

2016 NOGI

TOURNAMENT RULES

As of 4/6/2016



MATCH TIMES

KIDS (4-13)

3 MINUTES

TEENS (14-17)

4 MINUTES

ADULTS (18+)

5 MINUTES

SCORING

THROW/TAKEDOWN

1 POINT

POSITIONS (2 SECOND HOLD)

1 POINT

STRONG SUB ATTEMPT

2 POINTS

YOUTH (4-13) AND TEEN (14-17)

TECHNIQUES	BEGINNER (UNDER 1 YEAR)	INTERMEDIATE (1-2 YEARS)	ADVANCED (2+ YEARS)
ARM BAR	✓	✓	✓
AMERICANA / TOP WRIST LOCK	✓	✓	✓
KIMURA / DOUBLE WRIST LOCK	✓	✓	✓
CHOKES (NO WINDPIPE)	✓	✓	✓
ARM TRIANGLE	✓	✓	✓
GUILLOTINE (GROUNDED)	✓	✓	✓
TRIANGLE (PULLING HEAD)	✗	✓	✓
OMOPLATA	✗	✓	✓
STRAIGHT ANKLE LOCK	✗	✓	✓
KNEE BAR	✗	✗	✓
TOE HOLD	✗	✗	✗
EZEKIEL	✗	✗	✓
WRIST LOCK	✗	✗	✓
BANANA SPLITS	✗	✗	✓
SCISSORS TAKEDOWN	✗	✗	✗
SLAMS OR SLAMS FROM GUARD	✗	✗	✗
BACKSPLASH	✗	✗	✗
THROWS ON HEAD OR W/LOCKS	✗	✗	✗
NECK CRANKS	✗	✗	✗
TWISTERS	✗	✗	✗
HEEL HOOKS	✗	✗	✗
BICEP OR CALF SLICER	✗	✗	✗
SMALL JOINT MANIPULATION	✗	✗	✗
GRABBING CLOTHING	✗	✗	✗

EXPLANATIONS

Throw / Takedown includes technique that places opponent on back, belly, side or buttocks. Scorer must immediately engage opponent to score.

Pulling Guard allows 5 secs to sweep or sub. Restart standing after 5 seconds unless position changes. **Jumping guard** allowed for (Adv and Exp Men) ONLY.

Positions score if scorer achieves side control or advances from side to top or back control. Scoring resets if bottom competitor escapes or reverses. **No escape or guard pass points.**

Strong Submission Attempt requires that opponent is in danger, and needs **time and effort** to escape.

Knee Reaping on the straight ankle lock is permitted up to and including the center line of the body, but not beyond (Referees determination stands).

ADULTS (18+) (Womens' and Masters' Divisions - Beginner and Advanced Only)

TECHNIQUES	BEGINNER (-1 YEAR)	INTERMED. (1-3 YEARS)	ADVANCED (3-5 YEARS)	EXPERT (5+ YEARS)
ARM BAR	✓	✓	✓	✓
AMERICANA / TOP WRIST LOCK	✓	✓	✓	✓
KIMURA / DOUBLE WRIST LOCK	✓	✓	✓	✓
CHOKES (NO WINDPIPE)	✓	✓	✓	✓
ARM TRIANGLE	✓	✓	✓	✓
GUILLOTINE	✓	✓	✓	✓
TRIANGLE (PULLING HEAD)	✓	✓	✓	✓
OMOPLATA	✓	✓	✓	✓
STRAIGHT ANKLE LOCK	✓	✓	✓	✓
KNEE BAR	✗	✓	✓	✓
TOE HOLD	✗	✓	✓	✓
EZEKIEL	✗	✓	✓	✓
WRIST LOCK	✗	✓	✓	✓
BANANA SPLITS	✗	✓	✓	✓
SCISSORS TAKEDOWN	✗	✗	✗	✗
SLAMS OR SLAMS FROM GUARD	✗	✗	✗	✗
BACKSPLASH	✗	✗	✗	✗
THROWS ON HEAD OR W/LOCKS	✗	✗	✗	✗
NECK CRANKS	✗	✗	✗	✗
TWISTERS	✗	✗	✓	✓
HEEL HOOKS	✗	✗	✗	✗
BICEP OR CALF SLICER	✗	✗	✓	✓
SMALL JOINT MANIPULATION	✗	✗	✗	✗
GRABBING CLOTHING	✗	✗	✗	✗

Division Combining: Divisions may be combined if necessary, with notification.

Tie Breaker: 1. Least infractions wins | 2. Least passivity wins | 3. Most strong submission attempts win | 4. First scorer in regulation wins