	✓
WRIST LOCK	✓	✓	✓	✓	✓

No Gi - Allowed Techniques

TINY KIDS - TEEN

TECHNIQUE	WHITE	GREY	YELLOW	ORANGE	GREEN
COMMON SUBMISSIONS: ARM TRIANGLES • ARM BAR • GUILLOTINE • SHOULDER LOCKS • OMOPLATA • TRIANGLE ETC...	✓	✓	✓	✓	✓
BICEP SLICER	✗	✗	✗	✗	✗
EZEKIEL CHOKE	✓	✓	✓	✓	✓
JUMPING GUARD	✗	✗	✗	✗	✗
SCISSOR (ONE HAND ON MAT)	✗	✗	✗	✗	✗
SLAM	✗	✗	✗	✗	✗
SMALL JOINT MANIPULATION	✗	✗	✗	✗	✗
SPINAL LOCKS AND NECK CRANKS	✗	✗	✗	✗	✗
STANDING OR FLYING SUBMISSIONS	✗	✗	✗	✗	✗
SUBMISSIONS BELOW THE WAIST (STRETCHING THE LEGS APART)	✓	✓	✓	✓	✓
SUBMISSIONS BELOW THE WAIST (ALL OTHER SUBMISSIONS)	✗	✗	✗	✗	✗
WRIST LOCK	✗	✗	✗	✗	✗

Coach’s Challenge

We realize that even though we train our referees, they are human and will make mistakes. In order to give a chance for the coaches to challenge a call, we have implemented a rule to help maintain the integrity of the sport. A Coach’s Challenge bean bag will be placed on the chairs or handed to the coaches in the coaching chairs at the beginning of all matches. If a coach feels the need to challenge a call, they can throw the bean bag onto the mat and say, “Coach’s Challenge.”

To help eliminate frivolous disputes, we have the following rules:

- A challenge bag must be thrown onto the mat. It must not be thrown at the referees or competitors.
- A challenge can be reviewed once a stop in the action is possible.
- A challenge cannot be called for action earlier in the match. All Coach’s Challenges must be immediate.
- The head referee, tournament director, or any senior referee that is available will be alerted to the Coach’s Challenge. Once the challenge official arrives, the video from the table camera will be reviewed for the official to make a decision.
- All decisions are final after the video is reviewed and the final decision is made.
- The scoreboard will be adjusted accordingly, and the match will resume (if necessary).

- The head referee will step to the center of the mat and give the final decision after the video review.
- If coaches make excessive challenges or abuse the challenge process, the privilege will be revoked from the entire team at the event.

Individual and Academy / Affiliation Points

Point Values

Competitors can earn team points to go towards their individual seasonal rankings and towards team awards for their academy / affiliation.

The following points are earned based upon individual match results:

- Win by Points: 1 point
- Win by Decision: 1 point
- Win by Disqualification: 1 point
- Win by Submission: 3 points
- First Place: 9 points
- Second Place: 3 points
- Third Place: 1 point

Example:

Competitor A wins 2 matches: one by submission and one by points. Competitor A earns gold for winning first in the division.

Competitor B wins 1 match by points. Competitor B earns silver for winning second in the division.

Competitor C wins 0 matches. Competitor C earns bronze for winning third in the division.

Competitor A earns 9 points for first place, plus 3 points for the submission, and 1 point for the points win. Competitor A earns a total of 13 points towards their individual rankings, and their academy / affiliation also earns 13 points.

Competitor B earns 3 points for second place, and 1 point for the points win. Competitor B earns a total of 4 points towards their individual rankings, and their academy / affiliation also earns 4 points.

Competitor C earns 1 point for third place. Their academy / affiliation also earns 1 point.

Team Awards

The American Grappling Federation awards trophies (or a suitable alternative) at the conclusion of each event. Points earned by athletes are awarded in the following categories:

- Kids No Gi
- Kids Gi
- Adults No Gi
- Adults Gi
- Overall Champions
- Academy Champions

The Overall Champions award combines points for the 4 divisions listed above. This award combines points for affiliations.

The Academy Champions award, commonly known as the "One Roof" award, is awarded to an individual academy with the combined 4 divisions listed above. This award recognizes the points value of a single academy and does not factor in grouping of affiliated schools.