ELEVATE GRAPPLING CO. RULES

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OFFICIAL GI & NO-GI COMPETITION RULEBOOK | INAUGURAL DRAFT 1.0 | NOVEMBER 7, 2026



ELEVATE GRAPPLING PHILOSOPHY

Elevate Grappling Co. champions five core principles:

- **Submission-Minded Grappling** – Pursue the finish.
- **Aggressive Offense** – Initiate meaningful action, apply controlled pressure, and pursue advancement without reckless aggression.
- **Technical Excellence** – Demonstrate skill, strategy, precision, and execution.
- **Sportsmanship** – Compete with integrity, discipline, and respect.
- **Team Pride** – Represent your academy with honor and professionalism.

We believe grappling should be **dynamic, technical, competitive, and action-driven.**

Aggression is not recklessness. We reward purposeful offense, controlled intensity, and technical execution—not dangerous or uncontrolled behavior. Athlete safety and competitive integrity remain paramount.

Our philosophy is simple: **Reward action, encourage submissions, discourage inactivity, and uphold the integrity of martial arts.**

THE ROAD TO THE TOP STARTS HERE.

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1. Purpose, authority and interpretation

ELEVATE rewards effective takedowns, guard passing, dominant control, meaningful submission attacks and safety, continuous grappling. These are original ELEVATE rules informed by the public ADCC, IBJJF and PGF competition frameworks; ELEVATE does not claim affiliation with or authorization from those organizations.

The tournament director appoints a head referee. The head referee has final authority on on-mat interpretation and may stop any match for safety. The published event-specific division schedule supersedes this document only if distributed before registration closes. No unannounced technique changes on competition day.

2. Eligibility, Age and Gi Belt eligibility and NOGI grappling experience

2.1 General Eligibility

Athletes must register according to age, weight, Gi belt rank, or No-Gi experience. Age is determined on competition day.

The Event Director may reclassify athletes for safety and competitive fairness. **Minors may not compete against adults without Elevate Grappling Co. management approval**

2.2 Gi — belt-ranked brackets

Age group	Belt eligibility
Youth 4–15	Age-appropriate white, gray, yellow, orange and green belt systems; no adult belt equivalency
Juvenile 16–17	White, blue, purple (where recognized by awarding academy)
Adult 18–29+	White, blue, purple, brown, black
Masters 30+	White, blue, purple, brown, black

**Gi entrants must register at their current awarded belt. Divisions may be combined only when age, skill, weight, and safety requirements are met. Guardian consent and Head Referee approval are required for minors moving between eligible age divisions. The more restrictive technique rules apply.

2.3 No-Gi — cumulative grappling experience

Skill-level	Experience threshold
Beginner	Less than 2 years
Intermediate	2 years to less than 4 years
Advanced	4 years to less than 7 years
Expert	7 years or more

*Experience is cumulative meaningful grappling training in BJJ (Gi or No-Gi), wrestling, judo, sambo, MMA grappling and related disciplines. Do not reset the clock when switching styles. Years are a registration baseline, not an entitlement to compete down: notable competitive credentials, black-belt rank, collegiate wrestling or equivalent achievements may require promotion by the event director.

**Youth No-Gi uses age-specific Beginner, Intermediate and Advanced categories, with age, weight, training duration and coaching assessment; adult Expert classifications and adult submission permissions do not automatically apply to minors.

2.4 Cross-style eligibility and safety

Gi belt and No-Gi experience categories are independent for registration. However, the event director may move an entrant upward when cross-style credentials create a clear competitive mismatch. Technique permissions must be determined by age, Gi belt or No-Gi experience, and division-specific restrictions together; an athlete is never permitted an adult-only technique merely because of years trained.

For No-Gi, heel hooks and knee reaping remain prohibited except in a separately designated Adult Advanced/Expert rules category explicitly listed on the event registration and referee sheets. All youth divisions prohibit heel hooks and knee reaping.

2.4 Registration and verification

Registration shall collect date of birth, declared Gi belt (if applicable), cumulative years of grappling experience, primary academy, prior competition history, and coach contact. Officials may request verification, reclassify an athlete before bracket lock, and disqualify deliberate misrepresentation after a fair review. All divisions must be displayed on the event listing before registration closes.

3. Division, Age and Skill-Level Classification

Age is determined by age on the date of competition.

Division	Age	Skill classifications
Tiny	4–5	All belts combined by experience; separate when practical
Youth I	6-7	Beginner / intermediate
Youth II	8–9	Beginner / intermediate / advanced
Pre-Teen	10–12	Beginner / intermediate / advanced
Teen	13–15	Beginner / intermediate / advanced
Juvenile	16–17	Beginner / intermediate / advanced
Adult	18–29+	Beginner / intermediate / advanced / elite
Masters 1	30–39	Beginner / intermediate / advanced
Masters 2	40–49	Beginner / intermediate / advanced
Masters 3	50+	Beginner / intermediate / advanced

Gi adult guidance: beginner white, intermediate blue, advanced purple/brown, elite brown/black; black belts enter elite. No-Gi guidance: beginner under 2 years of substantive grappling, intermediate 2–4 years, advanced 4+ years, elite black belt or proven high-level competitive experience. These are screening thresholds, not automatic entitlements; extensive wrestling/judo/MMA can require upward placement. Juvenile and youth experience categories are organizer-assigned and may not relax age-based technique restrictions.

Weight divisions are set in the published registration schedule. Official weigh-ins occur in the competition uniform (Gi for Gi, No-Gi attire for No-Gi), with zero allowance unless an allowance is published before registration. Missed weight: move only if a safe and eligible division exists; otherwise withdraw/refund per published policy. No extreme dehydration, weigh-in sauna or unsafe rapid cutting for minors.

4. Match duration and overtime

Division	Preliminary	Positional Points begin	Final	Tie resolution
Tiny & Youth 4–9	3:00	1:30	3:00	Referee decision
Pre-Teen 10-12	3:00	1:30	4:00	Referee decision
Teen 13-14	4:00	2:00	4:00	Referee decision
Juvenile Teen 15-17	5:00	2:30	5:00	Referee decision
Adult beginner	5:00	2:30	5:00	Referee decision
Adult intermediate	5:00	2:30	6:00	1:00 neutral overtime
Adult advanced	6:00	3:00	7:00	1:00 neutral overtime
Adult Elite	7:00	3:30	8:00	1:00 neutral overtime
All masters	5:00	2:30	6:00	1:00 neutral overtime

Regulation clock starts at referee command and stops on referee stoppages. Scoring begins immediately. If tied in an adult match, conduct one minute of neutral standing overtime; first legal positional score wins. If still tied, referee decision using, in order: legitimate near-submissions, completed takedown/pass attempts, sustained offensive initiative, fewer penalties. Youth ties are resolved by the same criteria without overtime. No back-control overtime for the inaugural event; this avoids forcing submissions from disadvantaged starting positions.

5. Winning and scoring

5.1 First half — submission-focused phase

During the first half of regulation, no positional points are awarded for takedowns, sweeps, reversals, guard passes, knee-on-belly, mount, back control, or other positional advancements. Legal submissions can end the match at any time. Stalling penalties remain active and points awarded to the opponent carry forward into the second half.

5.2 Second half — positional scoring phase

At the designated midpoint, the referee or designated judge shall verbally announce "POINTS!" Positional scoring begins only for qualifying actions newly achieved after this announcement, subject to the required control and stabilization criteria.

IMPORTANT — NO RETROACTIVE POSITIONAL POINTS

A position achieved before "POINTS!" earns no positional points merely because it is maintained into the second half. For example, an athlete already in mount must dismount and legitimately reestablish mount after "POINTS!" to earn mount points. The same requirement applies to back control and other scoring positions. A token release or artificial movement solely to farm points does not qualify.

5.3 Continuous penalty enforcement

Stalling penalties apply in both halves. All penalty points awarded in the first half remain on the scoreboard and count toward the final result. The "POINTS!" announcement does not reset penalties.

Win by legal submission (tap, verbal tap, loss of consciousness), points at regulation, overtime/decision, opponent disqualification, or medical stoppage. The referee must immediately stop when an athlete is unable to intelligently defend. For minors, referees may stop a locked submission before a tap. There are no advantages or draws in elimination brackets.

Action	Points	Criteria
Takedown	2	Initiated from standing; top control for 3 seconds; not merely a snap down
Sweep	2	Bottom guard to top control for 3 seconds
Reversal	2	Bottom non-guard inferior position to top control for 3 seconds
Guard pass	3	Clear legs to stable side control or north-south for 3 seconds
Knee on belly	2	Knee on sternum
Mount	4	Both knees/legs beyond guard line, stable top mount for 3 seconds
Back control	4	Both hooks or locked body triangle with chest-to-back control for 3 seconds

A scoring sequence may earn cumulative points for distinct achieved actions (e.g., sweep then pass). No points while defending an active, credible submission until danger is cleared. A position may score again only after the opponent meaningfully recovers guard or escapes and a new legitimate positional progression occurs; deliberate voluntary release to farm points is non-scoring and may be penalized. Takedown into direct mount earns takedown and mount points if each criterion is met. Failed shots and guard pulls score zero.

Guard pulls are legal in all divisions if grip/contact is established and the athlete immediately engages. Sitting without contact is permitted only after the opponent is within reach and the athlete promptly attacks or establishes guard; otherwise the action clock applies. No automatic guard-pull penalty.

6. 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.

7. Stalling and Penalty Procedure

Stalling includes refusing meaningful engagement, avoiding grips, fleeing boundaries, maintaining a static defensive position without attempting to advance or escape, or repetitive non-threatening movement intended to consume time. Legitimate submission defense is not stalling.

Stalling Enforcement:

When the referee identifies inactivity, the referee shall verbally command **"ACTION RED" or "ACTION GREEN,"** identifying the offending athlete. A visible **20-second shot clock** will immediately commence.

The offending athlete must initiate meaningful offensive action within 20 seconds. Feints or non-threatening movements do not satisfy this requirement. If the athlete demonstrates meaningful offensive action before the clock expires, the referee shall verbally announce, **"NO PENALTY, CONTINUE ACTION,"** canceling the pending penalty and allowing the match to continue.

If the athlete fails to initiate meaningful offensive action within 20 seconds, **1 penalty point will be awarded to the opponent.** The match continues without an automatic reset.

Progressive Stalling Penalties:

- **First violation:** 1 point awarded to the opponent.
- **Second violation:** 2 additional points awarded to the opponent.
- **Third scored violation:** Disqualification.

For competitors ages 4–12, the referee shall provide an additional educational verbal warning before initiating the first shot clock.

Other Minor Fouls: False starts, illegal grips, intentional out-of-bounds escapes, failure to follow referee instructions, or coach interference.

- **First offense:** Verbal warning unless a material advantage is gained.
- **Second offense:** 2 points awarded to the opponent.
- **Third scored offense:** Disqualification.

Serious Fouls: Slams, strikes, forcefully applied illegal submissions, deliberate head spikes, or assault may result in immediate disqualification without warning.

Referees may immediately stop a match or disqualify an athlete when safety requires. Penalties accumulate across foul categories.

8. Technique matrix

Legend: Y = permitted with controlled application; N = prohibited. Age restriction always overrides rank, experience and format. “Advanced adult No-Gi” means advanced/elite athletes age 18+ only, including masters advanced; the event director may prohibit heel hooks entirely in masters divisions. Gi columns apply to all adults unless a row specifies

otherwise.

Techniques	Kids (4 - 6 years) BEG/INT/ADV	Kids (7-10 Years) BEG/INT/ADV	Pre-Teens (11-12 Years) BEG/INT/ADV	Teens (13-14 Years) BEG/INT/ADV	Juvenile (15-17 Years) BEG/INT/ADV	ADULT GI	ADULT NOGI (BEG/INT)	ADULT NOGI ADV/ELITE
Rear Naked Choke/ Standard blood choke								
Triangle Choke / Arm Triangle								
Gi Collar/lapel chokes								
Straight Armbar Kimura Americana								
Guillotine (No Neck Crank), Ezekiel			No Standing					
Omoplata / Shoulder Lock			ADV only					
Straight Ankle Lock				ADV only	ADV only			
Wrist Locks						‡	‡	
Kneebar								
toe hold								
Heel Hook (Inside & Outside)								
Knee Reaping / rotational leg entanglement								
Calf Slicer / bicep slicer								
Jumping Guard / Flying Submission								
Twister / Spinal Lock / Neck Crank								
Smother using Hand over mouth / nose								
Scissor Takedown / Kani Basami								
Slames / Head Spikes / Suplex onto head								

Guillotine	* Youth 4–12: permitted chokes/arm locks only in a controlled, non-cranking manner, with immediate referee stoppage at clear danger; the organizer may use positional-only rules for ages 4–6. * No guillotine for 4–10. * No Standing Guillotine for 11-12
† Straight Ankle Lock	* Advance 13-14 and 15–17 only in experienced No-Gi divisions * GI Adult White Belt and Above * Adult No-Gi beginner and above
‡ Wrist Locks	* Gi wrist locks only for adult Blue belt and above.

Other always-illegal acts: striking, kicking, biting, eye gouging, fish hooking, hair or ear pulling, finger/toe manipulation, pressure to trachea with fingers, intentional groin attacks, grabbing inside sleeves/pants, gripping No-Gi clothing, applying slippery substances, intentional face grinding, intentional pressure to cervical spine, and any action primarily designed to injure rather than submit.

Legal examples: double/single-leg takedowns, trips, foot sweeps, body-lock takedowns, controlled hip throws, guard passes, bridges, technical stand-ups, standard sweeps, and non-dangerous positional transitions. Throws must avoid uncontrolled head/neck impact. For youth 4–12, no high-amplitude throws; no head-outside single-leg finishes that create uncontrolled neck loading.

9. Specific leg-lock safety definitions

A heel hook applies rotational torque to the knee via heel control and is illegal except advanced/elite adult No-Gi. Reaping is crossing the attacking leg over the opponent's midline while controlling a trapped leg in a way that applies inward rotational knee pressure; it is illegal except advanced/elite adult No-Gi. A straight ankle lock must apply linear pressure to the ankle without heel capture, knee twist, or rotational finish. If a legal hold becomes an illegal twisting attack, the referee stops and penalizes immediately. All leg attacks on minors must be stopped at first dangerous rotational movement.

10. Boundary, resets and submissions

Competition area must have a marked in-bounds area and surrounding safety zone approved by the head referee. Stop before athletes enter unsafe space. Restart standing neutral after a standing exit. Grounded action restarts centrally in substantially equivalent position and grips where safe and reproducible; if not, restart in neutral standing position after consulting table referee. Do not continue a submission into an unsafe boundary; stop and reset safely, preserving a clearly controlled legal position where possible. Deliberate fleeing of submission is penalized; never permit an unsafe finish solely to avoid a reset.

11. Uniforms, hygiene and equipment

Gi: clean, intact, properly sized cotton or comparable grappling jacket/pants, tied belt of registered rank; no hard patches, torn fabric or dangerous accessories. No-Gi: close-fitting rash guard and shorts/spats without pockets, exposed drawstrings, zippers or hard hardware. No shoes except medical authorization and soft approved footwear. Nails trimmed; no jewelry, hard braces or exposed rigid support; hair secured without hard clips. No blood on uniform or open/infectious skin lesions. Referees may require replacement of unsafe attire.

Gi competitors must wear a valid 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.

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.

HYGIENE: 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 with no REFUND or CREDIT.

The following are **not permitted**:

- Protective cups
- Bobby pins or metal hairpins, jewelry
- 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.

12. Injury, bleeding and medical stoppages

Head impact, suspected concussion, loss of consciousness, severe joint injury or abnormal neurological symptoms: immediate stop and medical assessment. Any loss of consciousness from choke ends the match and athlete cannot return to competition that day; follow applicable medical clearance protocols. Active bleeding: stop and treat; contaminated mat/attire cleaned. Medical team decides fitness to continue; referee decides competitive outcome. No medical timeout may be used to avoid a submission. Minors require parent/guardian consent and on-site emergency plan.

13. Refereeing and signals

Each mat has one trained referee, one score/timekeeper and access to a head referee. Before first bout referee confirms age/skill legality, uniform, boundaries and clock. Referee announces “START,” “STOP,” “ACTION,” “POINTS,” and “PENALTY.” Scorekeeper displays awarded points and penalties immediately. Referee uses visible hand signals: two fingers takedown/sweep/reversal/knee-on-belly; three fingers pass; four fingers mount/back; open palm stop; raised fist action clock. Head referee resolves scoring ambiguity before match is certified.

Coach may speak from assigned corner without touching athletes or mat. One coach per competitor. No abusive language or incitement. Coaches may request factual correction before winner announcement; no video challenge unless event publishes camera and review protocol in advance. A referee cannot reverse a certified result except for a documented clerical error or misconduct under published appeal procedures.

14. Coaches 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 will be conducted by the “Head Referee”

Available video footage by the competitors team 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 bracket that the competitor is in.

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.

15. Disqualification and 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 Elevates 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
- **Source references and intellectual independence**

Source comparison: ADCC official rules https://adcc-official.com/pages/adcc-rules ; IBJJF rules portal https://ibjjf.com/books-videos ; PGF official rulebook https://www.pgf.world/rulebook . ELEVATE's specific match times, legal-technique matrix, scoring, penalties and overtime are proposals authored for ELEVATE, not quotations or representations of any other governing body. PGF restricts claims that an event operates under its rules; ELEVATE must use its own branding and officials.

OFFICIAL TOURNAMENT CODE OF CONDUCT

For Athletes, Coaches, Parents, Guardians, and Spectators

Elevate Grappling Co. is committed to providing a professional, competitive, safe, and respectful environment for all participants. Our mission is to elevate the sport of grappling by promoting sportsmanship, integrity, discipline, and excellence at every level of competition.

All athletes, coaches, parents, guardians, and spectators are expected to uphold these standards. Violations may result in penalties, disqualification, removal from the venue, or suspension from future Elevate Grappling Co. events.

1. Respect for Officials

- Referees, judges, and tournament officials must be treated with professionalism and respect at all times.
- All officiating decisions are final unless overturned through the established official review or coach challenge process.
- Disputes must be addressed professionally through the Head Referee, Head Judge, or their designated representative.
- Only authorized coaches may request an official review in accordance with tournament rules.
- Verbal abuse, intimidation, aggressive confrontation, or harassment of officials will not be tolerated and may result in immediate removal from the event.

2. Respect for Opponents and Teams

- All competitors, coaches, and teams must be treated with dignity and respect regardless of affiliation, rank, age, or competitive experience.
- Taunting, mocking, threatening, or displaying unsportsmanlike conduct before, during, or after a match is strictly prohibited.
- Physical aggression outside the boundaries of legitimate competition, including pushing, shoving, or striking after a match, is prohibited.
- Athletes are expected to demonstrate good sportsmanship in victory and defeat.

3. Safe Competition Standards

- Athletes must comply with the official Elevate Grappling Co. competition rules, including all age, rank, and division-specific restrictions.
- Illegal techniques, dangerous actions, and reckless conduct are strictly prohibited.
- Athletes must immediately release submissions upon an opponent's tap, verbal submission, or referee stoppage.
- Continuing to apply a submission after a tap or referee stoppage is a serious violation and may result in immediate disqualification and suspension.
- Deliberate attempts to injure an opponent will result in disciplinary action.
- Competitors must obey referee instructions and immediately stop all action when directed.
- Intentional stalling, inactivity, or avoidance of engagement may result in penalties under the official tournament rules.

4. Conduct of Coaches, Parents, and Guardians

- Coaches, parents, and guardians are expected to demonstrate leadership, professionalism, and self-control.
- Coaching instructions must remain constructive and respectful.
- Profanity, abusive language, intimidation, or hostile behavior directed toward officials, competitors, coaches, or spectators is prohibited.
- Only properly designated coaches are permitted within authorized coaching areas.
- Parents and spectators may not interfere with matches, approach referees during competition, or enter restricted competition areas without authorization.
- Coaches, parents, and guardians are strictly prohibited from confronting, threatening, or taunting opposing athletes, coaches, or families.

- **Adults are strictly prohibited from confronting or disciplining another person's child.** All concerns involving minors must be reported to tournament officials.
- Violations may result in immediate removal from the venue and additional disciplinary action.

5. Language and Professional Behavior

- Profanity directed at others, discriminatory slurs, threats, and abusive language are prohibited throughout the tournament venue.
- These standards apply to conduct on the competition mats, in coaching areas, spectator seating, staging areas, and online platforms.
- Disrespectful or threatening social media conduct involving tournament participants or officials may be subject to disciplinary review.
- All participants are expected to represent themselves, their academies, and the grappling community professionally.

6. Zero Tolerance for Bullying, Harassment, and Intimidation

- Elevate Grappling Co. maintains zero tolerance for bullying, harassment, threats, or intimidation.
- This includes verbal, physical, discriminatory, and digital harassment.
- Any individual engaging in such behavior may be immediately removed from the venue.
- Serious or repeated violations may result in suspension or permanent exclusion from future Elevate Grappling Co. events.

7. Athlete Registration and Competitive Integrity

- Competitors must register using accurate personal information, age, weight, belt rank, and competitive experience.
- All registration information must be accurate and current within Smoothcomp.
- Deliberately registering under an incorrect or outdated belt rank or misrepresenting competitive experience to gain an unfair advantage is considered sandbagging.
- Competitors found intentionally misrepresenting their qualifications may be disqualified without refund and suspended from future events.
- Elevate Grappling Co. reserves the right to verify athlete credentials and reassign or disqualify competitors when necessary to protect competitive fairness.

8. Venue and Tournament Operations

- All participants must follow instructions from tournament staff, security personnel, medical staff, and officials.
- Unauthorized individuals are prohibited from entering competition mats, staging areas, scoring tables, and other restricted areas.
- Any physical altercation outside an active competition match is strictly prohibited.
- Athletes must remain within designated competition boundaries and comply with referee instructions.
- Deliberate damage to tournament equipment or venue property may result in removal and financial responsibility.
- Participants must maintain proper personal hygiene and wear clean, competition-appropriate uniforms.

9. Enforcement and Disciplinary Action

Elevate Grappling Co. reserves the right to enforce this Code of Conduct through appropriate disciplinary measures, including:

- Verbal warnings.
- Match penalties.
- Match disqualification.
- Removal from the tournament venue.
- Forfeiture of tournament participation without refund.
- Temporary suspension from future events.
- Permanent prohibition from Elevate Grappling Co. competitions.

Serious violations may result in immediate disciplinary action without a prior warning.

The Tournament Director, Head Referee, and designated event officials have the authority to enforce these standards. All disciplinary decisions are subject to the authority of Elevate Grappling Co. management.

10. Agreement and Acknowledgment

By registering for, coaching at, attending, or participating in an Elevate Grappling Co. event, all athletes, coaches, parents, guardians, and spectators agree to abide by this Code of Conduct.

Elevate Grappling Co. reserves the right to remove individuals whose actions compromise athlete safety, competitive integrity, or the professional environment of the tournament.

Our Commitment:

We believe great competitors are defined not only by their performance on the mats but also by their character, discipline, and respect for others.

Every competitor deserves a fair opportunity to compete. Every coach deserves respect. Every family deserves a safe and positive tournament experience.

ELEVATE GRAPPLING CO.

THE ROAD TO THE TOP STARTS HERE.

Tournament Management
Elevate Grappling Co.

ANNEX B — REFEREE QUICK REFERENCE

Match flow

First half: no positional scoring; stalling penalties remain active. At midpoint, referee or judge announces “POINTS!” Second half: new qualifying positional actions may score. No retroactive points: an athlete already in mount or back control must legitimately leave and reestablish that position after “POINTS!” to score. First-half penalty points carry forward.

Stalling shot clock

Referee calls “ACTION RED” or “ACTION GREEN”; start 20-second clock. If meaningful offense occurs, announce “NO PENALTY, CONTINUE ACTION.” Otherwise award one point to the opponent. Progressive stalling sanctions apply as written.

Safety

Stop immediately for suspected concussion, loss of consciousness, dangerous joint loading, unsafe boundaries or serious fouls. Age-specific technique restrictions override experience.

Coach challenge

Challenge marker and verbal request immediately after disputed action; Head Referee conducts review. Confirm video availability and challenge-retention policy before event publication.