Rules of IBJJF Style Brazilian Jiu-Jitsu Sparring

Competition Area
Brazilian Jiu-Jitsu Sparring takes place in a square area with approved padded mats on the floor. The competition area will consist of a contest area surrounded by a safety area. The contest area should be a minimum of 6m x 6m.

Uniform and Hygiene
Athletes must wear approved competition uniforms and appropriate belts. Male athletes may or may not be permitted to wear rashguards underneath their gi top. Female athletes are required to wear a rash guard or elastic shirt underneath their gi top. Fingernails and toenails need to be trimmed short. Long hair needs to be tied up. Competitors are not permitted to wear any jewelry, hair pins, headgear, groin cups, glasses or other eye protection.

Divisions
Competitors are divided by weight, gender, age and belt rank. Specific weight divisions may vary based on the tournament. Weight classes may be combined depending on the number of competitors.

Duration of Matches
Match length will vary based on age and belt division. Matches will consist of a single round of 2 - 10 minutes depending on the division.

Scoring Techniques
During a point-based match, the referee will award points according to the actions below.

2 Points	3 Points	4 Points
Takedown	Guard pass to side control, north-south or any other top pinning position	Mount
Sweep		Back mount
Knee on belly		Back control

Advantages
An advantage is characterized by the near-completion of a point-scoring position or submission. The referee will assess whether the opponent was in any real danger during the attempt. When there is a draw in the number of points, the athlete with the most advantage points shall be declared the winner.

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Penalties and Prohibited Actions
Penalty points will be assigned when an athlete commits a foul. When there is a draw in the number of points and advantage points, the athlete with the least penalty points shall be declared the winner. Excessive or flagrant fouls may lead to disqualification. Below are some common examples of these actions:

Fouls

- Lack of combativeness (stalling)
- Unsportsmanlike conduct
- Pulling guard without establishing any grips
- Intentionally leaving the competition area
- Pushing an opponent out of the competition area without clear intent of attack
- Grabbing with the fingers inside of an opponent's sleeve or pants
- Grabbing one's own clothing or an opponent's clothing in a No-Gi match
- Using a hand or foot to intentionally cover an opponent's face
- Using one's belt to choke an opponent
- Taking more than 20 seconds to adjust one's uniform or re-tie one's belt
- Unintentionally placing one's opponent in an illegal position

Prohibited Actions (May result in an immediate disqualification)

- Intentionally using a traumatic blow of any kind (such as punches, elbows, knees, head butts, kicks, etc)
- Biting, hair pulling or applying pressure to the genitals or eyes
- Attempting to commit a penalty while being held in a submission so that referee will stop the match
- Utilizing any slippery or abrasive external substances
- Intentionally placing one's opponent in an illegal position
- Using a hand to intentionally cover an opponent's mouth and/or nose
- Attempting to strangle one's opponent by grabbing with one or both hands on the opponent's windpipe
- Intentionally performing a takedown or takedown defense that forces the opponent's head and/or neck into the ground
- Jumping to closed guard (applies to all competitors under 15 and all white belt competitors)

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Rules of IBJJF Style Brazilian Jiu-Jitsu Sparring

Prohibited Actions by Division

4-12 (all ranks)	**13-15** (all ranks)	**16-17** (all ranks) **Adults** (white belts)	**Adults** (blue & purple belts)	**Adults** (brown & black belts) Gi	**Adults** (brown & black belts) No-Gi	**X** = Prohibited action for the specified division
X						Sub by stretching the legs apart
X	X					Choke with spinal lock
X	X					Ezekiel choke
X	X					Guillotine choke
X	X					Omoplata
X	X					Pulling the head in a triangle choke
X	X					Arm triangle choke
X	X	X				Straight ankle lock
X	X	X				Sub by crushing the ribs from guard
X	X	X				Wrist lock
X	X	X				Single leg takedown with head on the outside (not penalized)
X	X	X				Turning inside while applying a straight ankle lock
X	X	X	X			Bicep/Calf slicer
X	X	X	X			Knee bar
X	X	X	X			Toe hold
X	X	X	X	X		Heel hook
X	X	X	X	X		Sub by twisting the knee
X	X	X	X	X		Knee reaping
X	X	X	X	X		Applying outward pressure in during toe hold

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Rules of IBJJF Style Brazilian Jiu-Jitsu Sparring

Prohibited Actions for All Divisions

4-12 (all ranks)	**13-15** (all ranks)	**16-17** (all ranks) **Adults** (white belts)	**Adults** (blue & purple belts)	**Adults** (brown & black belts) Gi	**Adults** (brown & black belts) No-Gi	
X	**X**	**X**	**X**	**X**	**X**	Slam
X	**X**	**X**	**X**	**X**	**X**	Spinal lock without choke
X	**X**	**X**	**X**	**X**	**X**	Scissor takedown
X	**X**	**X**	**X**	**X**	**X**	Sub by bending fingers backwards
X	**X**	**X**	**X**	**X**	**X**	Defending a single leg takedown by driving the head into the floor
X	**X**	**X**	**X**	**X**	**X**	Suplex onto head and or neck

Tapping Out

During a match, an athlete will be declared the winner immediately in the event that their opponent taps out. Competitors may tap out by tapping their hand on their opponent, the ground or themselves at least twice in a clear manner. In the event that their arms are trapped, competitors may tap the ground with their feet or execute a verbal tap. Any scream or noise expressed while in a submission hold will be considered a verbal tap.

Stoppage

In the event that an athlete is seriously injured, becomes ill or loses consciousness. The referee will stop the match and may declare a winner.

This guide is based on the IBJJF Competition Rule Book (effective 1/1/27)
Check back on these rules often as they are periodically updated:
https://ibjjf.com/books-videos

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