



# RULES



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# TABLE OF CONTENTS

- **NO GI RULES** (Point descriptions, Legal vs. Illegal techniques, match time limits, penalty processes and determining ties for all competitor divisions) PG. – **5**
- **NO GI ADULT, MASTERS, DIRECTORS & EXECUTIVES**  
(Legal vs. Illegal techniques) PG. – **24**
- **NO GI TEENS** (Legal vs. Illegal techniques) PG. – **31**
- **NO GI KIDS** (Legal vs. Illegal techniques) PG. – **41**
- **GI RULES** (Point descriptions, Legal vs. Illegal techniques, match time limits, penalty processes and determining ties for all competitor divisions) PG. – **54**
- **GI ADULT, MASTERS, DIRECTORS & EXECUTIVES**  
(Legal vs. Illegal techniques) PG. – **78**
- **GI TEENS** (Legal vs. Illegal techniques) PG. – **89**
- **GI KIDS** (Legal vs. Illegal techniques) PG. – **101**



# **NAGA REFEREE RESPONSIBILITIES**



**THE NAGA REFEREE IS THE HIGHEST AUTHORITY ON THE MAT. FAILURE TO ADHERE TO HIS/HER COMMANDS WILL RESULT IN PENALTIES ASSESSED, DISQUALIFICATION, EVENT EJECTION WITH POTENTIAL PROBATION FROM FUTURE NAGA EVENTS.**

- **NAGA** Referees are among the very best trained submission grappling / Brazilian Jiu-Jitsu officials worldwide.
- **NAGA** Referees will perform to the highest standards possible to keep **ALL** competitors as safe as possible during a **NAGA** event.
- **NAGA** Referees reserve the right to stop a match at absolutely any given time he/she feels injury is imminent regardless of skill or belt rank.
- **NAGA** Referee decisions are final and may not be contested by competitors, coaches or spectators during a **NAGA** event.
- **NAGA** Referees will officiate each match according to the rules outlined by this rules manual with unbiased intentions towards any competitor, coach, team or spectator attending any **NAGA** competition.

**THE NAGA HEAD REFEREE / EVENT COORDINATOR CAN OVERTURN ANY REFEREE DECISION DUE TO A REFEREE ERROR: REFEREES ARE HUMAN AND CAN COMMIT MISTAKES. IF A MISTAKE HAS BEEN MADE THAT AFFECTS THE OUTCOME OF A MATCH THEN THE HEAD REFEREE MAY OVERTURN THE DECISION AND UPDATE THE BRACKET ACCORDINGLY. AWARDS MAY BE REDISTRIBUTED BASED ON THE OVERTURNED DECISION.**

# NAGA COMPETITOR, COACH & SPECTATOR

## RESPONSIBILITIES



- **NAGA** competitors, coaches and spectators are expected to maintain a professional manner suitable for any family environment.
- **NAGA** competitors, coaches and spectators will be respectful of the **NAGA** Referee's authority on and off the mat at all times. Any disrespectful conduct, verbal abuse or failure to follow the commands of the **NAGA** Referee will result in penalties assessed, disqualification, event ejection and / or probation from future **NAGA** events.
- **NAGA** competitors, coaches and spectators must wear shoes at all times during a **NAGA** event except when physically stepping on the fight surface mats when the shoes must be removed. Failure to follow this very hygienic safety requirement could result in disqualification or ejection from the **NAGA** competition with NO monetary reimbursement.
- **NAGA** competitors are required to wait at the mat boundaries until the **NAGA** referee invites the competitor on the mats at the time of his/her competition.
- **NAGA** coaches and spectators may NEVER step on the mats during a competition. Stepping on the mats will result in penalties assessed to the competitor and possible ejection of the offending coach/spectator. **Note:** Severe injury to a team competitor may allow the coach or family member to address the competitor on the mats (without interfering with the medical staff or referee's decisions).



# NO GI RULES

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# **NO GI RULES**

The **NAGA** No Gi Rules were created by Kipp Kollar (**NAGA** President) and his supporting staff members.

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The **NAGA** Referee staff spends a great deal of time Studying, testing and applying all of the many nuances involved with the **NAGA** No Gi and Gi rules. **The #1 reason why Coaches, Competitors and Spectators argue calls made by the Referee staff is due to a lack of knowledge of the rules.** We encourage everyone to study the rules to become better Competitors, Coaches and enjoy the sport further as a Spectator.

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A **NAGA** No Gi grappling match can be won four ways:  
By Submission;  
By Accumulation of Points;  
By Referee Decision;  
By Opponent Disqualification.

## **TAPPING OUT CAN TAKE ON MULTIPLE FORMS:**

Tapping the opponent, oneself, or the mat with an open hand more than once. If the hands are immobilized, tapping out can be done with a foot or even the head.

- Tapping out verbally, either by saying “stop,” “tap” or by yelling out (verbal tap out) when caught in a submission.

**NOTE:** A verbal tap is only relevant when a competitor yells while caught in a submission attempt. Other instances of verbally yelling due to pain during the match are not considered a verbal form of tapping. In these instances, the competitor will be addressed by the Referee (or Medic if needed) and the match will resume: if the Medic & Referee feel he/she is capable of continuing. If the competitor yells out in pain again at some point in the match, he/she will be disqualified by the Referee.

- Verbally yelling while experiencing any form of cramp will result in immediate disqualification from the match.
- If in the Referee's opinion a submission cannot be escaped, and an injury appears imminent, the Referee can halt the match and award victory to the competitor applying the submission.

**NOTE: A REFEREE ALWAYS RESERVES THE RIGHT TO STOP A MATCH IF HE/SHE FEELS INJURY IS IMMINENT: PARTICULARLY DURING CHILDREN/TEEN DIVISIONS.**

If there is no tap out in the match, the winner is determined by Points.  
No Gi Points are awarded for the following:

<b>NAGA - NO GI POINTS</b>	
<b>TAKEDOWNS</b>	<b>1 or 2 Points</b>
<b>SUBMISSION ATTEMPTS</b>	<b>1 or 2 Points</b>
<b>SWEEPS</b>	<b>2 Points</b>
<b>SIDE CONTROL VARIATIONS</b>	<b>2 Points</b>
<b>MOUNT</b>	<b>2 Points</b>
<b>BACK GRAB / CONTROL</b>	<b>2 Points</b>
<b>KNEE ON BELLY</b>	<b>2 Points</b>

# NO GI POINT DEFINITIONS AND DESCRIPTIONS

## 1. Takedown Points (2 Points):

In awarding two points, the Referee is directed to look for the following: The competitor must initiate the Takedown or complete a strong counter Takedown; The competitor executing the Takedown must exhibit control for two full seconds or more in a top dominant position.

**Observation 1.1:** Forcing a competitor off his/her feet, putting them directly to their rear end, back or side and completing two seconds of dominant positional control will result in a **2 Point** Takedown.

**Observation 1.2:** A competitor can execute a Takedown as a counter to an already initiated Takedown. Being the first to initiate a Takedown does not guarantee that only the originally initiating competitor can get **2 Points**.

**Observation 1.3:** If you snap the opponent down and he/she ends up on all fours, in order to receive **2 Points**, you must immediately come around and control him/her from the back for a full 2 seconds.

**Observation 1.4:** If you take the other competitor down by jumping on his/her back and in one continuous movement end up in a "Back Grab" position facing up on the ground, you are awarded **2 Points** for the Takedown. You also receive accumulative Back Grab points (additional **2 Points** for the Back Grab / Control).

**Observation 1.5:** Anytime a competitor stands on both feet and is taken down, Takedown points (**1 or 2 Points** depending on end control) can be awarded. The competitor who stood up must stand for long enough (one to two seconds) and be in a position of balance on both feet to create the Takedown scoring opportunity.



**Observation 1.6:** A competitor initiates a Takedown and the opponent then pulls Guard; the opponent must be put on his/her back within 3 seconds (and then 2 seconds of control on the ground) for **2 Points** to be awarded.

**Observation 1.7:** A competitor has a hand on the leg of his/her opponent, the opponent then pulls Guard, **2 Points** will be awarded for the Takedown once 2 seconds of control has been established.

**Observation 1.8:** When a competitor takes his/her opponent down to a seated position, 2 seconds of control must be established for **2 Points** to be awarded for the Takedown.

**Observation 1.9:** In a situation where a competitor attempts a Takedown after his/her opponent begins to pull Guard, NO points will be awarded for the Takedown (for the Guard pull was initiated before the Takedown began).

## **2. Take Down Points (1 Point):**

**Observation 2.1:** If you snap the other competitor down and he/she posts on his/her hands, NO Points are awarded. If you initiate a snap down (not a situation where he/she shoots and you counter with a defensive sprawl) and he/she ends up on at least three appendages facing towards you (with you controlling from his/her top), **1 Point** will be awarded.

**Observation 2.2:** If you execute any Takedown and your opponent immediately rolls leaving you in a bottom position, only **1 Point** will be awarded. If the opponent ends up in Side Control or Mount, **2 Points** are awarded for the control (but not for the Reversal/Takedown). If the competitor taken down uses his/her Guard to Sweep the other player over, **2 Points** will be awarded for the Sweep (**1 Point** for the competitor who initiated the Takedown), plus any points for the ending position.

**Observation 2.3:** A full “Ippon” hip throw where the initiating competitor ends standing while the opponent is flat on his/her back or side is not awarded **2 Points** as no control is established. In this situation, **1 Point** is awarded. If the competitor continues to engage the opponent on the ground and executes some level of control, **2 Points** will be awarded for the Takedown.

**Observation 2.4:** **NAGA** does not discriminate against the various grappling arts in competition. However, the basic structure of a **NAGA** competition match dictates a competitor continuing to engage an opponent once a Takedown has been completed. Therefore, taking a competitor down and purposely disengaging the match by backing away from the opponent two or more steps will result in a Penalty being assessed for disengaging the match. In this situation, the referee will have the competitors return to the definitive position acquired after the takedown if applicable. If there was not a definitive position established before the disengagement began, the competitors will start in a standing neutral position and the disengaging competitor will receive his/her Penalty.

**Observation 2.5:** The opponent taken down must be on both feet. The competitor initiating the Takedown can be on both feet, both knees, or one foot and one knee. If starting from the ground, an opponent who has at least one knee down cannot be taken down, because he/she is not on both feet.

**Observation 2.6:** It is not permitted to pull Guard, or “butt scoot” without first making contact with the opponent. Sitting down without contact is conceding the Takedown, and results in **1 Point** being awarded to the standing opponent. Contact must be continuous, from a standing position, down to the ground. If a competitor sits and aggressively moves forward, he/she will not be stood up by the referee, but the opponent will be awarded **1 Point**. **NOTE:** This action is not a Penalty, but simply conceding the **1 Point** Takedown to the opponent.

**Observation 2.7:** If the competitor initiating the Takedown is caught in a submission hold, only **1 Point** will be initially awarded. When the submission hold is escaped, the competitor initiating the Takedown can be awarded an additional point (**2 Points** total), if he/she then establishes top dominant control. The competitor executing the submission hold can of course also be awarded **1 or 2 Submission Points**.

**Observation 2.8:** If one competitor has the other in a position from which a Takedown is inevitable, and the match is stopped for inadvertently going out of bounds, **1 Point** can be awarded to the initiating competitor without the Takedown having taken place. The competitors will be restarted from a neutral standing position in the center of the mat to resume the match.

**Observation 2.9:** Any Takedown that does not remain in top dominant control for a full two second count will likely be a **1 Point** Takedown. In order to be considered for the **1 Point** Takedown, the opponent's rear, back, side, two knees and one hand or two hands and one knee must touch the mat from the initiated Takedown.

### **3. Submission Attempt Points (1 or 2 Points):**

**2 points** are awarded for a full and strong Submission attempt. A Submission is recognized as full and strong when one or more of the following occurs: The defending competitor is 'In Danger' - the submission has the potential to make the opponent tap out or is in danger of being injured by the submission.

**1 Point** is awarded for a Submission Attempt that is significant, but does not meet the above criteria. A competitor must have a submission in hold and attempt to submit his/her opponent.

In a situation that is less than full and strong, Referees are directed to award **1 Point** as soon as they see the legitimate submission attempt, in order to encourage an aggressive style of grappling. If the submission in question later proves to be full and strong, an additional **1 Point** can be awarded (**2 Points** total).

**Observation 3.1:** Submissions must be applied in order to get a tap out or verbal submission, and not in order to injure the opponent.

**Observation 3.2:** Chaining full and strong Submission attempts will result in points being awarded for each different submission attempt. For example, if a competitor applies a triangle choke in a full and strong manner, and then goes for an arm bar that is full and strong, a further **1 or 2 Points** can be awarded for each additional submission attempt.



**Observation 3.3: Example:** An arm bar attempt in which the other competitor is actively defending will result in a **1 Point** submission attempt. The same attempt that breaks the grips (or extends the opponent's arm) of the defending competitor (putting them in danger of potential injury) will result in an additional **1 Point (2 Points total)**.

**Observation 3.4:** The act of simply locking into a submission position is not enough to receive a **1 Point** submission attempt. The competitor must exhibit the desire to finish the submission attempt. **Example 1:** Locking the opponent in a Kimura, making zero attempts to actively pull the grips to submit the opponent will not be awarded points. **Example 2:** Closed Guard to cross locking the legs for a triangle choke, only to return back to a Closed Guard will not result in points. The **1 Point** submission attempt will only be awarded in this example if the legs are fully put in a figure four triangle choke attempt. The full **2 Point** submission attempt will be assessed if the opponent is in danger of a physical or verbal tap out.

**Observation 3.5:** If a serious submission attempt is stopped by the Referee out of bounds, the athletes will start in the center of the ring standing and **1 or 2 Points** will be awarded to the competitor who had the submission attempt. In the event **2 Points** were already awarded for the attempt, no further points will be assessed. The competitors will simply resume the match from a standing neutral position. A submission attempt can NEVER be recreated in the center of the ring after being stopped out of bounds.

#### **4. Sweep Points (2 Points):**

When a competitor on the bottom of any Guard is able to reverse the position, and end up on top of his/her opponent for two full seconds – **2 Points** are awarded. Motion must start from a form of Guard.

**Observation 4.1:** A Sweep is by definition only applicable if started from any type of Guard position and must maintain a top position for 2 full seconds. A Reversal is executed from positions other than the Guard and receives NO points.

However, if a Reversal ends up with the top competitor in some form of Side Control or Mount, then **2 Points** are awarded for the position. The **2 Points** are awarded for the Side Control or Mount, and not for the Reversal.

**Observation 4.2:** When a competitor advances from a Guard to the back of his/her opponent (opponent is still on his/her hands and knees), the competitor will receive **2 Points**. If the Back Grab is attained simultaneously with the Sweep, **2 Points** are awarded for the Sweep and **2 Points** are awarded for the Back Grab.

**Observation 4.3:** If the competitor executing a successful Sweep ends up in Mount or Side Control, a further **2 Points** are awarded for position.

**Observation 4.4:** Turtle Position is not recognized as a form of Guard. However, if a competitor starts in a form of Guard, aggressively initiates Turtle Position (not in response to a pass) and in one continuous motion executes a Sweep to end up on top of his/her opponent, **2 Points** will be awarded for the Sweep.

**Observation 4.5:** A competitor attacks a leg lock while in his/her opponents Guard. The opponent stands and successfully defends and escapes the submission attempt. The opponent is now in top position control of the competitor. NO Points are awarded for the Sweep when the Sweep occurs due to the opponent initiating a submission prior to the Sweep.

**Observation 4.6:** In the event two competitors pull guard at the same time, the competitor who can go from his/her back or rear to the top of the opponent's guard (establishing 2 seconds of control) will receive **2 Points**.

**Observation 4.7:** In the event two competitors pull guard at the same time, neither competitor attempts to apply submissions or complete the sweep movement, the referee will penalize both competitors according to the rules/regulations of stalling. The competitors will not be forced to stand, but may continue to receive stalling penalties by the referee.

**Observation 4.8:** NO Points are awarded for reversals or escapes. Thus, if you are bottom Mount, and you bridge into Guard, no points are awarded as you went from a disadvantageous position to a neutral position.

## **5. Side Control Points (2 Points):**

Side Control is any secure form of top control (except for the Mount and Knee on Belly variations) that lends itself to a submission. Two full seconds of control and the ability to attack submissions are required. The highest percentage forms of control include Cross Side Mount, Scarf Hold, Modified Scarf Hold and North/South position. **NAGA** also recognizes a secure Top Turtle (any variation of dominant Top Turtle control, 90 degrees from the opponent's head) as a form of Side Control worthy of **2 Points**.

**Observation 5.1:** NO Points are awarded when a competitor transitions between one from of Side Control to another. For example, if you have received Side Control points and then transition to North/South position, no additional points are awarded.

**Observation 5.2:** Additional points are awarded when a competitor moves from a Side Control to any of the variations of Knee on Belly, Mount or Back Grab / Control.

**Observation 5.3:** In order for Side Control points to be awarded, the top competitor must be completely free of the opponent's legs (and free of any submission attempts) with dominant control of the position.

**Observations 5.4:** The bottom competitor does not necessarily need to have his/her shoulders pinned to the ground in order for points to be awarded in a Side Control position.

**Observation 5.5:** In order to achieve dominant control, you have to achieve a position to further control, to initiate a submission attempt or to otherwise further your match advantage. Two seconds of control is required to achieve **2 Points**. **For points to be awarded for a position, the competitor must be able to attack a submission from the controlled position and be free of any submission attacks from his/her opponent.**



## **6. Mount / Back Mount Points (2 Points):**

When a competitor successfully maintains any of the Mount positions for two seconds or more with the ability to attack a submission, **2 Points** will be awarded.

**Observation 6.1: NAGA** recognizes a number of variations of Mount including: Mount, Back Mount, Technical Mount & S Mount.

**Observation 6.2:** The opponent can be laying on his/her back, side or stomach to receive **2 Points** for the Mount / Back Mount position.

**Observation 6.3:** One knee and one foot on the ground will still be considered the Mount position (for Mount and Technical Mount). Two feet on the ground is not considered the Mount. Back Mount (opponent is flat on his/her stomach) must have both knees on the ground to achieve points.

**Observation 6.4:** The competitor in the Mount position can have one knee over the opponent's arm, but never both arms to receive Mount points.

**Observation 6.5:** The competitor in the Reverse Mount (top player facing towards the legs) WILL NOT receive any points.

**Observation 6.6:** Reverse Mount (top competitor facing towards the legs) where the bottom competitor is facing down (Boston Crab) is not awarded Mount points.

**Observation 6.7:** A mounted triangle is not considered Mount (although it is a Submission Attempt). If the mounted triangle began from Guard, in addition to the Submission Points, Sweep points can also be awarded.

**Observation 6.8:** Voluntarily moving from Mount to Side Control or Knee on Belly WILL NOT result in a further **2 Points**, as it is moving from a superior to an inferior position.

**Observation 6.9:** The Back Grab is considered to be one of the most dominant forms of positional control in the sport. Moving from the Mount to a form of Back Grab / Control will result in a further **2 points** being awarded. No further points will be issued if competitor then returns back to the Mount.

## **7. Back Grab / Back Control Points (2 Points):**

- Back Grab / Back Control (heels hooked into inner thighs)
- Body Triangle (figure four leg lock across opponent's torso)
- Back Grab with one foot over one of the opponent's arms (the foot is still hooked into the inner thighs)
- Back Scissor (Back Grab competitor has his/her ankles crossed)

**Observation 7.1:** When a competitor can control an opponent's back, with both feet positioned on the inner thighs, Back Grab / Back Control will receive **2 Points**. One foot can be hooked into the leg, and one can be hooked over the arm on the opposite side, but both feet must be hooked into the inner thighs. If the legs are over both arms, then it is not a Back Grab worthy of points even if the heels are hooked into the thighs. A Body Triangle is also a worthy form of Back Grab to receive **2 points**.

**Observation 7.2:** The Mount is considered to be one of the most dominant forms of positional control in the sport. Moving from Back Control to Mount will result in a further **2 points** being awarded. No additional points will be issued if competitor then returns back to the Back Control.

**\*A total of 6 positional points can be awarded moving from a form of side control to knee on belly to mount or back grab. There are six different ways to obtain your 6 positional points: 1. Side control to knee on belly to mount 2. Side control to knee on belly to back grab 3. Side control to mount to back grab 4. Side control to back grab to mount 5. Knee on belly to back grab to mount 6. Knee on belly to mount to back grab. Once 6 positional points have been achieved in succession, only submission points may be awarded (when applicable). In order for the positional points to resume the opposing competitor must escape. This forces the dominant competitor to a lower position of dominance and ultimately causing a "reset" of the positions.**

## **8. Knee on Belly Points (2 Points):**

When a competitor establishes his/her knee across an opponent's stomach (torso), with the other foot on the ground for 2 full seconds, he/she will receive **2 Points** (the opponent may be flat on his/her back or on his/her side). **NOTE:** "Knee on Back" is not considered a position and therefore receives **NO Points**.

**Observation 8.1:** The competitor must have one knee on the stomach, the other knee off the ground (foot on the ground) and must be facing the opponents head to receive points.

**Observation 8.2:** If an opponent is turned away on his/her side from the competitor applying the Knee on Belly, **2 Points** may be awarded once clear dominant control of the position has been established for two full seconds.


**Observation 8.3:** The knee must be at least half way across the competitor's torso to achieve the **2 Points**.

**Observation 8.4:** Once Knee on Belly points have been achieved, additional Knee on Belly points will not be given for transitioning directly to the opposite side Knee on Belly position. The opponent must escape the Knee on Belly position and/or a definitive break from the position has been established in order to re-acquire the Knee on Belly position to earn **2 additional Points**. Voluntarily disengaging Knee on Belly position to re-acquire the position will not result in additional points.

- **Additional Side Control points will not be awarded when a competitor has already established Knee on Belly, received 2 Points and then digresses back to Side Control (voluntarily or involuntarily).**
- **Note: A total of 6 positional points can be awarded moving from a form of side control to knee on belly to mount or back grab. Once 6 positional points have been achieved in succession, only submission points may be awarded (when applicable). In order for the positional points to resume the opposing competitor must escape. This forces the dominant competitor to a lower position of dominance and ultimately causing a "reset" of the positions. NAGA competition emphasizes submission attacks and not just "playing" for points.**



# NAGA - NO GI LEGAL / ILLEGAL TECHNIQUES

	<b>Kids &amp; Teens</b> (Kids Novice Divisions <u>DO NOT ALLOW</u> Submissions)	<b>Adult Men, Women,            Masters, Directors &amp;            Executives (Novice,            Beginner, Intermediate            &amp; Experts)</b>
<b>Straight Foot Locks</b> (Straight Achilles Leg Lock)	<b>Kids NOT Allowed</b>  <b>Teens - Legal</b>	<b>Legal</b>
<b>Straight Knee Bars</b> (Straight Leg Lock)	<b>Kids NOT Allowed</b>  <b>Teens - Legal</b>	<b>Legal</b>
<b>Toe Holds</b>	<b>NOT Allowed</b>	<b>Legal</b>
<b>Heel Hooks</b> (Any twisting Heel Hook – Not allowed for any Novice / Beginner: Adult, Masters, Directors, Executive, Men & Women)	<b>NOT Allowed</b>	<b>NOT Allowed            (Nov. &amp; Beg.)</b>  <b>Legal</b>
<b>Calf Crunches</b> (Calf Compressions or Slicers)	<b>NOT Allowed</b>	<b>Legal</b>
<b>Rib/Neck Compression</b> (Squeezing w/legs on Body or Neck Submission)	<b>NOT Allowed</b>	<b>Legal</b>
<b>Neck Cranks</b> (Any form of Neck Crank)	<b>NOT Allowed</b>	<b>Legal</b>
<b>Triangle Chokes</b> (Pulling down head to Submit)	<b>Legal</b>	<b>Legal</b>

<b>Twisters</b> (Any form of Spinal Lock)	<b>NOT Allowed</b>	<b>Legal</b>
<b>Electric Chair</b> (Leg / Groin stretch Submissions)	<b>NOT Allowed</b>	<b>Legal</b>
<b>Guillotines</b> (Choke/Note: Kids [ages 13 & under] may <u>NOT</u> apply Guillotines standing – Teens & Adults are allowed)	<b>Legal</b>	<b>Legal</b>
<b>Straight Arm Bars</b>	<b>Legal</b>	<b>Legal</b>
<b>Wrist Locks</b>	<b>NOT Allowed</b>	<b>Legal</b>
<b>Scissors Takedown</b> (Adults must place 1 hand down on the Ground)	<b>NOT Allowed</b>	<b>Legal</b>
<b>No Gi Ezekiel Choke</b>	<b>NOT Allowed</b>	<b>Legal</b>
<b>Bicep Crunches</b> (Bicep Compressions or Slicers)	<b>NOT Allowed</b>	<b>Legal</b>
<b>Omoplata</b> (Shoulder Lock applied w/Legs)	<b>Legal</b>	<b>Legal</b>
<b>Gogoplata</b> (Choke w/shin or top of foot – Kids and Teens only from a bottom position)	<b>Legal</b>	<b>Legal</b>
<b>Shoulder Pressure</b> (“Crossfacing” with your shoulder – aka “What time is it grip”)	<b>Legal</b>	<b>Legal</b>
<b>Slamming</b> (Slamming from Guard or as a means to escape Submission)	<b>NOT Allowed</b>	<b>NOT Allowed</b>
<b>Squeezing Windpipe</b> (Closed hand pressure on Trachea)	<b>NOT Allowed</b>	<b>NOT Allowed</b>
<b>Smothering</b> (Placing hand over mouth & nose)	<b>NOT Allowed</b>	<b>Legal</b>
<b>Jumping Guard</b>	<b>Kids NOT Allowed</b>	<b>Legal</b>

(The act of physically jumping off the ground w/both feet to attain a Guard position on his/her opponent)

### Teens Experts – Legal

\* Note: Only when attacking flying submissions. \*

## NAGA – NO GI TIME LIMITS

Kids (ages 13 and under) & Teens (ages 14-17) Novice, Beginner, Advanced & Intermediate	3 Min
Kids (ages 13 and under) & Teens (ages 14-17) Expert	4 Min
Adult Men & Women (ages 18-29) Novice & Beginner / White Belt	4 Min
Masters Men & Women (ages 30-39) Novice, Beginner, Intermediate & Expert / All Belt levels	4 Min
Directors Men & Women (ages 40-49) Novice, Beginner, Intermediate & Expert / All Belt levels	4 Min
Executive Men & Women (ages 50 & above) Novice, Beginner, Intermediate & Expert / All Belt levels	4 Min
Adult Men & Women (ages 18-29) Intermediate / Blue Belt	5 Min
Adult Men & Women (ages 18-29) Expert / Purple, Brown & Black Belts	6 Min

### 9. Observations on Stalling:

**Observation 9.1:** If there is stalling on the ground, the Referee has the right to restart the match standing upon the third infraction, in addition to the other penalty actions defined below. **Note:** Once a competitor receives his/her first verbal penalty for stalling, additional stalling calls may be given every 20 seconds if the referee feels the competitor is still stalling.

**Observation 9.2:** Taking an opponent down and then intentionally standing, disengaging the match by stepping back two or more steps will result in a stalling penalty. The referee will return the competitors to the definitive position

established when applicable. If there was not a position established, the competitors will resume in a standing neutral position and the disengaging competitor will receive his/her penalty.

**Observation 9.3:** A competitor standing up from inside a form of “Guard” cannot call the downed opponent up, and once standing has to aggressively engage. Otherwise he/she will be warned or penalized for stalling. If the downed opponent voluntarily stands, NO penalty will be assessed.

**Observation 9.4:** Stalling can take place from absolutely any position standing or on the ground. **The only time stalling cannot be called is when a competitor is applying or defending a submission.**

<b>NAGA – NO GI PENALTY PROCESS</b>	
<b>First Offense</b>	<b>Verbal Warning</b>
<b>Second Offense</b>	<b>Verbal Warning (Optional)</b>
<b>Third Offense</b>	<b>Opponent receives 1 Point</b>
<b>Fourth Offense</b>	<b>Opponent receives 1 Point</b>
<b>Fifth Offense</b>	<b>Disqualification</b>

**Note: Kids (ages 13 & under) are likely to receive multiple Verbal Warnings with NO Penalty Points assessed for infractions that are not considered severe.**

- Fouls are accumulative. The five-step penalty process defined above does not apply to each separate type of foul. That is to say, it does not have to be the same foul three times in a row to merit points assessed. Each penalty can be different fouls or infractions combined.

**The Referee is not bound to go through the five-step penalty process above. Depending upon the severity of the infraction, there can be only one warning or immediate Disqualification.**

## **THE MOST COMMON GROUNDS FOR IMMEDIATE DISQUALIFICATION ARE:**

- Intentional slamming: Slamming typically takes place while in another competitor's closed Guard, but not solely defined by this particular position. Lifting a competitor off the ground from the closed Guard, keeping continued contact and forcefully driving the competitor back down to the mat is considered a form of slamming. This action places the bottom competitor in danger of landing directly on his/her neck with limited ability to protect himself/herself. **NOTE:** Slamming can take place from several inches off the floor. The act of slamming an opponent does not have to be done while standing. Slamming can be intentional and slamming can be accidental. In either case, the penalty actions (verbal warning, division disqualification, event disqualification or permanent **NAGA** expulsion) are entirely decided by the referee officiating the match.

**\*IN THE EVENT THAT A COMPETITOR INTENTIONALLY SLAMS ANOTHER OPPONENT WITH INTENT TO MALICIOUSLY HURT, THE COMPETITOR WILL BE DISQUALIFIED FROM THE DIVISION, ANY OTHER ENTERED DIVISIONS AND THE ENTIRE NAGA EVENT (WITHOUT MONETARY REIMBURSEMENT). THE COMPETITOR WILL BE PLACED ON PROBATION AS TO WHETHER OR NOT HE/SHE WILL BE ALLOWED TO COMPETE IN FUTURE NAGA EVENTS.**

- Flagrant disrespect to a Referee, Opponent or Staff Member (swearing, shoving, etc.);
- Intentional striking;
- Refusing to release a submission after a physical or verbal tap out.

Depending upon the severity of the infraction, a competitor can be Disqualified from the match, but will be allowed to continue (in another division, or in the semifinals in the 3<sup>rd</sup>/4<sup>th</sup> match) in the event, or can be Disqualified from the entire

competition and future competitions (with no monetary reimbursement) upon severe infractions.

## **DETERMINING A TIE**

No Advantages are awarded in No Gi. However, as in BJJ Gi, in the event of a tie, the Referee will use significant action to determine a winner.

Referees will first consider initiation and aggression. The Referee is directed to consider who made the greatest successful effort to attack and control. In practice, this is most commonly attempting Takedowns, Sweeps having dominant positional control and most importantly, attempting Submissions. In the event that competitors are equal in terms of Initiation and Aggression, Referees will determine a tie by considering who skillfully controlled the Pace, Place, and Position on the mat, in order to ultimately set up an eventual submission.

- **Pace** is which Grappler determined the tempo of the match.
- **Place** is which Grappler dictated where on the mat the match took place. This is most commonly seen when one competitor moves forward while the other circles or backs away out of the center square.
- **Position** is which Grappler successfully controlled dominant grappling positions such as Side Control, Mount, Knee on Belly and Back Grab variations.

If the competitors are still considered equal on points, pace, place and position, the Referee will give the decision to the competitor with less warnings or Penalties. If the competitors are still equal, then **ONE** overtime period can be given by the Referee. Please note that this should be an unusual occurrence.

**No rest period is given between the end of the match and the start of the overtime period.** There can be no interaction with the competitor's coach or outside spectators. The overtime period will begin immediately following the match time duration. There is no 'Sudden Death' - the winner is the competitor who gets the most points (or wins by submission) in the overtime, not the first competitor to score a point.

\*The overtimes are **two minutes** for all Adult, Women's, Masters, Directors and Executive competitors.



\***One minute** overtimes may be given to all Kids and Teens divisions.



# ADULTS, MASTERS, DIRECTORS & EXECUTIVES NO GI RULES

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# ADULT MEN, WOMEN, MASTERS, DIRECTORS & EXECUTIVES

Novice – Beginner - Intermediate - Expert

NO GI LEGAL & ILLEGAL TECHNIQUES



**NAGA COMPETITION IS OPEN TO ATHLETES FROM ALL FORMS OF GRAPPLING, AND DISCRIMINATES AGAINST NONE.**

Novice & Beginner No Gi Adult, Masters, Directors, Executives  
Men & Women

- **No Heel Hooks (of any variation) are permitted in any Novice or Beginner No Gi divisions (Adults, Masters, Directors, Executives Men and Women).**

Intermediate & Expert No Gi Adult, Masters, Directors, Executives  
Men & Women

- **Heel Hooks (of all variation) are permitted in all Intermediate and Expert No Gi divisions (Adults, Masters, Directors, Executives Men and Women).**

Virtually all other forms of submission attempts are **LEGAL** in the Novice, Beginner, Intermediate and Expert No Gi divisions. These submission variants include all forms of armbar, chokes, neck cranks, twisters, electric chair, straight ankle locks, knee bars, body compressions, wrist locks, etc.

**Note:** - Slamming an opponent on a takedown, to escape any position or as an escape to any submission attempt is **ILLEGAL**.

- Squeezing the neck with one or more hands by use of the hand and thumb is **ILLEGAL**.
- Submission attacks on individual fingers or toes is **ILLEGAL** (must have at least 3 fingers to apply any form of reverse wrist lock, etc.).
- No scissors Takedowns are permitted, unless a hand is first placed on the mat.
- No slamming from the Guard or to escape submission.
- No slamming is allowed in Takedowns. In determining whether or not a Takedown was a slam, Referees will consider whether the intention was to hurt the opponent. **A wrestling style suplex (front to back contact, throwing the competitor directly over causing him/her to spike his/her**

**head first into the floor) is always illegal. Any act of intentionally “driving” an opponent’s head directly into the ground will be considered an act of slamming worthy of immediate Disqualification.**

- Submissions must be applied in order to get a competitor to verbally or physically tap, and not with the intention to injure the competitor.
- No strikes of any kind are allowed to any part of the body or head, by any part of the body or head.
- No clutching of the windpipe is permitted (open hand posting is permitted). The thumb is not permitted to apply any pressure to the opponent’s throat.
- No pressure of any type is allowed to the eyes. Explicitly, no finger, chin, palm heel, etc. are allowed to press on or around the eyes.
- No pressure of any type is allowed to the groin, unless it is an inevitable and unintended result of a legitimate technique.
- No pressure may be applied directly into or across the nose unless it is an inadvertent consequence of a legitimate technique.
- No striking of any kind including: shoulder, head butts, punches, elbows, knees, kicks, etc. (this includes repeatedly pushing down on an opponent’s stomach in rapid succession while in their guard).
- No fish hooking is permitted (fingers in the opponent’s mouth).
- No biting is permitted. A player defending against a rear naked choke cannot purposefully open his/her mouth so the teeth contact the opponent’s forearm.
- No spiking an opponent on his/her head.
- No Small Joint Manipulation is permitted. No pulling a thumb or holding less than **three fingers** is permitted in No Gi competition.



- No pulling hair.
- No pinching, twisting of the skin.
- No putting a finger or toe into any orifice.
- No Interference by a corner with any official or fighter.
- No attacking an opponent in any of these circumstances:
  1. Before the referee has started the match.
  2. After the match duration time has ended.
  3. During a rest period between match duration and overtime.
  4. When an opponent is being addressed by the Medic, referee or any other official.
- No spitting is permitted.
- No swearing or profanity is allowed by a competitor at any time on the **NAGA** event premises. Coaches and spectators are held to these professional standards as well. **The use of profanity may result in probation from attendance to future NAGA events.**
- No intentionally throwing an opponent off the mat.
- No unsportsmanlike conduct.
- Hygiene Rule: All competitors must wear a clean competition uniform (Gi, shorts, shirt, etc.). Furthermore, every competitor must also be clean, free from foul odors and with short nails. If a Referee feels this criteria has not been met, he/she will not allow the competitor to compete.
- At a minimum, a groin protector (male competitors), mouthpiece, and shorts with a drawstring must be worn. Because fingers and toes can get caught and injured, no pockets or zippers are allowed on the shorts.
- Wrestling/Martial Arts shoes are allowed in No Gi competition.
- Ear guards (ear protectors) are allowed in No Gi competition.
- Excessive taping of hands, wrists, ankles and feet is NOT permitted.
- Knee, elbow, ankle and shoulder braces cannot have a metal portion that could result in injury to other competitors.
- No stalling is permitted.



- No going out of bounds to avoid a submission. There is never a possibility to restart competitors in a near submission position, so Referees are directed to allow the match to continue if the moving out of bounds was inadvertent. Anytime safety becomes an issue for the competitors, the Referee will always be directed to stop the match regardless of the potential submission opportunity. Purposefully exiting the ring to avoid a submission will result in immediate Disqualification.
- No going out of bounds to avoid a Takedown. Purposefully going out of bounds to avoid a Takedown will result in the player receiving a penalty.
- Blood rule. Because there is no blood testing for grappling, a competitor who cannot control bleeding will not be allowed to continue. In the event of bleeding, the Referee will stop the clock and allow the competitor a reasonable amount of time (two to three minutes) to stop the bleeding. If the competitor continues to bleed a second time in the same match (for the same injury), that competitor will be disqualified. If the competitor begins to bleed from a different injury for the first time in the match, the above listed measures will again be followed.
- The competitor is not disqualified from the event if he/she was disqualified for bleeding. If the competitor is competing in another division, or if it is a semi-finals match, the competitor will be allowed to continue in further matches or divisions. Bleeding is defined as an amount of blood that shows when a white cloth is pressed on the area. Any amount of blood noticed by the Referee will result in immediately stopping the match to address the injury.
- Any expulsion of vomit, urine or feces during a match will result in immediate disqualification. Intentional spitting on the mat will also result in immediate disqualification.
- No competitor can compete with a communicable skin disease, including ring worm, impetigo, herpes, etc.

- No grabbing the opponent's clothing. Some competitors feel there is an advantage to wearing Gi pants or sweat pants that extend below the knee. Those competitors electing to wear full length pants that go below the knee should understand that the pants can be grabbed by the opponent, to Takedown, to pin, etc. The rules governing grabbing Gi pants are identical to those allowed for Gi competition. Competitors cannot grab their own clothing or the clothing of their opponent. The ONLY acceptable use of shorts grabbing is grabbing one's own shorts to defend submissions.  
**Example:** Defending a Kimura submission attempt, a competitor may grab his/her own shorts as a defense.
- Hair Rule: Women and Men with long hair are required to have her/his hair tied in such a fashion as to not interfere with the match. In the event tied hair is still long enough to continually affect the opponent's eyes, a further tie or head cover will be required. Due to the potential for injury to the eyes, and otherwise interfering with the match, spiked hair, particularly spiked Mohawks, of a length and consistency sufficient to cause irritation to the eyes are prohibited in **NAGA** competition. Spray painted hair that may have the color "run" or "flake" due to sweat is also prohibited in **NAGA** competition.
- Placing one knee on the ground (with no intent to shoot for a Takedown) is a Penalty. Placing one knee on the ground while attacking a viable Takedown is not a Penalty.
- Coaches, Spectators and unauthorized competitors are not permitted on the main fight surface mats for any reason while the event is in progress without expressed permission from an official **NAGA** staff member. Breaking this rule may result in competitor disqualification or individual ejection from the event premises.

**Talking with the Referee while the match is in progress is prohibited and may result in penalties or disqualification being assessed. Flagrant disrespect to any NAGA referee may also result in competitor disqualification and/or coach/spectator removal from the event premises. In the event that extreme unprofessional or threatening behavior has been displayed, authorities will be notified to immediately eject the offending parties.**



# TEEN NO GI

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# TEENS NO GI

**(AGES 14-17)**

Novice - Beginner - Intermediate - Advanced – Expert

## LEGAL & ILLEGAL TECHNIQUES



**SAFETY IS THE MOST IMPORTANT ASPECT INVOLVED WITH  
TEENS IN A NAGA COMPETITION!**

**THE REFEREE RESERVES THE RIGHT TO STOP A MATCH AT ANY TIME  
HE/SHE FEELS INJURY IS IMMINENT!**

In addition to all the rules and forbidden techniques listed for Adults,  
the further restrictions / guidelines below apply to all Teens  
(ages 14-17) competing in a NAGA event.

- No neck cranks or cervical locks are permitted. Pulling the head down on triangle chokes is allowed. Guillotines are permitted, with restrictions as detailed below (marked Legal vs. Illegal Guillotines). **NOTE: The No Gi Ezekiel Choke is NOT permitted in competition for all Teen divisions.**
- If a hold is applied in such a way that it is deemed a neck crank, the Referee can reposition the competitors so that the hold is no longer an issue of safety for the competitors. The Referee may even reposition a legal submission attempt if the attempt has become a neck crank. **Example** – A legal arm triangle choke is applied from the bottom of the Guard, the opponent moves his/her arm over to defend the choke; the submission attempt is deemed no longer viable by the Referee without a neck crank inflicting harm to the competitor. The submission will be halted by the Referee and Points will be given for the initial attempt. The competitors will restart the match in the same position (without the submission being applied).

## **LEGAL VS. ILLEGAL GUILLOTINES**

- Teenage competitors are allowed to perform a Standing Guillotine choke and do not have the same restrictions as the children division.
- A Guillotine choke is applied from the bottom of the Guard. The competitor applying the submission then Sweeps his/her opponent (while keeping the Guillotine attempt) and ends the movement in the Mount. The Legal submission attempt is now in danger of becoming a neck crank to the defending opponent. The Referee will give a very brief opportunity for the competitor to finish the submission from the Mount. If the Referee feels the submission may finish the match, he/she will give approximately 2 to 3 seconds to finish the Guillotine from the now established Mount. If the Guillotine has not submitted the opponent within this timeframe, the Referee will stop the match, assess points for the submission (and any other points associated with the actions involved in the act of gaining the Mount) and will have the competitors resume the match from the Mount with no Guillotine attempt being allowed from the Mount position. Guillotines are not allowed to be initiated from the top of the Mount, top of the Closed Guard or top of Knee on Belly positions. **NOTE:** The preceding positions do not describe every possible position that a Guillotine choke may not be allowed.



- **The NAGA Referee always has the right to determine whether or not they deem the competitor can safely apply the Guillotine choke on his/her opponent without the attempt becoming a form of neck crank.**

## **ILLEGAL CHOKE EXAMPLES**

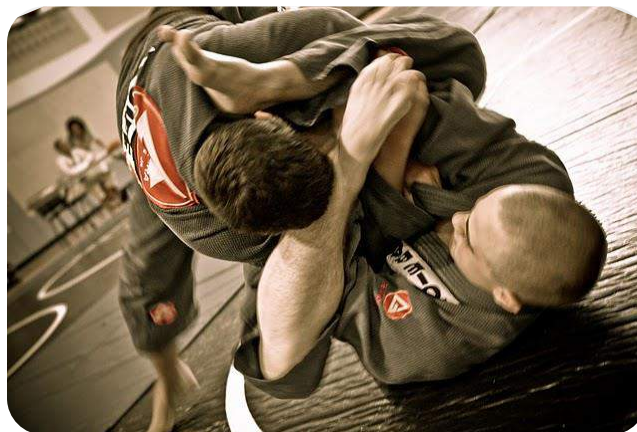


**The above pictures DO NOT represent every possibility of Illegal Choke.**



- There are four primary variants of No Gi chokes that Teens are permitted to apply that **DO NOT** require an opponent's arm inside the application. The four chokes are forms of Rear Naked choke, a Guillotine (as described above), a Gogoplata choke (applied with the shin or top of the foot to the front of the opponent's throat from a bottom position) and a forearm choke. **NOTE:** Forearm chokes need to be applied with the wrist or forearm without any use/contact of the elbow to the opponent's throat/neck.
- All other forms of No Gi chokes **MUST** have one of the opponent's arms inside the applying choke. Examples include the North/South choke, Arm Triangle chokes, Leg Triangle chokes etc. **The NAGA Referee always reserves the right to determine whether a choke is becoming a form of neck crank and may stop the match due to safety.** In most cases, the match will be permitted to resume in a position with the submission no longer being allowed to be applied.
- No top mounted (Rear Naked style Choke) is allowed from Mount. It is allowed from the Back Grab as a true Rear Naked Choke (not a neck crank).
- No knee on throat or shin on throat variations from a top position are permitted. **Note:** This includes the Gogoplata from a top position.

## **LEGAL CHOKE EXAMPLES**



# LEGAL CHOKE EXAMPLES CONT.



- **The No Gi and Gi variants of the “Baseball Bat Choke” / “Paper Cutter” are Legal in all skill levels of Teen competition.**

## **SPECIAL NOTE:**

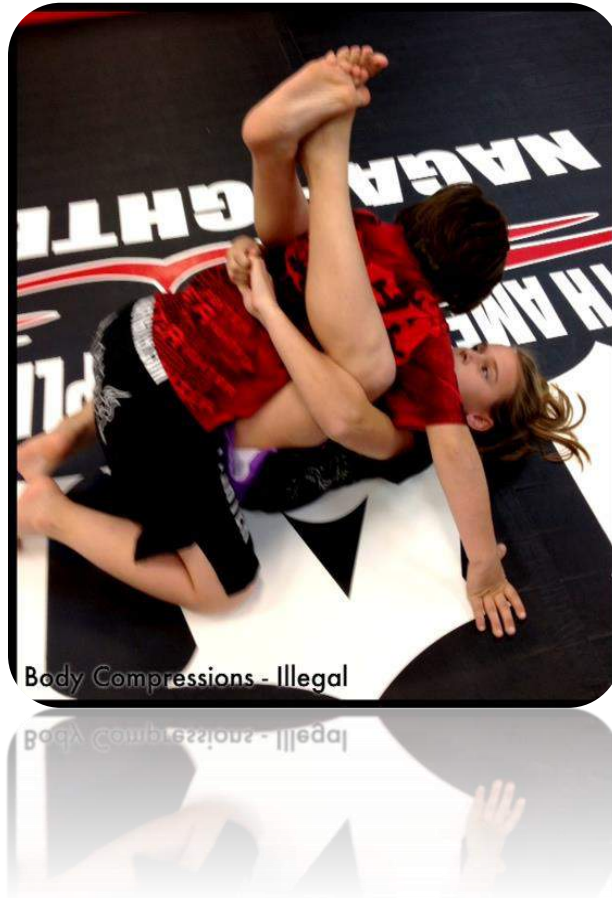
Legal Chokes applied can inadvertently become forms of unintentional “neck cranks” and will still be considered a **LEGAL** form of submission.

**Example 1** – Competitor A applies a legal rear naked choke to competitor B. Competitor B attempts to defend the choke by shrugging to place his/her chin inside the choke. Competitor A continues to apply the legal rear naked choke, competitor B taps due to pressure on the neck as opposed to the choke. Competitor A will not be penalized in this example due to the fact that Competitor B received pressure on his/her neck due to the direct actions he/she took to defend the submission attempt.

**Example 2** – Competitor A applies a legal guillotine attempt. Competitor B attempts to defend the choke by shrugging to place his/her chin inside the choke. Competitor A continues to apply the legal guillotine choke, competitor B taps due to pressure on the neck as opposed to the choke. Competitor A will not be penalized in this example due to the fact that Competitor B received pressure on his/her neck due to the direct actions he/she took to defend the submission attempt.

**The above pictures and descriptions DO NOT represent every possibility of Legal Choke variation.**

# ILLEGAL BODY COMPRESSIONS



**The above pictures DO NOT represent every possibility of Illegal Body Compression variation.**

- No squeezing the legs around an opponent's torso (from Guard, Back, or Side) as a submission. It is also prohibited to scissor the legs around the torso and then reach the arms around the legs and squeeze. Leg scissors techniques applied directly to the neck (without an arm inside the applied choke) are also illegal.

# LEGAL & ILLEGAL NO GI

## LEG LOCKS

- No twisting leg locks are permitted. Explicitly, all heel hooks and toe holds are forbidden. In the case of a straight ankle lock, there can be no reaping of the knee (as properly depicted in picture **A.**). The competitors outside leg cannot come across past the hip or over the attacking thigh as depicted in picture **B.**).

**A.**



Picture A. represents a LEGAL No Gi Straight Ankle Lock

**B.**



Picture B. represents an ILLEGAL No Gi Straight Ankle Lock



- Straight Knee Bars are the only other form of **LEGAL** leg lock for Teen competitors in all No Gi Teen divisions.



- All forms of Scissor Takedowns are Illegal for Teens in all divisions.



## 2 ILLEGAL GUARD PASSES

- The “Boston Crab” style Guard pass is an **Illegal** pass for all Teen divisions. The act of stepping the outside leg over the opponent’s legs to pass the Guard is not permitted. **NOTE:** When defending a triangle choke applied with the legs, a competitor is permitted to apply the “Boston Crab” style triangle choke escape.
- The “Bear Crawl” Guard pass is an **Illegal** pass for all Teen divisions. The act of crawling straight over the head of the opponent to create the opening of the legs is not permitted.



"Boston Crab" Guard Pass - Illegal



"Bear Crawl" Guard Pass - Illegal

- No wrist locks, calf crushers or bicep slicers are permitted.
- No jumping Guard is permitted in Teens Novice through Advance Skill Levels: Teens Experts are allowed to jump guard only when attacking flying submissions.
- No Stalling.





# KIDS NO GI

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# KIDS NO GI

(AGES 3-13)

Novice - Beginner - Intermediate - Advanced – Expert

LEGAL & ILLEGAL TECHNIQUES



SAFETY IS THE MOST IMPORTANT ASPECT INVOLVED  
WITH KIDS (AGES 13 & UNDER) IN A NAGA COMPETITION!

**THE REFEREE RESERVES THE RIGHT TO STOP A MATCH AT ANY TIME  
HE/SHE FEELS INJURY IS IMMINENT.**

**In addition to all the rules and forbidden techniques listed above for  
Adults & Teens, the further restrictions / guidelines below apply to all  
Kids competing in a NAGA event.**

- No neck cranks or cervical locks are permitted. Pulling the head down on triangle chokes is allowed. Guillotines are permitted, with restrictions as detailed below (marked Legal vs. Illegal Guillotines). Many other techniques including No Gi Ezekiel chokes and Scarf Holds can be done in such a way that the neck is cranked; this is not permitted. **NOTE: The No Gi Ezekiel Choke is NOT permitted in competition for all Kid divisions.**
- If a hold is applied in such a way that it is deemed a neck crank, the Referee can reposition the competitors so that the hold is no longer an issue of safety for the competitors.

**Example** – A Referee may move a Scarf Hold (as depicted in picture **A.** - below) to a Modified Scarf hold (as depicted in picture **B.** - below). The Referee may even reposition a legal submission attempt if the attempt has become a neck crank. **Example** – A legal arm triangle choke is applied from the bottom of the Guard, the opponent moves his/her arm over to defend the choke; the submission attempt is deemed no longer viable by the Referee without a neck crank inflicting harm to the competitor. The submission will be halted by the Referee and Points will be given for the initial attempt. The competitors will restart the match in the same position (without the submission being applied).



A.



B.

# LEGAL VS. ILLEGAL GUILLOTINES



- Kids (13 and under) are not permitted to submit opponents with a Guillotine while in a standing position. A competitor who attempts a Guillotine while standing will have the match stopped and the competitor who executed the Guillotine will receive a Penalty warning. A second Guillotine that is attempted while standing will result in Disqualification. If one competitor begins to apply a Guillotine and the opponent chooses to defend by jumping up and wrapping legs around the attacking competitor (Guard), no penalty has been committed by the attacker, as the opponent was not lifted up, but rather he/she chose to jump as the competitor began the Guillotine application. The competitor that chose to jump will receive a penalty for the act of the illegal jump to Guard. In this situation, the Referee will stop the match due to safety. The match will resume in a standing neutral position, a penalty assessed for jumping Guard and no points awarded for the Guillotine attempt while in the standing position.

- A Guillotine choke is applied from the bottom of the Guard. The competitor applying the submission then Sweeps his/her opponent (while keeping the Guillotine attempt) and ends the movement in the Mount. The Legal submission attempt is now in danger of becoming a neck crank to the defending opponent. The Referee will give a very brief opportunity for the competitor to finish the submission from the Mount. If the Referee feels the submission may finish the match, he/she will give approximately 2 to 3 seconds to finish the Guillotine from the now established Mount. If the Guillotine has not submitted the opponent within this timeframe, the Referee will stop the match, assess points for the submission (and any other points associated with the actions involved in the act of gaining the Mount) and will have the competitors resume the match from the Mount with no Guillotine attempt being allowed from the Mount position.
- Guillotines are not allowed to be initiated from the top of the Mount, top of the Closed Guard or top of Knee on Belly positions. **NOTE:** The preceding positions do not describe every possible position that a Guillotine choke may not be allowed. **The NAGA Referee always has the right to determine whether or not they deem the competitor can safely apply the Guillotine choke on his/her opponent without the attempt becoming a form of neck crank.**

## ILLEGAL CHOKE EXAMPLES







**The above pictures DO NOT represent every possibility of Illegal Choke variation.**

- There are four primary variants of No Gi chokes that Kids are permitted to apply that DO NOT require an opponent's arm inside the application. The four chokes are forms of Rear Naked choke, a Guillotine (as described above), a Gogoplata choke (applied with the shin or top of the foot to the front of the opponent's throat from a bottom position) and a forearm choke. **NOTE:** Forearm chokes need to be applied with the wrist or forearm without any use/contact of the elbow to the opponent's throat/neck.
- All other forms of No Gi chokes **MUST** have one of the opponent's arms inside the applying choke. Examples include the North/South choke, Arm Triangle chokes, Leg Triangle chokes etc.
- **The NAGA Referee always reserves the right to determine whether a choke is becoming a form of neck crank and may stop the match due to safety.** In most cases, the match will be permitted to resume in a position with the submission no longer being allowed to be applied.
- No top mounted (Rear Naked style Choke) is allowed from Mount. It is allowed from the Back Grab as a true Rear Naked Choke (not a neck crank).
- No knee on throat or shin on throat variations from a top position are permitted. **Note:** This includes the Gogoplata from a top position.



# LEGAL CHOKE EXAMPLES



Head & Arm Triangle Choke - Legal



Arm Triangle - Legal



Head & Arm North/South Choke - Legal

- The No Gi variants of the “Baseball Bat Choke” / “Paper Cutter” are Illegal in all skill levels of Kids No Gi competition.

The above pictures DO NOT represent every possibility of Legal Choke

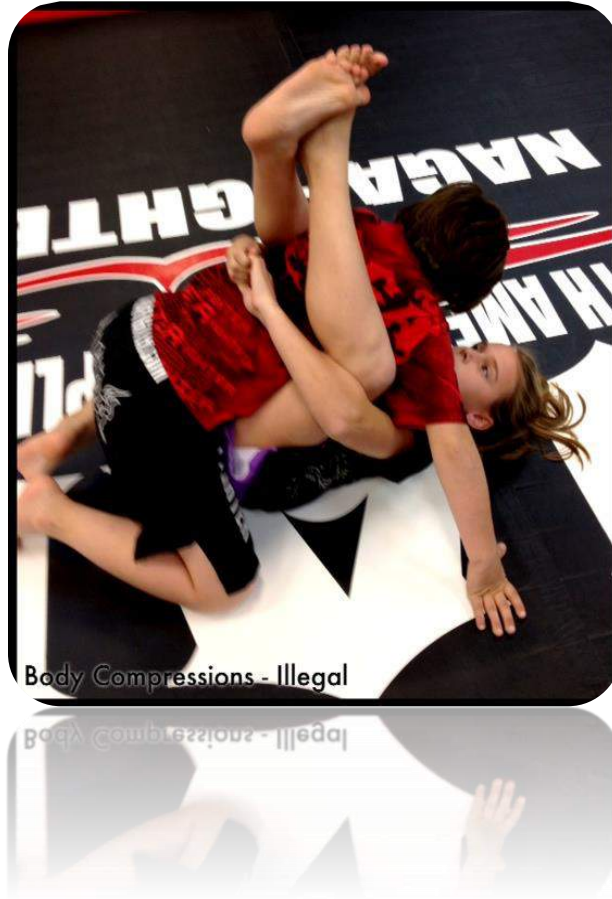
## **SPECIAL NOTE:**

Legal Chokes applied can inadvertently become forms of unintentional “neck cranks” and will still be considered a **LEGAL** form of submission.

**Example 1** – Competitor A applies a legal rear naked choke to competitor B. Competitor B attempts to defend the choke by shrugging to place his/her chin inside the choke. Competitor A continues to apply the legal rear naked choke, competitor B taps due to pressure on the neck as opposed to the choke. Competitor A will not be penalized in this example due to the fact that Competitor B received pressure on his/her neck due to the direct actions he/she took to defend the submission attempt. Competitor A wins via a legal choke.

**Example 2** – Competitor A applies a legal guillotine attempt. Competitor B attempts to defend the choke by shrugging to place his/her chin inside the choke. Competitor A continues to apply the legal guillotine choke, competitor B taps due to pressure on the neck as opposed to the choke. Competitor A will not be penalized in this example due to the fact that Competitor B received pressure on his/her neck due to the direct actions he/she took to defend the submission attempt. Competitor A wins via a legal choke.

# ILLEGAL BODY COMPRESSIONS



**The above pictures DO NOT represent every possibility of Illegal Body Compression variation.**

- No squeezing the legs around an opponent's torso (from Guard, Back, or Side) as a submission. It is also prohibited to scissor the legs around the torso and then reach the arms around the legs and squeeze. Leg scissors techniques applied directly to the neck (without an arm inside the applied choke) are also illegal.

**NO LEG OR ANKLE LOCKS ARE PERMITTED IN ANY KIDS (AGES 3-13) DIVISIONS AT ANY SKILL LEVEL.**



**ILLEGAL ANKLE & LEG LOCKS**



**ILLEGAL ANKLE & LEG LOCKS**

The above pictures DO NOT represent every possibility of Illegal Leg Lock variation.

- All forms of Scissor Takedowns are Illegal for Kids in all divisions.



Scissors Takedown - Illegal

## 2 ILLEGAL GUARD PASSES

- The “Boston Crab” style Guard pass is an **illegal** pass for all Kids divisions. The act of stepping the outside leg over the opponent’s legs to pass the Guard is not permitted. **NOTE:** When defending a triangle choke applied with the legs, a competitor is permitted to apply the “Boston Crab” style triangle choke escape.
- The “Bear Crawl” Guard pass is an **illegal** pass for all Kids divisions. The act of crawling straight over the head of the opponent to create the opening of the legs is not permitted.

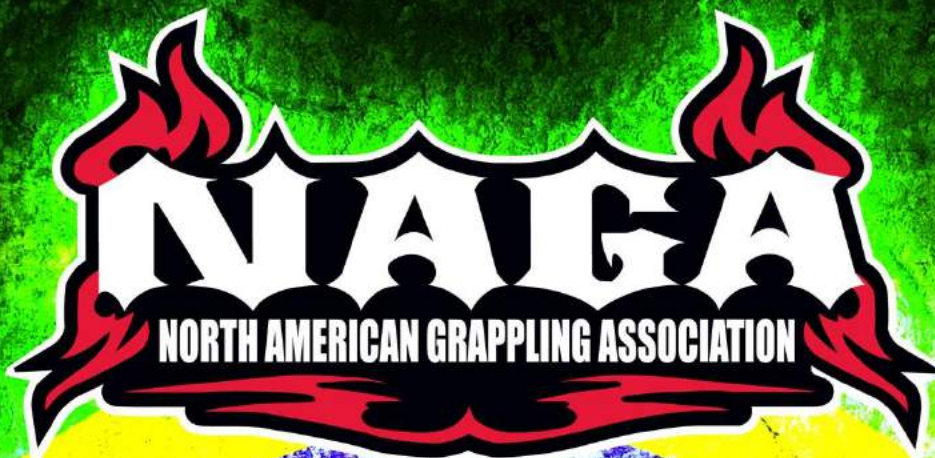


## ILLEGAL GUARD PASS VARIATIONS



- No wrist locks, calf crushers or bicep slicers are permitted.
- No jumping Guard is permitted in all Kids skill level divisions.
- No Stalling.





# GI RULES

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## **A BRIEF OVERVIEW OF SOME OF THE DIFFERENCES OF NAGA BJJ GI RULES THAT DIFFER FROM THAT OF THE IBJJF**

**Note: This is only a brief description of the nuance differences in NAGA Gi competition rules and does not represent every difference! To get an accurate understanding, we encourage Competitors, Coaches and Spectators to fully read the entire NAGA rules document.**

1. The Gi colors do not have to be solid. For instance, a black top can be worn with red bottoms (or any possible color combination desired).
2. You may weigh-in without wearing your Gi.
3. Rash guards are permitted (and encouraged) under the Gi for all competitors (T-shirts are NOT permitted).
4. Match duration and times are subject to change at **NAGA's** discretion (the match durations are the same as that of the No Gi divisions).
5. Adult Purple belt rules are the same as IBJJF rules if there are only Purple Belts present in the division. If a Brown or Black Belt competitor is present in the Division, the rules will adhere to the Brown or Black Belt rules. **Note: NAGA** will separate Purple, Brown and Black belts into separate belt divisions when applicable.
6. White Belts are permitted to jump Guard only when competing against higher belt levels in a division (blue, purple, etc.)
7. Groin protectors are permitted (and encouraged) for male competitors.
8. Kid and Teen competitors are permitted to apply Guillotines and pull the head down to complete Triangle Chokes: teens are allowed to apply standing Guillotines.
9. Kid and Teen competitors are permitted to apply the Gi Ezekiel Choke.
10. Teen Gi (ages 14-17) competitors are permitted to apply straight ankle locks in all skill levels regardless of belt rank.
11. Kid and Teen competitors are permitted to apply Omoplata as a legal submission.
12. Kid and Teen competitors are permitted to apply Gogoplata as a legal submission from a bottom position only. **Note:** Kid and Teen

competitors that apply the Gogoplata from a top position will be subject to disqualification.

- 13. Note:** There are further Submission differences and rules in what is Legal/Illegal in the Kids & Teens NAGA Gi divisions.
- 14.** Jumping Guard is illegal for all Kid and Teen Novice through Advance level competitors. Teens Experts are allowed to jump guard only when attacking flying submissions.
- 15.** Stalling can be called by the referee from the top Mount and when applying a Back Grab. The referee will not force competitors to unnecessarily move from these positions risking loss of the control for the dominating competitor. However, blatant and intentional stalling from these positions will be penalized by the referee.

## **OBSERVATIONS ON THE GI**

- **The Gi (uniform, kimonos) in NAGA competition may be any color or any color combination.**
- **The length of the sleeves should extend to the wrist bone and may not be shorter than 1 ½ inches above the wrist bone.**
- **The length of the pants should extend to the ankle bone and may not be shorter than 1 ½ inches above the ankle bone.**
- **Gi tops must be of a design similar to that of a traditional Brazilian Jiu-Jitsu and / or Judo style design. Traditional karate style Gi's (extremely thin in design and / or "V" neck design tops) are prohibited in NAGA competition.**
- **The Gi must be clean, free from foul odors and may not have any additional substances applied that would make the fabric slippery to grips applied.**
- **Patches and / or artwork may not contain profanity or potentially offensive designs to that of a family friendly competition environment.**





## GI (BJJ) RULES

THE **NAGA** GI COMPETITION RULES ARE BASED ON THE RULES USED AND CREATED BY  
THE  
INTERNATIONAL BRAZILIAN JIU-JITSU FEDERATION [ IBJJF ].

<b>NAGA - GI (BJJ) POINTS</b>	
<b>TAKEDOWNS</b>	2 Points
<b>SWEEPS</b>	2 Points
<b>KNEE ON BELLY</b>	2 Points
<b>PASSING THE GUARD</b>	3 Points
<b>MOUNT / BACK MOUNT</b>	4 Points
<b>BACK GRAB / BACK CONTROL</b>	4 Points

## GI DIVISION ADVANTAGES

**Advantages** are awarded for techniques applied that almost achieve points or almost submit an opponent. Note: Advantages do not equal points. One point is worth more than an infinite number of Advantages.

## **POINT DESCRIPTIONS**

Takedowns must remain in top dominant control for 3 full seconds to receive **2 Points** (see below for a detailed description of Takedowns). All other point situations also require a full 3 second count to receive points. Example – The Referee will non-verbally count “One,” “Two,” “Three.” When the Referee is about to count “Four” to himself/herself, Points will be awarded for that particular situation. **Advantages** will be awarded in situations where the full 3 second counts are not achieved in point worthy situations.

### **1. Take Downs (2 Points):**

Any kind of knocking an opponent to their rear, back or side and maintaining top control for 3 seconds is worthy of **2 Points**.

**Observation 1.1:** If a competitor has one or two knees on the ground and is taken down, the competitor who applied the Takedown will receive **2 Points** (after 3 seconds of control) as long as he/she had both feet on the ground.

**Observation 1.2:** When a competitor attempts a double / single leg Takedown and the opponent lands on his/her rear successfully applying a counter Takedown, only the competitor performing the counter Takedown will receive **2 Points** if he/she remains in top control for 3 seconds (the initial double / single leg Takedown will not receive points or advantages).

**Observation 1.3:** A competitor attempts any Takedown and places the opponent on his/her back or side. In one continuous movement the opponent executes a Sweep. The Takedown will receive an **Advantage** and the Sweep will receive **2 Points** (as long as 3 seconds of top control is established).

**Observation 1.4:** A competitor initiates a Takedown, the opponent pulls Guard; the opponent must be put on his/her back within 3 seconds (and then 3 seconds of control) for **2 Points** to be awarded.

**Observation 1.5:** In a situation where two competitors start from the ground, scramble, stand up with their grips unchanged; a Takedown is executed by one competitor, points/advantages Will NOT be awarded if the person applying the Takedown initiated the movement from the ground.

**Example** – Competitor A is on the bottom of Side Control. Competitor A turns under his/her opponent and grabs a high single leg. Both competitors stand with the grips unchanged and competitor A executes a full Takedown. No points will be awarded due to the fact that the movement began on the ground. This is not the same as two competitors that begin standing and one shoots for a form of Takedown.

**Observation 1.6:** When a competitor initiates a snap down, puts his/her opponent on both hands and knees, immediately moving around to the back (and controlling the back for a full 3 seconds with at least one knee on the ground) will result in a **2 Point** Takedown.

**Observation 1.7:** When a competitor takes his/her opponent down to a seated position, 3 seconds of control must be established for **2 Points** to be awarded for the Takedown.

**Observation 1.8:** In a situation where a competitor attempts a Takedown after his/her opponent begins to pull guard, no points will be awarded for the Takedown (for the guard pull was initiated before the Takedown began).

**Observation 1.9:** When a competitor defending a sweep is able to return his/her opponent back down to his/her back or side, Points/Advantages WILL NOT be awarded for the action.

**Observation 1.10:** A competitor has a grip on the pants of his/her opponent, the opponent then pulls guard, **2 Points** will be awarded for the Takedown once 3 seconds of control has been established.



**Observation 1.11:** When a competitor is able to apply a full standing Back Grab to his/her opponent (with one or two hooks on the inner thighs and no feet touching the mat), the opponent is able to defend with a form of hip toss Takedown, **No Points** will be awarded for the Takedown.

**Observation 1.12:** When a competitor throws his/her opponent, the opponent immediately reverses the position to end up in top control, the competitor will receive an **Advantage** for the Takedown.

**Note:** **NO Advantages** will ever be awarded for a Reversal in BJJ (Gi) competition.

**Observation 1.13:** If a competitor forces his/her opponent to the ground out of bounds, the competitor performing the takedown should have both feet within the inside of the ring when the movement begins. In this case, if the competitors land in a stabilized position for three seconds (**2 Points**), the match shall be restarted at the center of the ring and the competitors will be placed in the same position they were in when the match was stopped. If the referee stops the match before three seconds of control are established (due to competitor safety outside the ring safety area), an **Advantage** will be awarded and the competitors will be placed in a standing neutral position.

**Observation 1.14:** Intentionally “driving” an opponent’s head directly into the ground on any Takedown will be considered an act of slamming worthy of Disqualification.

## **2. Sweeps (2 Points):**

When a competitor on the bottom of any Guard is able to reverse the position and end up on top of his/her opponent for 3 full seconds, **2 Points** are awarded. **NOTE:** Points are not awarded if the competitor is not controlling his/her opponents body.

**Example** - A competitor executes an Omoplata Sweep from the bottom of guard, the competitor must establish control over the opponent’s body to begin the full 3 second count worthy of **2 Points**.

**Observation 2.1:** A sweep is by definition only applicable if started in a Guard position. A reversal is executed from positions other than the Guard and receives **No Points**.

**Observation 2.2:** When a competitor advances from a Guard to the back of his/her opponent (opponent is still on hands and knees) for 3 full seconds, the competitor will receive **2 Points** for the Sweep. **NOTE:** At least one knee must be on the floor to achieve **2 Points**.

**Observation 2.3:** When a competitor attempts a Sweep, both athletes stand up, the grips do not change and the competitor executes a Takedown to complete the Sweep action, **2 Points** will be awarded for the Sweep once 3 seconds of control have been established.

**Observation 2.4:** If a sweep is applied from the 50/50 Guard and maintained with top dominant control for the full 3 second count, **2 Points** are awarded for the Sweep. A 50/50 Guard Sweep that does not control the top dominant position for the full 3 second count may **NEVER** receive an **Advantage**.

**Observation 2.5:** When a competitor attempts a Sweep, forcing both athletes to stand up, the athlete that attempted the Sweep will receive an **Advantage** for the near Sweep.

**Observation 2.6:** A competitor has a Sweep attempt; the opponent turns and flees the match boundaries during the Sweep attempt, **2 Points** will be awarded for the Sweep attempt and a penalty will be assessed to the competitor that left the match boundaries.

**Observation 2.7:** In the event two competitors pull guard at the same time, the competitor who can go from his/her back or rear to the top of the opponent's guard will receive an **Advantage**. **Note:** In the event a competitor advances directly (in one continuous motion) to Side Control in this scenario, **NO Points or Advantages** will be awarded for passing the Guard. The competitor will only receive the initial **Advantage** for the Sweep.

**Observation 2.8:** In the event two competitors pull guard at the same time, neither competitor attempts to apply submissions or complete the sweep movement (within 20 seconds – regardless of his/her activity from the position), the referee will penalize both competitors according to the rules/regulations of

stalling. In this instance, both competitors will receive a penalty and the referee will stand the competitors in the center of the ring to resume the match.

### **3. Knee on Belly (2 Points):**

When a competitor establishes his/her knee across an opponent's stomach (torso), with the other foot on the ground for 3 full seconds, he/she will receive **2 Points**.

**Observation 3.1:** The competitor must have one knee on the stomach, the other knee off the ground (foot on the ground) and must be facing the opponents head to receive points.

**Observation 3.2:** If an opponent is turned away on his/her side from the competitor applying the Knee on Belly, **2 Points** may be awarded once clear dominant control of the position has been established for three seconds (an **Advantage** would be awarded for lesser elements of control or time).

**Observation 3.3:** The knee must be at least half way across the competitor's torso to achieve the **2 Points**.

**Observation 3.4:** Once Knee on Belly points have been achieved, additional Knee on Belly points will not be given for transitioning directly to the opposite side Knee on Belly position. The opponent must escape the Knee on Belly position and/or a definitive break from the position has been established in order to re-acquire the Knee on Belly position to earn **2 additional Points**. Voluntarily disengaging Knee on Belly position to re-acquire the position will not result in additional points.

### **4. Passing the Guard (3 Points):**

When a competitor can successfully pass an opponent's Guard, control a new position (Mount, Side Mount, Knee on Stomach, North/South) for 3 seconds, the competitor will receive **3 Points**.

**Observation 4.1:** If while attempting to pass the Guard a competitor goes directly to his/her opponent's back, **No Points** are awarded for the Guard pass. In some situations, an **Advantage** may be awarded for the Guard pass. If the Back Grab is controlled for the full 3 second count, **4 Points** will be awarded for the Back Grab.

**Observation 4.2:** When attempting a Guard pass, the competitor forces the opponent to Turtle Position, the opponent then returns Guard, an **Advantage** will be awarded for the Guard pass.

**Observation 4.3:** When attempting a Guard pass, the competitor forces the opponent to Turtle Position, both competitors then accept the Turtle Position; an **Advantage** will be awarded for the Guard pass. If the competitor is then able to push the opponent from Turtle Position to his / her back for Side Mount position, no further Points or Advantages will be earned (the Advantage was already awarded and Points cannot be achieved for the same action).

## **5. Mount / Back Mount (4 Points):**

When a competitor successfully "sits" on top of his/her opponent's torso for a full 3 second count, he/she will be awarded **4 Points**.

**Observation 5.1:** The opponent can be laying on his/her back, side or stomach to receive **4 Points** for the Mount position.

**Observation 5.2:** A triangle choke attempt from the Guard that ends in a Sweep to the Mount position will receive **No Points** (for the Mount). However, **Sweep Points** and a possible **Advantage** (for the triangle choke) may be awarded for this situation.

**Observation 5.3:** One knee and one foot on the ground will still be considered the Mount position. Two feet on the ground is not considered the Mount.

**Observation 5.4:** The Mount must face the opponents head to receive the **4 Points** associated with the Mount.

**Observation 5.5:** The competitor in the Mounted position can have one knee over his/her opponent's arm, but never both arms (an **Advantage** may ultimately be awarded when over both arms) to receive Mount points.

## **6. Back Grab / Back Control (4 Points):**

When a competitor can control an opponent's back, with both feet positioned on the inner thighs for 3 full seconds, the competitor will receive **4 Points**.

**Observation 6.1:** A body triangle from the back and crossing the legs around the waist will not receive points for the Back Grab. An **Advantage** may be awarded for this situation if the Back Grab position is never properly established.



**Observation 6.2:** A competitor may have one leg over an opponent's arm (while still maintaining both feet on the inner thighs) and receive **4 Points** for the Back Grab.

**Observation 6.3:** Cross locking the feet from the back of your opponent will not result in points. To achieve points, the feet must be unlocked while in back



control. An **Advantage** may be awarded for this situation if the Back Grab position is never properly established.



## **IMPORTANT NOTES ON SUBMISSION ATTEMPTS & ACCUMULATIVE POINTS:**

1. If a serious submission attempt is stopped by the Referee out of bounds due to the attacking competitor's movement to go out of bounds, the athletes will start in the center of the ring standing and an **Advantage** may be awarded to the competitor who applied the submission attempt. The advantage will only be awarded for strong submission attempts from which the referee feels the competitor could finish the match. **NOTE:** A submission attempt can **NEVER** be recreated in the center of the ring after being stopped out of bounds.

2. A competitor applies a proper and legal toe hold submission. The opponent rolls in the proper escape direction (and happens to roll out of bounds) to avoid submission – **2 Points** are awarded to the attacking competitor for the submission attempt and the competitors will restart standing in the center of the match boundaries.
3. A submission attempt is made, the opponent caught in the submission flees the ring boundaries to avoid the submission (in a manner that does not coincide with the proper escape method of that particular submission), the result will be **Disqualification**. **Example 1** – A straight arm bar is applied from the bottom Guard position. The competitor backs up and drags the opponent out of bounds to avoid the submission – **Disqualification**.
4. **Accumulation of Points** may take place during a match.  
**Example** – A competitor passing the guard straight into the mount will receive **3 Points** for the guard pass and **4 Points** for the mount (after the position is controlled for the full 3 seconds).

## **ADVANTAGES**

### **Advantages will be awarded during the following situations:**

- A competitor almost completes a Takedown. The opponent has a visible loss of balance, falling to his/her knee or rear end.
- When a competitor has dominant control of his/her opponent from the top of Half Guard after advancing from another form of Guard. **NOTE:** A competitor successfully escapes the bottom of Mount or Side Mount into Half Guard, the top controlling competitor WILL NOT receive an Advantage for controlling top Half Guard in this situation.
- Anytime there is a possibility to receive points, but the position was not maintained for the full 3 second count (excluding 50/50 Guard sweeps).  
**Example** - Knee on Belly was held for 2 seconds and then removed. An **Advantage** would be awarded for the Knee on Belly.

- When a competitor applies a submission and the Referee feels the submission nearly finished the match, an **Advantage** may be awarded.
- **Accumulative Advantages** may occur. **Example** - When a competitor passes the Guard, straight to the Mount position and the opponent defends the position returning the Guard. One **Advantage** is awarded for the Guard pass, and another **Advantage** is awarded for the Mount position.
- Advantages may be awarded after the conclusion of a match duration.
- **Example** – The Mount has been achieved during the match period, but only two seconds of time remained to control the position. Time expires leaving impossibility for full Mount points to be achieved. An **Advantage** will be awarded for the position even though time has expired.
- A competitor who achieves one or more point scoring positions while caught in a submission attempt by his/her opponent, shall be awarded only one **Advantage** if he/she does not escape the attack by the end of the match duration.
- When a competitor is attempting a single leg Takedown, driving his/her opponent beyond the match boundaries, causing the Referee to stop the match for safety, an **Advantage** will be awarded for the Takedown attempt.

<b>NAGA - GI PENALTY PROCESS</b>	
<b>First Offense</b>	<b>Verbal Warning</b>
<b>Second Offense</b>	<b>Opponent receives Advantage</b>
<b>Third Offense</b>	<b>Opponent receives 2 Points</b>
<b>Fourth Offense</b>	<b>Disqualification</b>

**Note: Kids (ages 13 & under) are likely to receive multiple Verbal Warnings with NO Penalty Points assessed for infractions that are not considered severe.**

## **7. EXAMPLES OF PENALTIES:**

- Kneeling to one knee before ever making contact with the opponent.



Placing a Knee on ground without contact - Illegal

- Voluntarily pulling out your lapels while standing to avoid the opponent taking hold of the lapels while attempting Takedowns.
- Stalling (every 20 seconds the competitor can receive an additional penalty if stalling continues).
- Sitting down to “pull” Guard without a grip on the Gi.
- Purposely avoiding the match by fleeing to the furthest extremities of the boundaries.
- Holding less than **four fingers** of an opponent’s hand at any time is a Penalty.
- Ear Guards and Wrestling Shoes are NOT permitted in Gi competition. These articles interfere with the ability to properly grab and manipulate the use of the opponent’s lapels and pant leg grips.
- Purposefully pushing an opponent outside the match boundaries.

- Placing fingers inside the sleeves or pant legs of the opponents Gi. **Note:** Placing your fingers inside your own sleeves and pant legs is permitted. **Example** – Ezekiel Gi Choke.



- Standing from an opponent's Guard and taking 2 or more steps back in an attempt to make the opponent stand. **NOTE:** One step can be taken back and infinite side / circle steps can be taken, but backing out of the Guard (2 or more steps) is a Penalty.





- Placing the foot inside the opponent's belt for any reason is a Penalty.
- Placing the hands inside the opponent's Gi to then grip the lapel from the inside is a Penalty.
- Placing the foot in the lapel above the collar bone or behind the neck is a Penalty. **NOTE:** Placing the foot directly next to the hand with the grip on the lapel (below the collar bone) is NOT a Penalty.

**Observation 7.1:** Penalties are accumulative. **Example** – A competitor puts his/her fingers in the opponent's sleeve and later backs out of the guard (2 or more steps). A verbal warning is issued for the first Penalty and an **Advantage** is awarded to the other competitor for the second Penalty.

**Observation 7.2:** Stalling penalties are accumulative with other penalties.

**Example** – A competitor receives penalties such as in Observation 7.1, and then receives a penalty for stalling; the stalling penalty is considered the first verbal Penalty received for stalling. An additional stalling Penalty will result in **2 Points** for the competitor.

**Observation 7.3:** One of the competitors has received a penalty during the match. The match time duration ends and both competitors have the same Points / Advantages. The competitor that did not receive any penalties will win the match even though the scoreboard will show a tie has taken place.



- No scissors Takedowns are permitted at any skill level in Gi competition.
- No slamming from the Guard or to escape submission.
- No slamming is allowed in Takedowns. In determining whether or not a Takedown was a slam, Referees will consider whether the intention was to hurt the opponent. **A wrestling style suplex (front to back contact, throwing the competitor directly over causing him/her to spike his/her head first into the floor) is always illegal. Any act of intentionally “driving” an opponent’s head directly into the ground will be considered an act of slamming worthy of immediate Disqualification.**
- Submissions must be applied in order to get a competitor to verbally or physically tap, and not with the intention to injure the competitor.
- No strikes of any kind are allowed to any part of the body or head, by any part of the body or head.
- No clutching of the windpipe is permitted (open hand posting is permitted). The thumb is not permitted to apply any pressure to the opponent’s throat.
- No pressure of any type is allowed to the eyes. Explicitly, no finger, chin, palm heel, etc. are allowed to press on or around the eyes.
- No pressure of any type is allowed to the groin, unless it is an inevitable and unintended result of a legitimate technique.
- No pressure may be applied directly into or across the nose unless it is an inadvertent consequence of a legitimate technique.

- No striking of any kind including: shoulder, head butts, punches, elbows, knees, kicks, etc. (this includes repeatedly pushing down on an opponent's stomach in rapid succession while in their guard).
- No fish hooking is permitted (fingers in the opponent's mouth).
- No biting is permitted. A player defending against a rear naked choke cannot purposefully open his/her mouth so the teeth contact the opponent's forearm.
- No spiking an opponent on his/her head.
- No Small Joint Manipulation is permitted. No pulling a thumb or holding less than **four fingers** is permitted in Gi competition.

- No pulling hair.
- No pinching, twisting of the skin.
- No putting a finger or toe into any orifice.
- No Interference by a corner with any official or fighter.
- No attacking an opponent in any of these circumstances:
  1. Before the referee has started the match.
  2. After the match duration time has ended.
  3. During a rest period between match duration and overtime.
  4. When an opponent is being addressed by the Medic, referee or any other official.
- No spitting is permitted.
- No swearing or profanity is allowed by a competitor at any time on the **NAGA** event premises. Coaches and spectators are held to these professional standards as well. **The use of profanity may result in probation from attendance to future NAGA events.**
- No intentionally throwing an opponent off the mat.
- No unsportsmanlike conduct.
- Hygiene Rule: All competitors must wear a clean competition uniform (Gi, rash guard, etc.). Furthermore, every competitor must also be clean, free from foul odors and with short nails. If a Referee feels this criteria has not been met, he/she will not allow the competitor to compete.

- At a minimum, a groin protector (male competitors) and a mouth piece must be worn.
  - Wrestling/Martial Arts shoes are NOT permitted in Gi competition.
  - Ear guards (ear protectors) are NOT permitted in Gi competition.
  - Excessive taping of hands, wrists, ankles and feet is NOT permitted.
  - Knee, elbow, ankle and shoulder braces cannot have a metal portion that could result in injury to other competitors.
  - No stalling is permitted.
- 
- No going out of bounds to avoid a submission. There is never a possibility to restart competitors in a near submission position, so Referees are directed to allow the match to continue if the moving out of bounds was inadvertent. Anytime safety becomes an issue for the competitors, the Referee will always be directed to stop the match regardless of the potential submission opportunity. Purposefully exiting the ring to avoid a submission will result in immediate Disqualification.
  - No going out of bounds to avoid a Takedown. Purposefully going out of bounds to avoid a Takedown will result in the player receiving a penalty according to the rules associated with this action.
  - Blood rule. Because there is no blood testing for grappling, a competitor who cannot control bleeding will not be allowed to continue. In the event of bleeding, the Referee will stop the clock and allow the competitor a reasonable amount of time (two to three minutes) to stop the bleeding. If the competitor continues to bleed a second time in the same match (for the same injury), that competitor will be disqualified. If the competitor begins to bleed from a different injury for the first time in the match, the above listed measures will again be followed.
  - The competitor is not disqualified from the event if he/she was disqualified for bleeding. If the competitor is competing in another division, or if it is a semi-finals match, the competitor will be allowed to continue in further matches or divisions. Bleeding is defined as an amount of blood that shows

when a white cloth is pressed on the area. Any amount of blood noticed by the Referee will result in immediately stopping the match to address the injury.

- Any expulsion of vomit, urine or feces during a match will result in immediate disqualification. Intentional spitting on the mat will also result in immediate disqualification.
- No competitor can compete with a communicable skin disease, including ring worm, impetigo, herpes, etc.


- Hair Rule: Women and Men with long hair are required to have her/his hair tied in such a fashion as to not interfere with the match. In the event tied hair is still long enough to continually affect the opponent's eyes, a further tie or head cover will be required. Due to the potential for injury to the eyes, and otherwise interfering with the match, spiked hair, particularly spiked Mohawks, of a length and consistency sufficient to cause irritation to the eyes are prohibited in **NAGA** competition. Spray painted hair that may have the color "run" or "flake" due to sweat is also prohibited in **NAGA** competition.
- Placing one knee on the ground (with no intent to shoot for a Takedown) is a Penalty. Placing one knee on the ground while attacking a viable Takedown is not a Penalty.
- Coaches, Spectators and unauthorized competitors are not permitted on the main fight surface mats for any reason while the event is in progress without expressed permission from an official **NAGA** staff member. Breaking this rule may result in competitor disqualification or individual ejection from the event premises.
- Verbally yelling while experiencing any form of cramp will result in immediate disqualification from the match.
- If in the Referee's opinion a submission cannot be escaped, and an injury appears imminent, the Referee can halt the match and award victory to the competitor applying the submission.



**Note: A Referee always reserves the right to stop a match if he/she feels injury is imminent!**

**TALKING WITH THE REFEREE WHILE THE MATCH IS IN PROGRESS IS PROHIBITED AND MAY RESULT IN PENALTIES OR DISQUALIFICATION BEING ASSESSED. FLAGRANT DISRESPECT TO ANY NAGA REFEREE MAY ALSO RESULT IN COMPETITOR DISQUALIFICATION AND/OR COACH/SPECTATOR REMOVAL FROM THE EVENT PREMISES. IN THE EVENT EXTREME UNPROFESSIONAL OR THREATENING BEHAVIOR HAS BEEN DISPLAYED, AUTHORITIES WILL BE NOTIFIED TO IMMEDIATELY EJECT THE OFFENDING PARTIES.**

# NAGA GI LEGAL / ILLEGAL TECHNIQUES

 <b>NAGA</b> <small>NORTH AMERICAN GRAPPLING ASSOCIATION</small>	<b>Kids &amp; Teens</b> (Kids Novice Divisions <u>DO NOT ALLOW</u> Submissions)	<b>White Belts</b>	<b>Blue Belts</b>	<b>Purple Belts</b>	<b>Brown &amp; Black Belts</b>
<b>Straight Foot Locks</b> (Straight Achilles Leg Lock)	<b>Kids NOT Allowed</b> Teens Legal	Legal	Legal	Legal	Legal
<b>Straight Knee Bars</b> (Straight Leg Lock)	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	Legal
<b>Toe Holds</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	Legal
<b>Heel Hooks</b> (Any twisting Heel Hook)	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>
<b>Calf Crunches</b> (Calf Compressions or Slicers)	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	Legal
<b>Rib/Neck Compressions</b> (Squeezing w/legs on Body or Neck Submission)	<b>NOT Allowed</b>	<b>NOT Allowed</b>	Legal	Legal	Legal
<b>Neck Cranks</b> (Any form of Neck Crank)	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>
<b>Triangle Chokes</b> (Pulling down head to Submit)	Legal	Legal	Legal	Legal	Legal
<b>Twisters</b> (Any form of Spinal Lock)	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>

<b>Electric Chair</b> (Leg / Groin stretch Submissions)	<b>NOT Allowed</b>	Legal	Legal	Legal	Legal
<b>No Gi Ezekiel Choke</b>	<b>NOT Allowed</b>	Legal	Legal	Legal	Legal
<b>Straight Arm Bars</b>	Legal	Legal	Legal	Legal	Legal
<b>Wrist Locks</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	Legal	Legal	Legal
<b>Scissors Takedowns</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>
<b>Guillotines</b> (Choke/Note: Kids [ages 13 & under] may <b>NOT</b> apply Guillotines standing – Teens & Adults are allowed)	Legal	Legal	Legal	Legal	Legal
<b>Gi Ezekiel Chokes</b>	Legal	Legal	Legal	Legal	Legal
<b>Shoulder Pressure</b> ("Crossfacing" with your shoulder – aka "What time is it grip")	Legal	Legal	Legal	Legal	Legal
<b>Bicep Crunches</b> (Bicep Compressions or Slicers)	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	Legal
<b>Omooplata</b> (Shoulder Lock applied w/Legs)	Legal	Legal	Legal	Legal	Legal
<b>Gogoplata</b> (Choke w/shin or top of foot, Kids and Teens from bottom)	Legal	Legal	Legal	Legal	Legal

<b>Slamming</b> (Slamming from Guard or as a means to escape Submission)	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>
<b>Squeezing Windpipe</b> (Closed hand pressure on Trachea)	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>
<b>Smothering</b> (Placing hand over mouth & nose)	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>	<b>NOT Allowed</b>
<b>Jumping Guard</b> (The act of physically jumping off the ground w/both feet to attain a Guard position on his/her opponent)	<b>NOT Allowed</b>  <b>Teens Experts – Legal</b> <small>* Note: Only when attacking flying submissions. *</small>	<b>NOT Allowed</b>	<b>Legal</b>	<b>Legal</b>	<b>Legal</b>

# NAGA - GI TIME LIMITS

<b>Kids (ages 13 and under) &amp; Teens (ages 14-17) Novice, Beginner, Intermediate &amp; Advanced</b>	<b>3 Min</b>
<b>Kids (ages 13 and under) &amp; Teens (ages 14-17) Expert</b>	<b>4 Min</b>
<b>Adult Men &amp; Women (ages 18-29) Novice &amp; Beginner / White Belt</b>	<b>4 Min</b>
<b>Masters Men &amp; Women (ages 30-39) Novice, Beginner, Intermediate &amp; Expert / All Belt levels</b>	<b>4 Min</b>
<b>Directors Men &amp; Women (ages 40-49) Novice, Beginner, Intermediate &amp; Expert / All Belt levels</b>	<b>4 Min</b>
<b>Executive Men &amp; Women (ages 50 &amp; above) Novice, Beginner, Intermediate &amp; Expert / All Belt levels</b>	<b>4 Min</b>
<b>Adult Men &amp; Women (ages 18-29) Intermediate / Blue Belt</b>	<b>5 Min</b>
<b>Adult Men &amp; Women (ages 18-29) Expert / Purple, Brown &amp; Black Belts</b>	<b>6 Min</b>





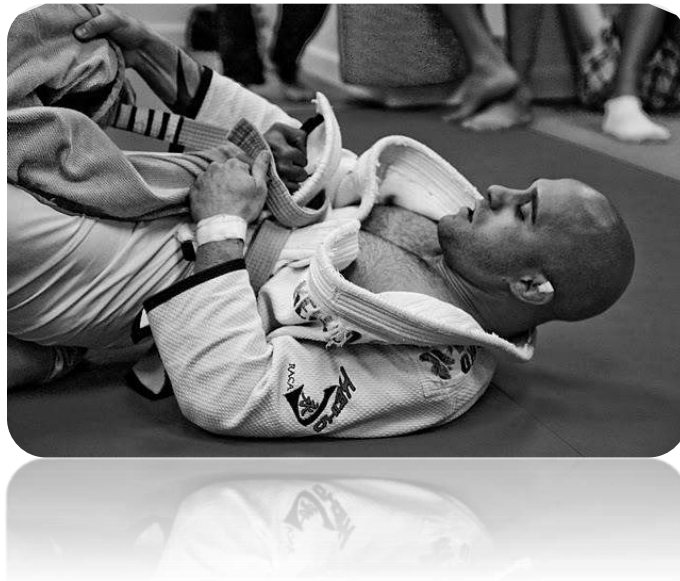
# ADULTS, MASTERS, DIRECTORS & EXECUTIVES GI RULES

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# ADULT MEN, WOMEN, MASTERS, DIRECTORS & EXECUTIVES

White - Blue - Purple - Brown - Black Belts

## GI LEGAL & ILLEGAL TECHNIQUES



### WHITE BELT ADULT MEN, WOMEN, MASTERS, DIRECTORS & EXECUTIVE GI COMPETITORS

- Straight ankle locks to the outside are permitted (cannot turn the ankle lock towards the other leg). The inside leg is permitted to cross over the opponents leg. **Example** – 50 / 50 guard is a legal position to execute a straight ankle lock. However, if the outside leg crosses over the opponent's leg in any manner, the result may be **Disqualification** (even if the opponent does not "tap" due to the ankle lock).

## LEGAL STRAIGHT ANKLE LOCK

(Legal for all White, Blue, Purple, Brown & Black Belts 18 years & up)



## ILLEGAL STRAIGHT ANKLE LOCK

(Illegal for all Gi competitors of any age or belt level)





# EXAMPLE OF “REAPING THE KNEE”

(Illegal for all Gi competitors of any age or belt level)

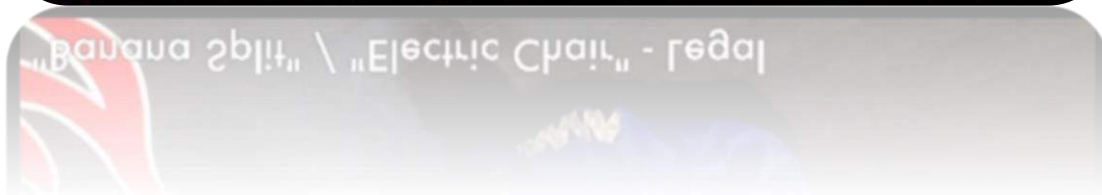


- No knee bars, toe holds, heel hooks, etc. are permitted.
- No wrist locks are permitted.
- No neck cranks or cervical locks are permitted.

- No scissors takedowns are permitted.
- No bicep or calf crunches are permitted.
- No slamming from the guard or to escape submission.
- No body compressions are permitted as a form of submission.
- No jumping Guard is permitted for all Adult, Masters, Directors & Executives Men and Women White Belt level competitors. Jumping Guard is when a competitor jumps both feet of the ground simultaneously in an attempt to attain a Guard position (with or without initial contact).

## **LEGAL "ELECTRIC CHAIRS" & "BANANA SPLITS" SUBMISSIONS**

(Legal for all White, Blue, Purple, Brown & Black Belts 18 years & up)



# **BLUE & PURPLE BELT ADULT MEN, WOMEN, MASTERS, DIRECTORS & EXECUTIVE GI COMPETITORS**

The same rules apply to Blue & Purple Belts as the White Belts with these additional legal techniques:

- Blue & Purple Belts are permitted to apply wrist locks.

## **LEGAL WRIST LOCK**

(Legal for all Blue, Purple, Brown & Black Belts 18 years & up)



Wrist Locks - Legal: Blue Belts & Up

- Blue & Purple Belts are also permitted to apply top mount naked chokes and squeezing the torso with the legs from guard as a submission.



# LEGAL SUBMISSIONS

(Legal for all Blue, Purple, Brown & Black Belts 18 years & up)



**Observation 1: If Adult Men, Women, Masters, Directors or Executive Divisions consist of only Purple Belt competitors, the rules will be the same as Legal/Illegal Blue & Purple Belt Divisions. In the event Adult Men, Women, Masters, Directors or Executive Divisions have Brown or Black Belts competing, the rules will adhere to that of the Brown and Black Belts (as stated below in the Brown & Black Belt Competitor Rules).**

**\*NAGA makes every attempt to separate Purple, Brown and Black belts into separate divisions.**

# **BROWN & BLACK BELT ADULT MEN, WOMEN, MASTERS,** **DIRECTORS & EXECUTIVE GI COMPETITORS**

- The same rules apply to Brown & Black Belts as Blue & Purple Belts with these additional **LEGAL** techniques:
- Straight ankle locks to the outside, toe holds (applied to the inside) and knee bars are permitted (No heel hooks are permitted).

## **LEGAL TOE HOLDS & KNEE BARS**

(Legal for all Brown & Black Belts 18 years & up)



Toe Holds - Legal, Brown & Black Belts



Straight Knee Bars - Legal, Brown & Black Belts

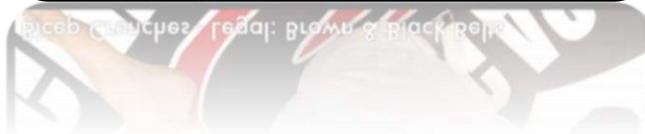
- Wrist locks are permitted.
- Bicep and calf crunches are permitted.

## **LEGAL BICEP & CALF CRUNCHES**

(Legal for all Brown & Black Belts 18 years & up)



Bicep Crunches - Legal: Brown & Black Belts



Calf Crunch - Legal: Brown & Black Belts



**THE ABOVE PICTURES DO NOT REPRESENT EVERY POSSIBILITY OF LEGAL BICEP AND CALF CRUNCH VARIATION.**

- No neck cranks or cervical locks are permitted.

# ILLEGAL NECK CRANKS & CERVICAL LOCKS

(Illegal for all Gi competitors of any age or any belt level)



**THE ABOVE PICTURES DO NOT REPRESENT EVERY POSSIBILITY OF ILLEGAL NECK CRANK AND CERVICAL LOCK VARIATION.**



# ILLEGAL SCISSORS TAKEDOWNS

(Illegal for all Gi competitors of any age or any belt level)



- No scissors takedowns are permitted.
- No slamming from the Guard or to escape submission.

**\*IN THE EVENT THAT A COMPETITOR INTENTIONALLY SLAMS ANOTHER OPPONENT WITH INTENT TO MALICIOUSLY HURT, THE COMPETITOR WILL BE DISQUALIFIED FROM THE DIVISION, ANY OTHER ENTERED DIVISIONS AND THE ENTIRE NAGA EVENT (WITHOUT MONETARY REIMBURSEMENT). THE COMPETITOR WILL BE PLACED ON PROBATION AS TO WHETHER OR NOT HE/SHE WILL BE ALLOWED TO COMPETE IN FUTURE NAGA EVENTS.**



**\*THERE ARE NO OVERTIMES IN ANY BJJ GI MATCH. IN THE EVENT OF A TIE, THE MATCH WILL BE DECIDED BY THE REFEREE BASED ON WHICH COMPETITOR MOST AGGRESSIVELY ATTEMPTED TO WIN THE MATCH.**



# TEEN GI

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# TEENS GI

## (AGES 14-17)

Novice - Beginner - Intermediate - Advanced – Expert

## LEGAL & ILLEGAL TECHNIQUES



**SAFETY IS THE MOST IMPORTANT ASPECT INVOLVED WITH KIDS IN A NAGA COMPETITION. THE REFEREE RESERVES THE RIGHT TO STOP A MATCH AT ANY TIME HE/SHE FEELS INJURY IS IMMINENT!**

**TEENS (AGES 14 - 17) OF ALL SKILL LEVELS ARE**  
**PERMITTED TO APPLY STRAIGHT ANKLE LOCKS IN**  
**NAGA GI COMPETITION.**



Straight Ankle Locks - Legal: White Belts & Up

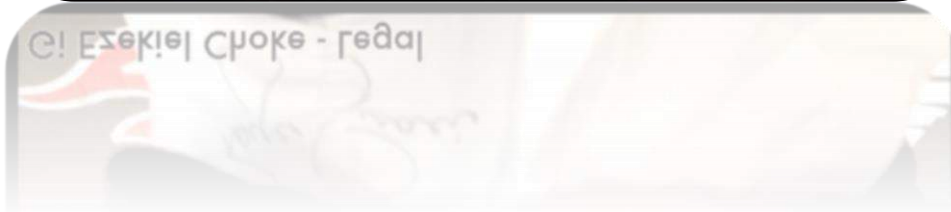
Straight Ankle Locks - Legal: White Belts & Up



**A GI BASED EZEKIEL CHOKE IS A LEGAL CHOKE IN ALL TEEN GI DIVISIONS.**



Gi Ezekiel Choke - Legal



Gi Ezekiel Choke - Legal

- Legal description of a Gi based Ezekiel Choke – Hug the opponent’s neck with your arm. Place four of your fingers inside your own sleeve. Placing your other hand (open or closed) in front of the opponent’s throat, extend the arms to apply the choke submission.

**NOTE: The No Gi Ezekiel Choke is always Illegal in all Teens competition.**



# TEENS (AGES 14 – 17) GI COMPETITORS

## Novice – Beginner – Intermediate - Advanced - Expert

- Only Straight Ankle locks will be permitted as a form of leg/foot applied submission in Teen Gi divisions. No reaping of the knee will be permitted and the application must turn away from the opponent's other leg.
- The Gi and No Gi versions of the "Baseball Bat Choke" are Legal for all skill levels.
- No wrist locks are permitted.
- No knee on throat or shin on throat variations from a top position are permitted. **Note:** This includes the Gogoplata from a top position.
- No neck cranks or cervical locks are permitted.
- No scissors takedowns are permitted.
- No bicep or calf crunches are permitted.
- No slamming from the guard or to escape submission.
- No squeezing the legs around an opponent's torso (from guard, back or around the neck) as a submission is permitted.
- No "Boston Crab" or "Bear Crawl" style Guard passes are permitted.
- **Note:** Pulling the head down on triangle chokes and guillotines are permitted.
- No neck cranks or cervical locks are permitted. Pulling the head down on triangle chokes is allowed. Guillotines are permitted, with restrictions as detailed below (marked Legal vs. Illegal Guillotines).
- If a hold is applied in such a way that it is deemed a neck crank, the Referee can reposition the competitors so that the hold is no longer an issue of safety for the competitors. The Referee may even reposition a legal submission attempt if the attempt has become a neck crank. **Example** – A legal arm triangle choke is applied from the bottom of the Guard, the opponent moves his/her arm over to defend the choke; the submission attempt is deemed no longer viable by the Referee without a neck crank inflicting harm to the competitor. The submission will be halted by the Referee and Points will be given for the initial attempt. The competitors will restart the match in the same position (without the submission being applied).

# LEGAL VS. ILLEGAL GUILLOTINES

- Teenage competitors are allowed to perform a Standing Guillotine choke and do not have the same restrictions as the children division.
- A Guillotine choke is applied from the bottom of the Guard. The competitor applying the submission then Sweeps his/her opponent (while keeping the Guillotine attempt) and ends the movement in the Mount. The Legal submission attempt is now in danger of becoming a neck crank to the defending opponent. The Referee will give a very brief opportunity for the competitor to finish the submission from the Mount. If the Referee feels the submission may finish the match, he/she will give approximately 2 to 3 seconds to finish the Guillotine from the now established Mount. If the Guillotine has not submitted the opponent within this timeframe, the Referee will stop the match, assess points for the submission (and any other points associated with the actions involved in the act of gaining the Mount) and will have the competitors resume the match from the Mount with no Guillotine attempt being allowed from the Mount position. Guillotines are not allowed to be initiated from the top of the Mount, top of the Closed Guard or top of Knee on Belly positions. **NOTE:** The preceding positions do not describe every possible position that a Guillotine choke may not be allowed.
- **The NAGA Referee always has the right to determine whether or not they deem the competitor can safely apply the Guillotine choke on his/her opponent without the attempt becoming a form of neck crank.**

# ILLEGAL CHOKE EXAMPLES



No Gi Ezekiel Choke - Illegal



No Arm North/South Choke - Illegal



No Arm Triangle Choke - Illegal



"Can Opener" - Illegal

**THE ABOVE PICTURES DO NOT REPRESENT EVERY POSSIBILITY OF  
ILLEGAL CHOKE.**

- There are four primary variants of No Gi chokes that Teens are permitted to apply in Gi competition that **DO NOT** require an opponent's arm inside the application. The four chokes are forms of Rear Naked choke, a Guillotine (as described above), a Gogoplata choke (applied with the shin or top of the foot to the front of the opponent's throat from a bottom position) and a forearm choke. **NOTE:** Forearm chokes need to be applied with the wrist or forearm without any use/contact of the elbow to the opponent's throat/neck.
- All other forms of No Gi chokes **MUST** have one of the opponent's arms inside the applying choke. Examples include the North/South choke, Arm Triangle chokes, Leg Triangle chokes etc. **The NAGA Referee always reserves the right to determine whether a choke is becoming a form of neck crank and may stop the match due to safety.** In most cases, the match will be permitted to resume in a position with the submission no longer being allowed to be applied.
- No top mounted (Rear Naked style Choke) is allowed from Mount. It is allowed from the Back Grab as a true Rear Naked Choke (not a neck crank).
- No knee on throat or shin on throat variations from a top position are permitted. **Note:** This includes the Gogoplata from a top position.

## **LEGAL CHOKE EXAMPLES**



# LEGAL CHOKE EXAMPLES CONT.



- **The No Gi and Gi variants of the “Baseball Bat Choke” / “Paper Cutter” are Legal in all skill levels of Teen competition.**

## SPECIAL NOTE:

Legal Chokes applied can inadvertently become forms of unintentional “neck cranks” and will still be considered a **LEGAL** form of submission.

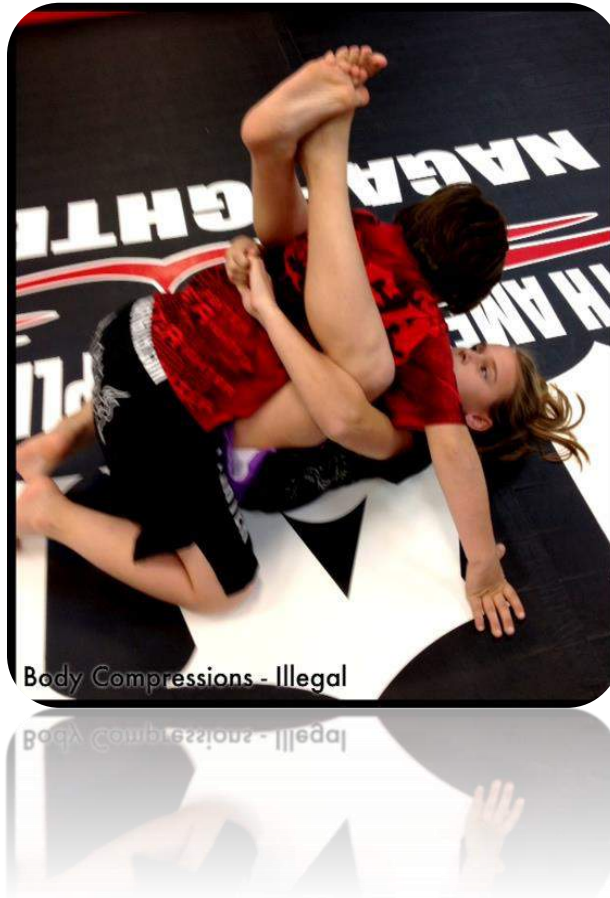
**Example 1** – Competitor A applies a legal rear naked choke to competitor B. Competitor B attempts to defend the choke by shrugging to place his/her chin inside the choke. Competitor A continues to apply the legal rear naked choke, competitor B taps due to pressure on the neck as opposed to the choke. Competitor A will not be penalized in this example due to the fact that Competitor B received pressure on his/her neck due to the direct actions he/she took to defend the submission attempt. Competitor A wins via choke.

**Example 2** – Competitor A applies a legal guillotine attempt. Competitor B attempts to defend the choke by shrugging to place his/her chin inside the choke. Competitor A continues to apply the legal guillotine choke, competitor B taps due to pressure on the neck as opposed to the choke. Competitor A will not be penalized in this example due to the fact that Competitor B received pressure on his/her neck due to the direct actions he/she took to defend the submission attempt. Competitor A wins via choke.

**THE ABOVE PICTURES AND DESCRIPTIONS DO NOT REPRESENT EVERY POSSIBILITY OF LEGAL CHOKE VARIATION.**



# ILLEGAL BODY COMPRESSIONS



## THE ABOVE PICTURES DO NOT REPRESENT EVERY POSSIBILITY OF ILLEGAL BODY COMPRESSION VARIATION.

- No squeezing the legs around an opponent's torso (from Guard, Back, or Side) as a submission. It is also prohibited to scissor the legs around the torso and then reach the arms around the legs and squeeze. Leg scissors techniques applied directly to the neck (without an arm inside the applied choke) are also illegal.

- All forms of Scissor Takedowns are Illegal for Teens in all divisions.



## 2 ILLEGAL GUARD PASSES



- The “Boston Crab” style Guard pass is an **Illegal** pass for all Teen divisions. The act of stepping the outside leg over the opponent’s legs to pass the Guard is not permitted. **NOTE:** When defending a triangle choke applied with the legs, a competitor is permitted to apply the “Boston Crab” style triangle choke escape.
- The “Bear Crawl” Guard pass is an **Illegal** pass for all Teen divisions. The act of crawling straight over the head of the opponent to create the opening of the legs is not permitted.
- No wrist locks, calf crushers or bicep slicers are permitted.
- No jumping Guard is permitted in all Teen’s Novice through Advance level Divisions: Jumping guard is allowed in the Teen’s Expert division as long as the competitors are attacking flying submissions.
- No Stalling

**\*IN THE EVENT THAT A COMPETITOR INTENTIONALLY SLAMS ANOTHER OPPONENT WITH INTENT TO MALICIOUSLY HURT, THE COMPETITOR WILL BE DISQUALIFIED FROM THE DIVISION, ANY OTHER ENTERED DIVISIONS AND THE ENTIRE NAGA EVENT (WITHOUT MONETARY REIMBURSEMENT). THE COMPETITOR WILL BE PLACED ON PROBATION AS TO WHETHER OR NOT HE/SHE WILL BE ALLOWED TO COMPETE IN FUTURE NAGA EVENTS (SEE PAGE 42 OF THIS RULES DOCUMENT FOR FURTHER EXPLANATION ON SLAMMING).**

**\*THERE ARE NO OVERTIMES IN ANY BJJ GI MATCH. IN THE EVENT OF A TIE, THE MATCH WILL BE DECIDED BY THE REFEREE BASED ON WHICH COMPETITOR MOST AGGRESSIVELY ATTEMPTED TO WIN THE MATCH.**



# KIDS GI

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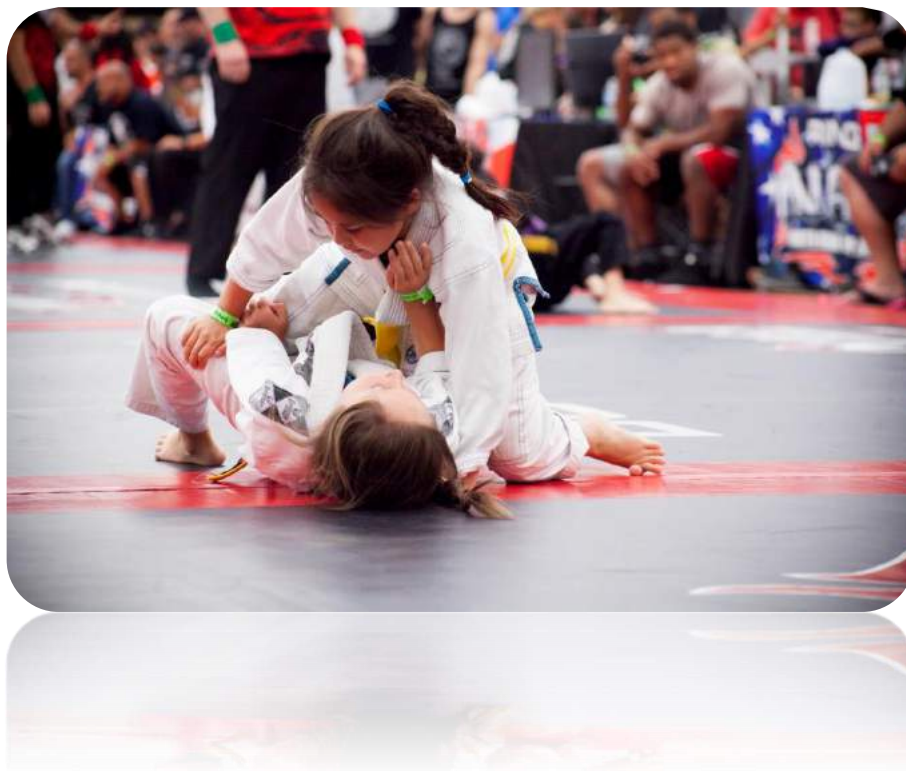


# **KIDS GI**

## **(AGES 3-13)**

Novice - Beginner - Intermediate - Advanced – Expert

### **LEGAL & ILLEGAL TECHNIQUES**

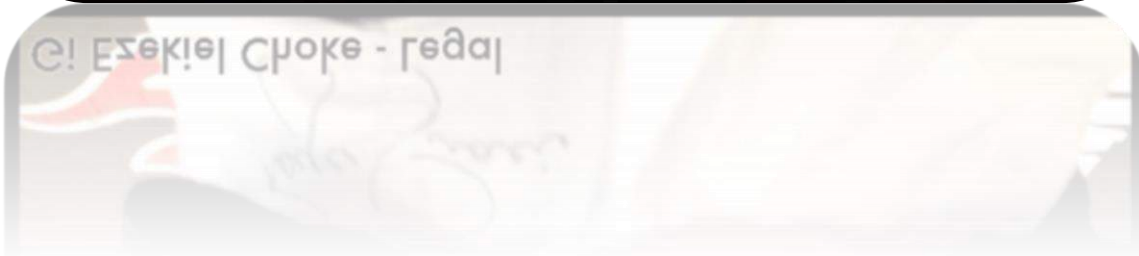


**A GI BASED EZEKIEL CHOKE IS A LEGAL CHOKE IN KIDS GI DIVISIONS.**





Gi Ezekiel Choke - Legal



- Legal description of a Gi based Ezekiel Choke – Hug the opponent’s neck with your arm. Place four of your fingers inside your own sleeve. Placing your other hand (open or closed) in front of the opponent’s throat, extend the arms to apply the choke submission.
- **The No Gi variants of the “Baseball Bat Choke” / “Paper Cutter” are Illegal in all skill levels of Kids Gi competition.**

## **CHILDREN - AGES 13 & UNDER - GI COMPETITORS**

- No attacks below the waist are permitted (ankle locks, knee bars, toe holds, heel hooks etc.).
- No wrist locks are permitted.
- No knee on throat or shin on throat variations from a top position are permitted. **Note:** This includes the Gogoplata from a top position.
- No neck cranks or cervical locks are permitted.
- No scissors takedowns are permitted.
- No bicep or calf crunches are permitted.
- No slamming from the guard or to escape submission.
- No squeezing the legs around an opponent's torso (from guard, back or around the neck) as a submission is permitted.
- No "Boston Crab" or "Bear Crawl" style Guard passes are permitted.
- No neck cranks or cervical locks are permitted. Pulling the head down on triangle chokes is allowed. Guillotines are permitted, with restrictions as detailed below (marked Legal vs. Illegal Guillotines). Many other techniques including No Gi Ezekiel chokes and Scarf Holds can be done in such a way that the neck is cranked; this is not permitted. **NOTE: The No Gi Ezekiel Choke is NOT permitted in competition for all Kid divisions.**
- If a hold is applied in such a way that it is deemed a neck crank, the Referee can reposition the competitors so that the hold is no longer an issue of safety for the competitors.

**Example** – A Referee may move a Scarf Hold (as depicted in picture **A.** - below) to a Modified Scarf hold (as depicted in picture **B.** - below). The Referee may even reposition a legal submission attempt if the attempt has become a neck crank. **Example** – A legal arm triangle choke is applied from the bottom of the Guard, the opponent moves his/her arm over to defend the choke; the submission attempt is deemed no longer viable by the Referee without a neck crank inflicting harm to the competitor. The submission will be halted by the Referee and Points will be given for the initial attempt. The competitors will restart the match in the same position (without the submission being applied).



A.



B.

# LEGAL VS. ILLEGAL GUILLOTINES



- Kids are not permitted to submit opponents with a Guillotine while in a standing position. A competitor who attempts a Guillotine while standing will have the match stopped and the competitor who executed the Guillotine will receive a Penalty warning. A second Guillotine that is attempted while standing will result in Disqualification. If one competitor begins to apply a Guillotine and the opponent chooses to defend by jumping up and wrapping legs around the attacking competitor (Guard), no penalty has been committed by the attacker, as the opponent was not lifted up, but rather he/she chose to jump as the competitor began the Guillotine application. The competitor that chose to jump will receive a penalty for the act of the illegal jump to Guard. In this situation, the Referee will stop the match due to safety. The match will resume in a standing neutral position, a penalty assessed for jumping Guard and no points awarded for the Guillotine attempt while in the standing position.



- A Guillotine choke is applied from the bottom of the Guard. The competitor applying the submission then Sweeps his/her opponent (while keeping the Guillotine attempt) and ends the movement in the Mount. The Legal submission attempt is now in danger of becoming a neck crank to the defending opponent. The Referee will give a very brief opportunity for the competitor to finish the submission from the Mount. If the Referee feels the submission may finish the match, he/she will give approximately 2 to 3 seconds to finish the Guillotine from the now established Mount. If the Guillotine has not submitted the opponent within this timeframe, the Referee will stop the match, assess points for the submission (and any other points associated with the actions involved in the act of gaining the Mount) and will have the competitors resume the match from the Mount with no Guillotine attempt being allowed from the Mount position.
- Guillotines are not allowed to be initiated from the top of the Mount, top of the Closed Guard or top of Knee on Belly positions. **NOTE:** The preceding positions do not describe every possible position that a Guillotine choke may not be allowed. **The NAGA Referee always has the right to determine whether or not they deem the competitor can safely apply the Guillotine choke on his/her opponent without the attempt becoming a form of neck crank.**

## ILLEGAL CHOKE EXAMPLES







**THE ABOVE PICTURES DO NOT REPRESENT EVERY POSSIBILITY OF ILLEGAL  
CHOKE  
VARIATION.**

- There are four primary variants of No Gi chokes that Kids are permitted to apply in Gi competition that DO NOT require an opponent's arm inside the application. The four chokes are forms of Rear Naked choke, a Guillotine (as described above), a Gogoplata choke (applied with the shin or top of the foot to the front of the opponent's throat from a bottom position) and a forearm choke. **NOTE:** Forearm chokes need to be applied with the wrist or forearm without any use/contact of the elbow to the opponent's throat/neck.
- All other forms of No Gi chokes **MUST** have one of the opponent's arms inside the applying choke. Examples include the North/South choke, Arm Triangle chokes, Leg Triangle chokes etc.
- **The NAGA Referee always reserves the right to determine whether a choke is becoming a form of neck crank and may stop the match due to safety.** In most cases, the match will be permitted to resume in a position with the submission no longer being allowed to be applied.
- No top mounted (Rear Naked style Choke) is allowed from Mount. It is allowed from the Back Grab as a true Rear Naked Choke (not a neck crank).
- No knee on throat or shin on throat variations from a top position are permitted. **Note:** This includes the Gogoplata from a top position.

# LEGAL CHOKE EXAMPLES



Head & Arm Triangle Choke - Legal



Arm Triangle - Legal



Head & Arm North/South Choke - Legal

The above pictures DO NOT represent every possibility of Legal Choke

## **SPECIAL NOTE:**

Legal Chokes applied can inadvertently become forms of unintentional “neck cranks” and will still be considered a **LEGAL** form of submission.

**Example 1** – Competitor A applies a legal rear naked choke to competitor B. Competitor B attempts to defend the choke by shrugging to place his/her chin inside the choke. Competitor A continues to apply the legal rear naked choke, competitor B taps due to pressure on the neck as opposed to the choke. Competitor A will not be penalized in this example due to the fact that Competitor B received pressure on his/her neck due to the direct actions he/she took to defend the submission attempt. Competitor A wins via choke.

**Example 2** – Competitor A applies a legal guillotine attempt. Competitor B attempts to defend the choke by shrugging to place his/her chin inside the choke. Competitor A continues to apply the legal guillotine choke, competitor B taps due to pressure on the neck as opposed to the choke. Competitor A will not be penalized in this example due to the fact that Competitor B received pressure on his/her neck due to the direct actions he/she took to defend the submission attempt. Competitor A wins via choke.

**\*IN THE EVENT THAT A COMPETITOR INTENTIONALLY SLAMS ANOTHER OPPONENT WITH INTENT TO MALICIOUSLY HURT, THE COMPETITOR WILL BE DISQUALIFIED FROM THE DIVISION, ANY OTHER ENTERED DIVISIONS AND THE ENTIRE NAGA EVENT [WITHOUT MONETARY REIMBURSEMENT]. THE COMPETITOR WILL BE PLACED ON PROBATION AS TO WHETHER OR NOT HE/SHE WILL BE ALLOWED TO COMPETE IN FUTURE NAGA EVENTS (SEE PAGE 42 OF THIS RULES DOCUMENT FOR FURTHER EXPLANATION ON SLAMMING).**

**\*THERE ARE NO OVERTIMES IN ANY BJJ GI MATCH. IN THE EVENT OF A TIE, THE MATCH WILL BE DECIDED BY THE REFEREE BASED ON WHICH COMPETITOR MOST AGGRESSIVELY ATTEMPTED TO WIN THE MATCH.**

## **ILLEGAL BODY COMPRESSIONS**



Body Compressions - Illegal

**THE ABOVE PICTURES DO NOT REPRESENT EVERY POSSIBILITY OF ILLEGAL BODY COMPRESSION VARIATION.**

- No squeezing the legs around an opponent's torso (from Guard, Back, or Side) as a submission. It is also prohibited to scissor the legs around the



torso and then reach the arms around the legs and squeeze. Leg scissors techniques applied directly to the neck (without an arm inside the applied choke) are also illegal.

**NO LEG OR ANKLE LOCKS ARE PERMITTED IN ANY KIDS (AGES 3-13) DIVISIONS AT ANY SKILL LEVEL.**



**ILLEGAL ANKLE & LEG LOCKS**



**ILLEGAL ANKLE & LEG LOCKS**



**THE ABOVE PICTURES DO NOT REPRESENT EVERY POSSIBILITY OF ILLEGAL  
LEG LOCK VARIATION.**

- All forms of Scissor Takedowns are Illegal for Kids in all divisions.



Scissors Takedown - Illegal

Scissors Takedown - Illegal

## **2 ILLEGAL GUARD PASSES**

- The “Boston Crab” style Guard pass is an **Illegal** pass for all Kids divisions. The act of stepping the outside leg over the opponent’s legs to pass the Guard is not permitted. **NOTE:** When defending a triangle choke applied with the legs, a competitor is permitted to apply the “Boston Crab” style triangle choke escape.

- The “Bear Crawl” Guard pass is an **illegal** pass for all Kids divisions. The act of crawling straight over the head of the opponent to create the opening of the legs is not permitted.



"Boston Crab" Guard Pass - Illegal

## ILLEGAL GUARD PASS VARIATIONS



"Bear Crawl" Guard Pass - Illegal

- No wrist locks, calf crushers or bicep slicers are permitted.
- No jumping Guard is permitted in all Kids skill level divisions.
- No Stalling.

**Note:** Pulling the head down on triangle chokes and guillotines (Guillotines must be finished on the ground) are permitted. Gi Ezekiel chokes are permitted in BJJ competition.