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No Gi Rules

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

A **NAGA** No Gi grappling match can be won four ways:

By Submission;

By Points;

By Referee decision;

By Disqualification.

Tapping out can take on multiple forms:

- Slapping 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 'mate' or by yelling out (verbal submission) when caught in a submission.

Note: A verbal submission is only relevant when a competitor yells while caught in a submission attempt. Other instances of verbally yelling during the match are not considered a verbal submission. In these instances the competitor will be addressed by the Referee (or Medic if needed) and the match will resume. If the competitor yells out in pain again at some point in the match, he/she will be Disqualified by the Referee.

- 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!

If there is no tap out in the match, the winner is determined by Points.

No Gi Points are awarded for the following:

NAGA No Gi Points	
Takedowns	1 or 2 Points
Submission Attempts	1 or 2 Points
Sweeps	2 Points
Side Control	2 Points
Mount	2 Points
Back Grab	2 Points

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 initiating competitor must exhibit restraining control for two seconds or more in a top dominant position.

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

Observation 1.2: A competitor can initiate 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.

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

Observation 1.5: If the bottom competitor initiates the stand up, and then is taken down again, **2 Points** can be awarded. The competitor who stood up must stand for long enough (one to two seconds) and be in a position of balance where there is a scoring opportunity.

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 all fours facing towards you (with you controlling from his/her top), **1 Point** will be awarded.

Observation 2.2: If you execute a hip throw 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** (in Sambo or Judo it would be match ending) as no control is established. In this situation, **1 Point** is awarded.

Observation 2.4: In order to achieve Restraining Control, you have to achieve a position for a sufficient duration to initiate passing Guard, to further control, to initiate a submission attempt, or to otherwise further your game. Two seconds is considered long enough to begin this initiation. For points to be awarded for a position, the competitor must be able to attack a submission from the controlled position.

Observation 2.5: Taking a competitor down and letting him/her up, only to take them down again will not result in further Takedown points.

Observation 2.6: 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 2.7: 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 will not be stood up by the referee, but the opponent will be awarded **1 Point**.

Observation 2.8: 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 Restraining Control. The competitor executing the submission hold can of course also be awarded **1 or 2 Submission Points**.

Observation 2.9: 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.

3. Submission 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 finish in question is not a low percentage submission (wrist lock, body scissor, etc.);

the defender is 'In Danger' - the finish has the potential to make the opponent tap out or be in danger of being injured by submission.

1 Point is awarded for a Submission Attempt that is significant but does not meet the above criteria.

In a situation that is less than full and strong, Referees are directed to award **1 Point** as soon as they see it, 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 joint.

Observation 3.2: Chaining full and strong Submission attempts will result in points being awarded for each different submission. 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 of the defending competitor (putting them in danger of submission) will result in an additional **1 Point** (**2 Points** total).

Observation 3.4: Simply locking into a submission position is not enough to receive a **1 Point** 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.

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, **2 Points** are awarded.

Observation 4.1: A Sweep is by definition only applicable if started from any type of Guard position. 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. The **2 Points** however 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 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 Guard 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.

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.

5. Side Control Points (2 Points):

Side Control is any secure form of top control (except for the Mount variations) that lends itself to a submission. The control has to be long enough to set up a Submission Attempt. Two seconds is long enough to meet this standard. The highest percentage forms of control include Cross Side Mount, Scarf Hold, Modified Scarf Hold, Knee on Stomach and North/South. **NAGA** also recognizes a secure Top Turtle (any variation of dominant Top Turtle control, 90 degrees from the opponents head) as a form of Side Control.

Observation 5.1: **NO** points are awarded when a competitor transitions between one form of Side Control to another. For example, if you have Side Control and then transition to Knee on Stomach, no additional points are awarded.

Observation 5.2: Additional points are awarded when a competitor moves from a Side Control to any of the forms of Mount or Back Grab.

Observation 5.3: **NO** points are awarded for 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.

Observation 5.4: In order for Side Control points to be awarded, the top competitor must be completely free of the opponent's legs with dominant control of the position.

Observations 5.5: 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.

6. Mount Points (2 Points):

When a competitor successfully maintains any of the Mount positions for a length of time and of a form sufficient to allow a submission attempt (two seconds), **2 Points** will be awarded.

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

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

Observation 6.3: 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 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 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 will result in a further **2 Points** being awarded.

7. Back Grab Points (2 Points):

Back Grab (heels hooked into inner thighs);

Body Triangle;

Back Grab with one foot over one of the opponents 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 control will receive **2 Points**. One leg 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 Grab to Mount will result in a further two points being awarded.

***A total of 6 points can be awarded moving from a form of Side Control to a Mount or Back Grab. When a competitor establishes a Side Mount (receiving 2 points), then transitions to Mount (receiving 2 more points), 2 more points can be awarded for controlling the Back Grab. In order for the points to resume, the opposing competitor will have to escape the position forcing the dominant competitor to a lower position of dominance.**

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, and 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 initiated specific tie ups and other action.

If the competitors are still equal, the Referee will give the decision to the competitor with less warnings or Penalties.

Last, in the absence of any warnings or Penalties, the edge shall be given to the fighter who better exemplifies the sport as an exciting, colorful, viable contest.

If the competitors are still equal, then an 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 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 Kid and Teen divisions.

NAGA No Gi & Gi Time Limits	
Kids (ages 13 and under) & Teens (ages 14-17) Novice, Beginner & 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

NAGA No Gi Division Illegal Techniques

All Adult Divisions (Male and Female, Adult, Masters, Executive, and Directors)

- **NAGA** is open to athletes from all forms of grappling, and discriminates against none. All submission holds are legal. Neck cranks and all leg locks including inside heel hooks, outside heel hooks, and knee slicers are permitted. Bicep slicers and wrist locks are also permitted.
- 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.
- Submissions must be applied in order to get a submission, and not with the intention to injure the joint.
- 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).
- No pressure of any type is allowed to the eyes. Explicitly, no fingers, 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 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.
- No fish hooking is permitted.
- 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 less than three fingers is permitted.
- No pulling hair.
- No pinching, twisting of 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 fight has started.
 2. After the fight has ended.
 3. During a rest period between rounds.
 4. When an opponent is being addressed by the Medic or any other official.
- No spitting while on the mat is permitted.
- No swearing is allowed by a player either on the mats, or next to them. Coaches and spectators are held to these professional standards as well.
- No throwing an opponent off the mat.
- No unsportsmanlike conduct.
- Hygiene Rule: All competitors must wear a clean competition uniform (Gi, shorts, shirt, etc.). If a Referee feels this criteria has not been met, they will not allow the competitor to compete.
- At a minimum, a groin protector, 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 and feet is not allowed.
- Knee braces cannot have a solid portion that could result in injury.
- No stalling is permitted.

- No going out of bounds to avoid a submission. It is not possible to restart players in a near submission position, so Referees are directed to allow the contest to continue if the moving out of bounds was inadvertent. Purposefully exiting the ring to avoid a submission will result in 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 stalling penalty.
- Blood rule. Because there is no blood testing for grappling, a competitor who cannot control the 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, that competitor will be Disqualified. The competitor is not Disqualified from the event, so if the competitor is competing in another division, or if it is a quarter finals match, the competitor will be allowed to continue in further contests. Bleeding is defined as an amount of blood that shows when a white cloth is pressed on the area.
- 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 players electing to wear full length pants that go below the knee should understand that the pants can be grabbed by the other player, 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.
- 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. Due to the potential for injury to the eyes, and otherwise interfering with the normal play of a match, spiked hair, particularly spiked Mohawks, of a length and consistency sufficient to cause irritation to

- the eyes are prohibited in **NAGA**. Spray painted hair that may have the color "run" 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.

In addition to all forbidden techniques above for Adults, the further restrictions below also apply to Kids & Teens.

Kids and Teens No-Gi Competitors

- 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. Many other techniques including Ezekiel chokes and Scarf Holds can be done in such a way that the neck is cranked; this is not permitted. The No Gi Ezekiel Choke is not permitted in competition for all Kid and Teen divisions.
- If a hold is applied in such a way that it is a crank, the Referee can reposition the players so that the hold is no longer a crank. For example, by moving from Scarf Hold to Modified Scarf. 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 attempt.

- While executing a Guillotine from standing, you cannot lift the opponent off the mat. A competitor who lifts his opponent off his/her feet with a Guillotine will have the match stopped, **1 or 2 Points** will be awarded for the guillotine, depending on how full and strong it was. The competitor who executed the Guillotine will receive a Penalty warning. A second Guillotine that lifts the opponent off the feet will result in Disqualification. If one competitor applies a Guillotine and the opponent chooses to defend by jumping up and wrapping legs around the attacking competitor, no foul has been committed, as the opponent was not lifted up, but rather he/she chose to jump. The Guillotine must be completed by pulling a form of Guard to finish the submission.
- No mata leo (Rear Naked) is allowed from Mount. It is allowed from the Back Grab as a true Rear Naked Choke (not a neck crank).
- 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 from bottom around the torso and then reach the arms around the legs and squeeze. Leg scissors techniques applied directly to the neck are also illegal.
- 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 rolling or reaping of the knee. The competitors outside leg cannot come across past the hip or over the attacking thigh.
- No wrist locks, no calf crushers, no bicep slicers.
- No Scissor Takedowns are permitted, whether a hand is on the ground or not.
- No Stalling.

NAGA No Gi Legal / Illegal Techniques

	Kids & Teens (Kids Novice Divisions <u>DO NOT ALLOW</u> Submissions)	Adult Men, Women, Masters, Directors & Executives (Novice, Beginner, Intermediate & Experts)
Straight Foot Locks (Straight Achilles Leg Lock)	Legal	Legal
Straight Knee Bars (Straight Leg Lock)	Legal	Legal
Toe Holds	NOT Allowed	Legal
Heel Hooks (Any twisting Heel Hook)	NOT Allowed	Legal
Calf Crunches (Calf Compressions or Slicers)	NOT Allowed	Legal
Rib/Neck Compression (Squeezing w/legs on Body or Neck Submission)	NOT Allowed	Legal
Neck Cranks (Any form of Neck Crank)	NOT Allowed	Legal
Triangle Chokes (Pulling down head to Submit)	Legal	Legal
Twisters (Any form of Spinal Lock)	NOT Allowed	Legal
Electric Chair (Leg / Groin stretch Submissions)	NOT Allowed	Legal
Guillotines (Choke/Note: Kids & Teens may <u>NOT</u> apply Guillotines standing)	Legal	Legal

Straight Arm Bars	Legal	Legal
Wrist Locks	NOT Allowed	Legal
Scissors Takedown (Adults must place 1 hand down on the Ground)	NOT Allowed	Legal
No Gi Ezekiel Choke	NOT Allowed	Legal
Bicep Crunches (Bicep Compressions or Slicers)	NOT Allowed	Legal
Omoplata (Shoulder Lock applied w/Legs)	Legal	Legal
Gogoplata (Choke w/shin or top of foot)	Legal	Legal
Slamming (Slamming from Guard or as a means to escape Submission)	NOT Allowed	NOT Allowed
Squeezing Windpipe (Closed hand pressure on Trachea)	NOT Allowed	NOT Allowed
Smothering (Placing hand over mouth & nose)	NOT Allowed	Legal

8. Observations on Stalling:

Observation 8.1: If there is stalling on the ground, the Referee has the right to restart the match standing, in addition to the other penalty actions defined elsewhere.

Observation 8.2: Taking an opponent down and then standing up and getting a Takedown again will receive no further Takedown points, and can receive a warning for stalling. If the competitor is using the second attempt at a Takedown to further control on the mat, no warning is necessary.

Observation 8.3: A competitor standing up from In Guard cannot call the down opponent up, and once standing has to aggressively engage. Otherwise he/she will be warned or penalized for stalling.

Observation 8.4: Stalling can take place from any position standing or on the ground. The only time stalling cannot be called is when a competitor is applying or defending a submission.

NAGA No Gi Penalty Process	
First Offense	Verbal Warning
Second Offense	Verbal Warning (Optional)
Third Offense	Opponent receives 1 Point
Fourth Offense	Opponent receives 1 Point
Fifth Offense	Disqualification

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 cumulative. The five step 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 for example a Third Offense (opponent gets **1 Point**) it can be three different fouls or infractions.

The Referee is not bound to go through the five step process above. Depending upon the severity of the infraction, there can be only one warning, **1 Point** awarded to the opponent, or immediate **Disqualification**.

The most common grounds for immediate Disqualification are:

- Intentional slamming:
- 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 if the semi finals in the 3rd/4th match) in the event, or can be Disqualified from the entire competition and future competitions (with no monetary reimbursement) upon severe infractions.



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Gi (BJJ) Rules

The **NAGA** Gi Competition Rules are based on the rules used and created by the **International Brazilian Jiu-Jitsu Federation (IBJJF)**

NAGA Gi (BJJ) Points	
Takedowns	2 Points
Sweeps	2 Points
Knee on Belly	2 Points
Passing the Guard	3 Points
Mount	4 Points
Back Grab	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.

*See below for a more detailed explanation of how Gi points and advantages are awarded.

Gi Division Legal / Illegal Techniques

Children (ages 13 & under) and Teen (ages 14 – 17)

Gi Competitors

- No attacks below the waist are permitted (ankle locks, knee bars, toe holds, heel hooks etc.).
- 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 squeezing the legs around an opponent's torso (from guard, back or around the neck) as a submission is permitted.
- No "Boston Crab" techniques are permitted.

Note: Pulling the head down on triangle chokes and guillotines is permitted. Gi Ezekiel chokes are permitted in BJJ competition.

White Belt Adult, Women's, 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 will be **Disqualification** (even if the opponent does not "tap" due to the ankle lock).
- 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.

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

Observation 1: If an Adult, Women's, Masters, Directors or Executive Division consists of only Purple Belt competitors, the rules will be the same as Legal/Illegal Blue & Purple Belt Divisions. In the event an Adult, Women's, Masters, Directors or Executive Division has a Brown or Black Belt competing, the rules will adhere to that of the Brown and Black Belt (as stated below in the Brown & Black Belt Competitor Rules).

Brown & Black Belt Adult, Women's, Masters, Directors & Executive Gi Competitors

- The same rules apply to Brown & Black Belts as Blue & Purple Belts with these additional techniques:
- Straight ankle locks to the outside, toe holds and knee bars are permitted (No heel hooks are permitted).
- Wrist locks are permitted.
- Biceps and calf crunches are permitted.
- No neck cranks or cervical locks are permitted.
- 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.**

NAGA Gi Legal / Illegal Techniques

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

No Gi Ezekiel Choke	NOT Allowed	Legal	Legal	Legal	Legal
Straight Arm Bars	Legal	Legal	Legal	Legal	Legal
Wrist Locks	NOT Allowed	NOT Allowed	Legal	Legal	Legal
Scissors Takedowns	NOT Allowed				
Guillotines (Choke/Note: Kids & Teens may <u>NOT</u> apply Guillotines standing)	Legal	Legal	Legal	Legal	Legal
Gi Ezekiel Chokes	Legal	Legal	Legal	Legal	Legal
Bicep Crunches (Bicep Compressions or Slicers)	NOT Allowed	NOT Allowed	NOT Allowed	NOT Allowed	Legal
Omoplata (Shoulder Lock applied w/Legs)	Legal	Legal	Legal	Legal	Legal
Gogoplata (Choke w/shin or top of foot)	Legal	Legal	Legal	Legal	Legal
Slamming (Slamming from Guard or as a means to escape Submission)	NOT Allowed				

Squeezing Windpipe (Closed hand pressure on Trachea)	NOT Allowed				
Smothering (Placing hand over mouth & nose)	NOT Allowed				

NAGA BJJ Gi rules that differ from that of the IBJJF

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 (T-shirts are NOT permitted) are permitted under the Gi for all competitors.
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 – Time Charts on page 11 & 38).
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.
6. Groin protectors are permitted (and encouraged) for male competitors.
7. Kid and Teen competitors are permitted to apply Guillotines and pull the head down to complete Triangle Chokes.
8. There are some Submission differences in what is Legal/Illegal.

***These represent some of the differences from NAGA competition and that of IBJJF competition rules. There may be additional differences that are not illustrated in this document.**

Point Descriptions

Takedowns receive an immediate **2 Points** (see below for a detailed description of Takedowns). All other point situations 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.

1. Take Downs (2 Points):

Any kind of knocking an opponent to their back or side will result in an immediate **2 Points**. This is the only way to receive immediate points in BJJ. All other point situations need a full 3 second control counted to receive 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** 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** (the initial double / single leg Takedown will not receive points).

Observation 1.3: A competitor attempts any Takedown and places the opponent on his/her back or side. Immediately the opponent executes a Sweep, both competitors will receive **2 Points** (both the Takedown and Sweep receive the **2 Points**).

Observation 1.4: A competitor initiates a Takedown, the opponent pulls Guard; the opponent must be put on his/her back within 3 seconds 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 may be awarded if the person applying the Takedown and the opponent are on both feet at some point during the movement.

No Points will be awarded in this situation if during the movement the person applying the Takedown was not on his/her feet.

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 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.

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), 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 **2 Points** for the Takedown.

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

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, **2 Points** are awarded.

Note: Points are not awarded if the competitor is not controlling his/her opponent. **Example** - A competitor executes an Omoplata Sweep from the bottom of guard, the competitor must face his opponent (or control the body while facing the legs) to begin the full 3 second count for **2 Points**. If a competitor is facing his opponent's legs (without body control), the sweep count will not begin until he/she faces the direction of the body or head of the opponent and establishes control.

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), the competitor will receive **2 Points** for the Sweep.

Observation 2.3: When a competitor attempts a Sweep, both athletes stand up, the grips do not change and the competitor executes a Takedown, **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 (with the legs continually locked); will not receive Points or Advantages. A 50/50 Guard Sweep that

does not control top dominant position for the full 3 second count (with the legs unlocked during the Sweep attempt), will receive an **Advantage** for the Sweep.

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.

3. Knee on Stomach (2 Points):

When a competitor establishes his/her knee across an opponent's stomach, with the other foot on the ground, 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 from the competitor applying the knee on stomach, there will be **No Points** awarded (an **Advantage** would be awarded).

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 stomach points have been achieved, additional knee on stomach points will not be given for transitioning directly to the opposite side knee on stomach position.

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 (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 to receive Mount points.

6. Back Grab (4 Points):

When a competitor can control an opponent's back, with both feet positioned on the inner thighs, 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 thigh) 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, the athletes will start in the center of the ring standing and **2 Points** will be awarded to the competitor who had the submission attempt. A submission attempt can NEVER be recreated in the center of the ring after being stopped out of bounds. **Note:** This is the only situation that will ever have points awarded for a submission attempt (Advantages are usually awarded for strong submission attempts).
2. A submission attempt is made, the competitor 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**.
Example 2 – A competitor applies a 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 for the submission attempt and the competitors will restart standing in the center of the match boundaries.
3. **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. **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. **Example** - Knee on Stomach was held for 2 seconds and then removed. An **Advantage** would be awarded for the Knee on Stomach.
- 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 an impossibility for full Mount points to be achieved. An **Advantage** will be awarded for the position even though time has expired.
- 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.

NAGA Gi Penalty Process	
First Offense	Verbal Warning
Second Offense	Opponent receives Advantage
Third Offense	Opponent receives 2 Points
Fourth Offense	Disqualification

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:

- A competitor can only kneel to one knee after taking hold of his/her opponents Gi.
- Voluntarily removing the Gi top 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.
- 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.

Observation 7.1: Penalties are accumulative. **Example** – A competitor puts his/her fingers in the opponents 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 stalling 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 **Disqualification** for the competitor.

Observation 7.3: The first stalling Penalty called by a Referee shall always be verbal. On the second stalling offense, the Referee shall determine what Penalty should be assessed. **Example** – A competitor has a verbal Penalty assessed for placing his/her fingers inside the sleeves of the opponent. An **Advantage** Penalty is assessed for again placing the fingers inside the sleeve of the opponent. The competitor then receives a verbal Penalty for stalling. On the second offense of stalling, the competitor will be assessed a **2 point** Penalty for accumulative penalties.

Observation 7.4: One of the competitors has received 2 penalties that resulted in an Advantage for the opponent. A 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.

NAGA No Gi & Gi Time Limits

Kids (ages 13 and under) & Teens (ages 14-17) Novice, Beginner & 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

Go to www.NAGAfighter.com to see the NAGA No Gi & Gi Rules
in video examples.



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