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ADCC SUBMISSION FIGHTING CHAMPIONSHIP RULES & REGULATIONS

The Championship is tournament style; only winner goes through to the next round.

Gee, Kimono & Wrestling Shoes are optional.

No slippery substances allowed on body or clothing.

The mat area is 9 x 9 meters, no cage or fence.

If the fighters go out of this area, the referee will restart the fight in the center of the mat, in the same position they were when they left the mat when the referee said "Stop". If the fighters were standing, they will start again facing each other.

How You Can Win:

The winner will be decided according to:

- If one competitor gives up or submits by tapping the leg, arm or verbally. (Tap, I give Up or Mate)
- If Referee feels one competitor is unable to defend himself or feels his life is in danger, the Referee will declare the winner.
- If a fighter breaks the rules twice he will be disqualified by the Referee!

Winning By:

- Submission
- Points
- Referee Decision

Time Limits Professional:

World Championship:

Qualifying Rounds* = 10 Minutes / 5 Minutes overtime if there is a draw with no advantage. (Max. 2 overtimes per fight)

Finals** = 20 Minutes / 10 Minutes overtime if there is a draw with no advantage. (Max. 2 overtimes per fight)

*On the "Qualifying Rounds" (10 min), the first 5 minutes are without points. The points are starting after the first 5 minutes until the end of the fight as well as on the overtime.

**On the "Finals" (20 min), the first 10 minutes are without positive points, but negative points start from the beginning of the fight until the end. The positive points are starting after the first 10 minutes until the end of the fight as well as on the overtime.

Trials:

Qualifying Rounds* = 6 Minutes / 3 Minutes overtime if there is a draw with no advantage. (Max. 1 overtime per fight)

Finals** = 8 Minutes / 4 Minutes overtime if there is a draw with no advantage. (Max. 1 overtime per fight)

*On the “Qualifying Rounds” (6 min), the first 3 minutes are without points. The points are starting after the first 3 minutes until the end of the fight as well as on the overtime.

**On the “Finals” (8 min), the first 4 minutes are without positive points, but negative points start from the beginning of the fight until the end. The positive points are starting after the first 4 minutes until the end of the fight as well as on the overtime.

National Championships:

Qualifying Rounds* = 6 Minutes / 3 Minutes overtime if there is a draw with no advantage. (Max. 1 overtime per fight)

Finals** = 8 Minutes / 4 Minutes overtime if there is a draw with no advantage. (Max. 1 overtime per fight)

*On the “Qualifying Rounds” (6 min), the first 3 minutes are without points. The points are starting after the first 3 minutes until the end of the fight as well as on the overtime.

**On the “Finals” (8 min), the first 4 minutes are without positive points, but negative points start from the beginning of the fight until the end. The positive points are starting after the first 4 minutes until the end of the fight as well as on the overtime.

Legal Techniques for Professional:

- Any kind of choke (except for using the hand to close the wind pipe).
- No use of T-Shirt and no holding the shorts allowed
- Any arm bar, shoulder lock, or wrist lock
- Any Leg Lock or Ankle Lock
- Slamming can be used only in order to prevent a submission. Otherwise is considered as illegal.

Illegal Techniques for Professional:

- “Full Nelson” and “Crucifix”
- No striking of any kind
- No eye gouging or fish hooking
- No grabbing the ears
- No hair pulling
- No finger or toe holds
- No thumbing
- No scratching and pinching
- No kicking
- No biting
- No touching groin area
- No hands, knees or elbows on face
- No slippery substances allowed on body or clothing

Points (Positive Points):

Each position must be established for 3 seconds or more being out of any danger of submission in order for points to be awarded.

- Passing the guard = 3 points
- Knee on stomach = 2 points
- Mount position = 2 points
- Back mount with hooks = 3 points
- Takedown (ends Guard or Half Guard) = 2 points
- Clean Takedown (ends passed the guard) = 4 points
- Sweeps (ends Guard or Half Guard) = 2 points
- Clean Sweep (ends passed the guard) = 4 points

Sweep is considered when two fighters are facing each other, change the position from bottom to top and establish it for 3 sec. or more.

Reversals are considered Sweeps as well.

When changing multiple positions, points will be awarded only for the position that has been established for 3 seconds or more.

Every sweep has to be done in one continuous motion in order to be awarded with points.

Points for a sweep will be awarded only if the fighter initiates the sweep, not if he is being attacked by his opponent and he ends up on top.

When passing the guard going straight to mount or knee on the stomach in less than 3 seconds points will be given only for passing the guard.

Penalties (Negative Points):

- When a fighter voluntarily jumps in the guard or goes from standing position to a non-standing position by any means and remains down for 3 seconds or more, he will be punished by a minus point.
- When a fighter disengages from contact and starts backing up and avoids engaging again he will be punished by minus point.
- A passive fighter will be warned twice and then will be punished by minus point. The referee will warn the passive player by the words “WARNING PASSIVITY” – after the first minus given there are not going to be any more warnings and the minus points will be given right-away if the fighter continues to be passive.
- If a fighter is very passive during the first half of the regular fights when there are no minuses, the referees will still give him warnings for passivity and will punish him with a negative point when the second half of the fight starts!
- If two fighters (team-mates) make a fixed fight, they will both be disqualified from the tournament

OFFICIAL ADCC WEIGHT CLASSES

OFFICIAL WEIGHT CLASSES FOR THE ADCC WORLD CHAMPIONSHIP AND ADCC QUALIFIERS

	MALE	FEMALE
<p><i>These are the official weight classes for the ADCC World Championship and ADCC Trials only!</i></p>	<p>- 65.9 kg (-145.2 lbs.) - 76.9 kg (-169.5 lbs.) - 87.9 kg (-193.7 lbs.) - 98.9 kg (-218.0 lbs.) + 99 kg (+220.5 lbs.) Absolute Class</p>	<p>-60.0 kg (-132.2 lbs.) +60.0 kg (+132.2 lbs.)</p>

OFFICIAL WEIGHT CLASSES FOR THE ADCC TEAMS COMPETITION

	MALE Up to 5 competitors per class!	FEMALE Up to 3 competitors per class!
<p><i>In the TEAMS COMPETITION every team can join with up to 5 competitors per class in the MALE division and up to 3 competitors per class in the FEMALE division!</i></p>	<p>- 83.0 kg + 83.0 kg</p>	<p>-60.0 kg +60.0 kg</p>

OFFICIAL WEIGHT CLASSES FOR NATIONAL, OPEN AND ALL OTHER ADCC CHAMPIONSHIPS

MALE		BOYS <i>7 yrs. – 10 yrs.</i>	BOYS <i>11 yrs. – 14 yrs.</i>	BOYS <i>15 yrs. – 18 yrs.</i>	ADULTS <i>+18 yrs.</i>	MASTERS <i>+35 yrs.</i>
	BEGINNER Less than 2 years experience in BJJ, Judo, Sambo, Wrestling (etc.)	-24.0 kg -28.0 kg -32.0 kg -36.0 kg -40.0 kg +40.0 kg	-36.0 kg -40.0 kg -45.0 kg -50.0 kg -55.0 kg +55.0 kg	-50.0 kg -55.0 kg -60.0 kg -65.0 kg -70.0 kg -75.0 kg -80.0 kg +80.0 kg	-60.0 kg -65.0 kg -70.0 kg -76.0 kg -83.0 kg -91.0 kg -100.0 kg +100.0 kg	-60.0 kg -65.0 kg -70.0 kg -76.0 kg -83.0 kg -91.0 kg -100.0 kg +100.0 kg
	INTERMEDIATE From 2 years to 4 years of experience. No medals in Judo, Sambo, Wrestling (etc.)	NOT ALLOWED FOR BOYS 7 YEARS TO 10 YEARS	-36.0 kg -40.0 kg -45.0 kg -50.0 kg -55.0 kg +55.0 kg	-50.0 kg -55.0 kg -60.0 kg -65.0 kg -70.0 kg -75.0 kg -80.0 kg +80.0 kg	-60.0 kg -65.0 kg -70.0 kg -76.0 kg -83.0 kg -91.0 kg -100.0 kg +100.0 kg	-60.0 kg -65.0 kg -70.0 kg -76.0 kg -83.0 kg -91.0 kg -100.0 kg +100.0 kg
	PROFESSIONAL More than 4 years of experience.	NOT ALLOWED FOR BOYS 7 YEARS TO 10 YEARS	NOT ALLOWED FOR BOYS 11 YEARS TO 14 YEARS	-50.0 kg -55.0 kg -60.0 kg -65.0 kg -70.0 kg -75.0 kg -80.0 kg +80.0 kg	-60.0 kg -65.0 kg -70.0 kg -76.0 kg -83.0 kg -91.0 kg -100.0 kg +100.0 kg	-60.0 kg -65.0 kg -70.0 kg -76.0 kg -83.0 kg -91.0 kg -100.0 kg +100.0 kg

FEMALE		GIRLS 7 yrs. – 10 yrs.	GIRLS 11 yrs. – 14 yrs.	GIRLS 15 yrs. – 18 yrs.	ADVANCED +18 yrs.
	BEGINNER				
	Less than 2 years experience in BJJ, Judo, Sambo, Wrestling (etc.)	-24.0 kg -28.0 kg -32.0 kg -36.0 kg -40.0 kg +40.0 kg	-36.0 kg -40.0 kg -45.0 kg -50.0 kg -55.0 kg +55.0 kg	-40.0 kg -45.0 kg -50.0 kg -55.0 kg -60.0 kg +60.0 kg	-50.0 kg -55.0 kg -60.0 kg -65.0 kg -70.0 kg +70.0 kg
	INTERMEDIATE				
From 2 years to 4 years of experience. No medals in Judo, Sambo, Wrestling (etc.)	NOT ALLOWED FOR GIRLS 7 YEARS TO 10 YEARS	-36.0 kg -40.0 kg -45.0 kg -50.0 kg -55.0 kg +55.0 kg	-40.0 kg -45.0 kg -50.0 kg -55.0 kg -60.0 kg +60.0 kg	-50.0 kg -55.0 kg -60.0 kg -65.0 kg -70.0 kg +70.0 kg	
PROFESSIONAL					
More than 4 years of experience.	NOT ALLOWED FOR GIRLS 7 YEARS TO 10 YEARS	NOT ALLOWED FOR GIRLS 11 YEARS TO 14 YEARS		-40.0 kg -45.0 kg -50.0 kg -55.0 kg -60.0 kg +60.0 kg	-50.0 kg -55.0 kg -60.0 kg -65.0 kg -70.0 kg +70.0 kg

ADCC RULES FOR BEGINNERS AND INTERMEDIATE

Illegal Techniques for BEGINNERS:

- No slamming
- No neck cranks
- No any crucifix
- No “Full Nelson”
- No can opener
- No opposite rear naked choke (RNC) applying pressure on the neck
- No spine twisters
- No heel hooks
- No toeholds
- No kneebars
- No any foot locks that twist the knee
- No any crossface holds or crossface chokes
- No biceps pressure locks
- No calf pressure locks
- No banana split
- No striking of any kind
- No eye gouging or fish hooking
- No grabbing the ears
- No hair pulling
- No holding of fingers or toes (less than 4 fingers or less than 5 toes)
- No thumbing
- No scratching and pinching
- No kicking
- No biting
- No touching groin area
- No hands, knees or elbows on face
- No slippery substances allowed on body or clothing
- Referees will stop the fight if a submission is applied and is too dangerous for the fighter, even if the fighter didn't gave up yet.

Fight Time for BEGINNERS:

Qualifying Rounds (5 min), the first 2 minutes are without points. The points are starting after the first 2 minutes until the end of the fight as well as on the overtime. 2 Minutes overtime if there is a draw with no advantage. (Maximum one (1) overtime per fight).

Finals (6 min), the first 3 minutes are without positive points, only the negative points are starting from the beginning. The positive points are starting after the first 3 minutes until the end of the fight as well as on the overtime. 3 Minutes overtime if there is a draw with no advantage. (Maximum one (1) overtime per fight).

Illegal Techniques for INTERMEDIATE:

- No slamming
- No neck cranks
- No any crucifix
- No “Full Nelson”
- No can opener
- No any cross-face holds or cross-face chokes
- No heel hooks
- No toeholds
- No any foot locks that twist the knee
- No striking of any kind
- No eye gouging or fish hooking
- No grabbing the ears
- No hair pulling
- No holding of fingers or toes (less than 4 fingers or less than 5 toes)
- No thumbing
- No scratching and pinching
- No kicking
- No biting
- No touching groin area
- No hands, knees or elbows on face
- No slippery substances allowed on body or clothing

Fight Time for INTERMEDIATE:

Qualifying Rounds (6 min), the first 3 minutes are without points. The points are starting after the first 3 minutes until the end of the fight as well as on the overtime. 3 Minutes overtime if there is a draw with no advantage. (Maximum one (1) overtime per fight).

Finals (8 min), the first 4 minutes are without positive points, only the negative points are starting from the beginning. The positive points are starting after the first 4 minutes until the end of the fight as well as on the overtime. 4 Minutes overtime if there is a draw with no advantage. (Maximum one (1) overtime per fight).

ADCC COMPETITION FORMAT

- The deadline for the registration is a week before the event.
- The brackets with the fight numbers have to be done one day before the weigh-in.
- One weigh-in place and scale, where the fighters can check their weights before the tournament starts, the area have to be separated so that only the fighter and his coach can have access to the area, no outsiders.
- Two runners for each mat (bring fighters for weigh-in, to the mats and fill brackets).
- For the trials, the referees will check the brackets.
- The event needs to have a doctor present for the entire time of the tournament.
- Two watches for each mat.
- There must always be at least one full size mat area for warm up.
- Each mat needs to have a head referee – and at least two additional referees.

- All referees are obligated to work on the mat and on the points during the competitions.

CHECK LIST FOR WEIGH-IN

Fighters must have when arriving:

- ID (passport, driver's license etc.).
- Receipt of payment for tournament.
- Equipment must be clean and in good shape.
- Short nails.

Fighters are called-in two fights before their own, so one pair fighting, next pair waiting behind referee table and third pair in weigh-in check.

Fighters have to give ID to the referee's table and they will get it back after the fight.

All the Fighters have to hold an original passport of the Country (Continent) where the Qualifier is organized in order to compete in this Qualifier.

FIRST AID TEAM RESPONSIBILITIES AND EQUIPMENT

First Aid Team:

- Optimally the first aid team is formed by a doctor and a paramedic.
- In the competition venue a specific area should be allocated for the first aid team.
- Allocated area should be adjacent to the mat area so that the first aid team has visual of the mats and they can see easily if a referee is signaling for help.
- Preferably allocated area is close to an emergency exit door or other optional exit.

Responsibilities:

- First aid team should be prepared to treat basic trauma and have sufficient readiness for basic life support.
- If further examination e.g. x-ray, MRI etc. or acute care is needed first aid team is responsible for arranging – not providing – it. This includes coordinating the transportation of the injured to a hospital or a clinic.

Equipment:

Following equipment list serves as an example. Competition doctor can modify list bearing in mind the responsibilities of the team. List of optional items is recommended if venue is remote and transportation to the acute care unit takes longer than in urban area.

Basic Items:

- Single use ice packs
- Sterile and non-sterile latex gloves
- Material for hemostasis
- Antiseptic solution
- Elastic bandage
- Sports tape
- Scissors
- Collar n'cuff

- neck collar
- Single patient use resuscitator bag and mask
- Phone number for the ambulance and closest acute care unit / Emergency
- Number

Optional Material:

- Stretchers
- Crutches
- Painkillers
- Equipment for stitches
- Equipment for intubation
- Oxygen
- Defibrillator
- Medication for resuscitation and IV equipment + fluids

Amount of the equipment needed generally depends on the number of competitors.
Competition doctor should be able to estimate it independently.