

ELEVATE GRAPPLING CO. RULES

Competition Rules & Guidelines

ATTACK. ADVANCE. FINISH. ELEVATE.

At Elevate Grappling Co., we believe competitive grappling should reward **action, technical excellence, submissions, sportsmanship, and team participation.**

Every athlete has an opportunity to test their skills against high-level competition while contributing to the success of their academy.

1. DIVISIONS & RULESETS

No-Gi

No-Gi divisions follow the **ADCC ruleset**, subject to any Elevate-specific modifications outlined in these rules.

Gi

Gi divisions follow the **IBJJF ruleset**, subject to any Elevate-specific modifications outlined in these rules.

Athletes may compete in both Gi and No-Gi divisions, allowing them to compete across multiple formats and maximize their contribution to their academy.

2. MATCH OUTCOMES

Submission

A competitor wins by submission when an opponent:

- Physically taps at least two (2) times with a hand on the opponent or mat.
- Taps with a foot on the mat.
- Verbally submits.
- Requests that the referee stop the match.
- Makes a sound that clearly indicates pain while the match is in progress.

- Cries during the match, which will be treated as a verbal submission.
- Leaves the mat to vomit during regulation time.

Referee Stoppage

The referee has the authority to stop a match when a competitor is caught in a submission or position that presents an immediate risk of serious injury.

Athlete safety takes priority over allowing a submission to continue.

3. DISQUALIFICATION & PROHIBITED CONDUCT

A competitor may be disqualified from an individual match or, when warranted, from the entire tournament.

Failure to Report

Competitors must report when their division or name is called and remain within any assigned staging or competition area.

Failure to report or leaving an assigned area without authorization may result in disqualification.

Uniform or Hygiene Violations

Competitors who fail to meet Elevate's uniform or hygiene requirements may not be permitted to compete.

Unsportsmanlike Conduct

Prohibited conduct includes, but is not limited to:

- Striking
- Biting
- Spitting
- Eye gouging
- Groin attacks
- Hair pulling
- Fish hooking
- Small-joint manipulation
- Placing fingers into any bodily orifice

- Excessive or disruptive talking during a match
- Abusive or unsportsmanlike conduct
- Unsportsmanlike conduct by a competitor's coach or teammates
- Interference with officials or an active match
- Attacking an opponent after the match has been stopped
- Intentionally performing an illegal submission for the athlete's division

Slamming

Slamming is prohibited.

A mat return performed with the apparent intent to cause injury, damage, or concussion may be considered a slam.

A high-elevation mat return in which the defending athlete's arm is trapped may also be considered a slam.

Intentional back-arch throws directed out of bounds are prohibited.

A competitor simply losing their grip or shaking an opponent free does not automatically constitute a slam.

Coaching Area

Only **one coach per competitor** may occupy the designated coaching area.

The coach must remain in the designated coaching position during the match unless directed otherwise by an official.

4. HYGIENE REQUIREMENTS

All competitors must pass the required hygiene and uniform inspection before competing.

Athletes must:

- Keep fingernails and toenails trimmed, clean, and free of sharp edges.
- Have no open cuts or uncontrolled lacerations.
- Be free of active or contagious skin infections.
- Maintain clean skin and clothing.
- Keep skin free of lotions, oils, grease, or other substances that create excessive slipperiness.
- Secure long hair so that it does not interfere with either competitor.

Competitors who do not meet these requirements may be prohibited from competing.

5. GENERAL EQUIPMENT REQUIREMENTS

The following are **not permitted**:

- Protective cups
- Headgear
- Eyewear
- Wrestling shoes
- Bobby pins or metal hairpins
- Grappling socks covering the ball or heel of the foot

Mouthguards are optional.

Elbow and knee sleeves are permitted provided they contain no hard plastic or metal and do not provide an unfair advantage or interfere with submissions.

6. GI UNIFORM REQUIREMENTS

Gi competitors must wear a valid Brazilian Jiu-Jitsu kimono.

The Gi must:

- Be clean and free of excessive stains or odors.
- Have no tears or dangerous loose threads.
- Have matching jacket and pants.
- Have an intact belt in acceptable condition.
- Have pants extending to within two inches of the ankle.
- Have jacket sleeves extending to within one inch of the wrist.

Patches may not interfere with gripping or be used to conceal damaged material.

Rash guards may be worn underneath the Gi.

7. NO-GI UNIFORM REQUIREMENTS

No-Gi competitors must wear an appropriate rash guard.

Permitted bottoms include:

- Fight shorts
- Board shorts
- Spats
- Lycra/compression shorts

The following are prohibited:

- Gi pants
- Shorts with metal grommets
- Shorts with pockets
- Wrestling singlets

Drawstrings are permitted but must be securely tied and tucked inside the shorts.

8. WEIGH-INS & WEIGHT CLASSES

Weight Changes

The final day to change weight divisions is **six (6) days before the event**.

Competitors are responsible for making their registered weight class.

Weigh-In Time

Competitors must weigh in at least **one hour before their first scheduled match**.

Weight Allowance

Elevate Grappling Co. provides a **0.9-pound allowance** above the listed division limit.

Example:

A competitor registered for a 141-pound division may weigh up to **141.9 pounds**.

9. COMPETITION SCHEDULE

Bracket and estimated competition times will generally be released on **Thursday evening before the event.**

Competitors should ensure that their registration information, including their mobile phone number, is accurate so event notifications can be received.

10. BRACKET FORMATS

Bracket formats are determined by the number of competitors:

2 Competitors

Best two out of three.

3 Competitors

Round robin.

4–8 Competitors

Tournament bracket with athletes who lose remaining eligible to compete for third place.

11. COACH'S CHALLENGE

Elevate Grappling Co. recognizes that officiating decisions can occasionally require additional review.

The **Coach's Challenge** system provides a structured method for reviewing potentially incorrect calls while preventing unnecessary interruptions to competition.

Challenge Allocation

Each competitor receives **one Coach's Challenge per match.**

Initiating a Challenge

The designated challenge marker must be placed or thrown onto the mat and the coach must clearly announce:

"Coach's Challenge."

The challenge marker must never be thrown at a referee, competitor, table worker, or spectator.

Challenges must be made **immediately following the disputed action or call**. A coach may not challenge an unrelated action from earlier in the match.

Review Process

When appropriate, action will be stopped and the challenge reviewed.

The review may be conducted by the:

- Head Referee
- Tournament Director
- Designated Senior Referee

Available video footage may be reviewed before a final decision is made.

Following review:

- The official announces the final decision.
- The scoreboard is corrected when necessary.
- The match resumes when applicable.

The decision following review is final.

Successful Challenge

If the review determines that the coach's challenge was correct:

- The challenge is retained.
- The competitor remains eligible for another challenge during that match.

Unsuccessful Challenge

If the review determines that the original call was correct:

- The challenge is lost.
- No additional challenges may be made on behalf of that competitor for the remainder of the match.

Abuse of the Challenge System

Repeated frivolous, disruptive, or abusive challenges may result in the challenge privilege being revoked for the team.

Use your challenge wisely.

The system exists to protect competitors from significant officiating errors—not to dispute every judgment call.

12. STALLING & PASSIVITY

Elevate Grappling Co. promotes **aggressive, forward-moving grappling**.

Athletes are expected to work continuously to:

- Improve position
- Initiate meaningful offense
- Attack submissions
- Advance toward dominant positions
- Engage their opponent

Stalling Penalties

First occurrence:

20 seconds of continuous passivity or stalling results in a **verbal warning**.

Second occurrence:

A **penalty** is issued.

Third occurrence:

An **additional penalty** is issued and the opponent is awarded **1 point**.

Officials retain authority to evaluate stalling based on the totality of the match and the applicable ruleset.

13. TEAM COMPETITION

Elevate Grappling Co. rewards both individual achievement and academy performance.

Competitors earn team points through:

1. Medal placement
 2. Match-performance bonus points
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14. MEDAL POINT VALUES

White Belt — Beginner

- Gold: **3 Team Points**
- Silver: **2 Team Points**
- Bronze: **1 Team Point**

Grey Belt — Intermediate

- Gold: **6 Team Points**
- Silver: **4 Team Points**
- Bronze: **2 Team Points**

Yellow Belt & Above — Advanced

- Gold: **9 Team Points**
- Silver: **6 Team Points**
- Bronze: **3 Team Points**

This progressive system rewards academies whose athletes develop and succeed at increasingly advanced levels of competition.

15. ACTION & SUBMISSION BONUS POINTS

Elevate rewards athletes who actively pursue finishes rather than simply protecting a lead.

Match Bonus Points

Submission Victory: 3 Bonus Points

Victory by Points: 1 Bonus Point

Victory by Decision: 0 Bonus Points

Athletes who pursue finishes can therefore make a greater contribution to their academy's overall team score.

16. THE DIRTY DOZEN SCHOOL AWARD

The **Dirty Dozen School Award** recognizes the strongest and deepest academy competing at the event.

Each academy's **Top 12 competitors** are scored against the Top 12 competitors from every other participating academy.

The system rewards:

- Competitive depth
- Individual performance
- Consistency
- Athlete development
- Team participation
- Academy culture

The academy whose Dirty Dozen accumulates the highest eligible point total earns the:

DIRTY DOZEN SCHOOL AWARD

and the distinction of being the tournament's deepest-performing academy.

17. THE ELEVATE PHILOSOPHY

Elevate Grappling Co. rewards:

- **Submissions**
- **Aggressive offense**
- **Technical excellence**
- **Sportsmanship**
- **Team participation**

We believe grappling should be exciting, technical, competitive, and action-oriented.

Athletes who push the pace, pursue finishes, demonstrate technical skill, respect their opponents, and proudly represent their academies embody the spirit of Elevate Grappling Co.

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