

THE CELLAR GYM

OFFICIAL COMPETITION RULES

TCG Open Rulebook

Brazilian Jiu-Jitsu & Submission Grappling

EVENT

DATE

VENUE

The Cellar Gym — Roseville, Minnesota

VERSION

1.0

SANCTIONING ORGANIZATION

Two Competition Formats

This event runs two separate formats. Every competitor is told at registration which one their division falls under.

Format A — Tournament

Points-based brackets, gi and no-gi, open to all belts and to youth.

This is the **default format**. Unless a division is designated a super match, these are the rules that apply. Sections 1–16 govern Format A.

Format B — Super Matches

Single exhibition bouts for purple belt and above, no-gi only, run under ADCC Open advanced rules.

These are not brackets — they are individually matched headline bouts. Super matches follow the ADCC ruleset in **Section 17**, which overrides Sections 7–10 for those bouts only. Everything else in this rulebook applies to super matches exactly as written.

Event Administration & Sanctioning Commitments

These commitments govern how this event, and every event run under the sanctioning organization, is staffed and operated — stated here so competitors, coaches, and the Minnesota Office of Combative Sports can see the standard the organization holds itself to.

Trained Officials

Every referee, judge, and timekeeper working an event has completed the organization's officials training on the rulesets in this book before being assigned to a mat. No one officiates a match they have not been trained to officiate.

Organization Representative On Site

A designated representative of the sanctioning organization is present and in charge for the full duration of every event, supported by a sufficient number of trained officials for the number of mats in use. That representative, or their named deputy, is the Head Table referred to throughout this rulebook and holds final authority on event day.

Amateur Competition Only

These are amateur events. No competitor receives any purse, prize money, or other compensation for competing. Reimbursement of a competitor's own travel, food, or lodging expenses is permitted and does not affect amateur status. Medals, trophies, and similar awards of nominal value are not compensation.

Medical Coverage Throughout

Appropriately qualified medical personnel and equipment are on site and readily accessible before the first match begins, and remain until the final match has concluded and all competitors have been cleared to leave. No match begins or continues unless that coverage is present and accessible. The medical authority described in Section 12 rests with these personnel.

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01 CONDUCT

- 1.1** Everyone at this event — competitors, coaches, corners, spectators, staff — is expected to behave respectfully.

1.2 GROUNDS FOR REMOVAL

The following will get you removed from the venue, with no refund, and may bar you from future Cellar events:

- Threats, physical aggression outside of a sanctioned match, or intimidation directed at anyone
- Harassment or slurs of any kind, including conduct online before or after the event
- Arguing with, insulting, or confronting a referee or official
- Refusing a direct instruction from event staff

- 1.3** Footwear is required any time you are off the mat, especially in the bathrooms and locker rooms. This is a hygiene rule and it is enforced by disqualification.
- 1.4** Competing under the influence of alcohol, cannabis, or any substance that impairs judgment, coordination, or pain perception is prohibited. Officials may remove a competitor they reasonably believe to be impaired.
- 1.5** Only the following people may be inside the competition area: competitors called to a mat, the next competitors on deck, one designated coach per competitor, and event staff. Everyone exits promptly when the match ends. Spectators do not enter the competition area at any time.
- 1.6** Individuals required to register as sex offenders may not participate in this event in any capacity — competing, coaching, cornering, volunteering, or working. Registration fees will be refunded in full.

02 REGISTRATION & ELIGIBILITY

- 2.1** Register under your legal name and legal date of birth. Government-issued ID may be requested at check-in and must match.
- 2.2** Register for the age you will be on the day of the event, not the age you are today.
- 2.3** All competitors must complete the event waiver, including the health and standing attestations. Competitors under 18 require a parent or legal guardian signature.
- 2.4** Competitors must not be under suspension, medical hold, or any other restriction from a commission, federation, or sanctioning body. See the waiver, Section 4.
- 2.5** **Rank honesty.** Register at the belt or skill level you currently hold. Competing below your rank is treated as follows: before event day, you are moved to the correct division; on event day, you are disqualified without refund. Being overdue for a promotion is not sandbagging.
- 2.6** **Cross-training experience.** Regardless of jiu-jitsu rank, you must register at Intermediate or above if you have any of the following:
- Black belt in judo or sambo
 - Collegiate wrestling at the NCAA DI/DII level, or senior-level international wrestling
 - Professional MMA experience
 - Equivalent experience in catch wrestling, luta livre, or another submission grappling system at an advanced level
- Petition the Head Table before the registration deadline if you believe your experience is limited enough to warrant an exception.
- 2.7** Each competitor may enter one gi division and one no-gi division. Adults may additionally enter one absolute division per uniform type. Creating duplicate accounts to enter more divisions voids all of your registrations without refund.
- 2.8** Absolute divisions are 18 and over only.
- 2.9** Brackets are drawn without regard to team affiliation. You may be matched against a teammate and brackets will not be redrawn to prevent it.
- 2.10** Team and affiliation changes cannot be made on event day.

03 DIVISIONS & MERGING

- 3.1** Divisions are separated by age, uniform (gi / no-gi), skill level, weight, and gender. Male and female competitors are not combined in divisions where gender is split by default.
- 3.2** After the change deadline, a competitor left alone in a division will be merged in this order of preference, provided matches exist:
- Up one weight class
 - Up one age bracket, holding weight and skill constant
 - Up one skill level
- 3.3** No competitor is moved up more than one category unless the competitor — or, for a minor, the parent or coach — requests it.
- 3.4** Merging downward in weight, age, or skill is permitted only when the competitor is genuinely eligible for the lower category. A competitor cannot be merged down into an age group they have aged out of, and cannot be merged into a lighter class they cannot make on the scale.
- 3.5** Competitors 15 or older on event day may be merged into adult divisions on request. Youth ranked white or grey move to adult beginner; youth ranked yellow or above move to adult intermediate.
- 3.6** Masters and seniors may elect to compete in the adult division. Competitors below the age minimum for a masters or senior bracket cannot be merged into it.

04 CHECK-IN & WEIGH-IN

- 4.1** Check-in and weigh-in close 6 minutes before your division's scheduled start. Arriving after that closure is a disqualification.
- 4.2** No weight allowance. You must be at or under your division limit. The scale reading is final.
- 4.3** Missing weight is a disqualification. You will not be moved up a weight class on event day and you will not receive a refund. Changing weight classes is your responsibility and must be done before the change deadline.
- 4.4** Gi competitors can weigh in without the gi.
- 4.5** Competitors entered in both gi and no-gi divisions weigh in once.
- 4.6** Absolute and unlimited-weight competitors still check in at the weigh-in desk.
- 4.7** At check-in, staff verify ID and age, confirm the waiver is complete, and record your match count for the day and confirm you are within the entry cap (see Section 12).

05 UNIFORM & EQUIPMENT

GI DIVISIONS

- 5.1** A traditional jiu-jitsu gi in any solid color. Top and bottom need not match. Judo gis are acceptable.
- 5.2** Officials may require you to change a gi that is unfit for competition — sleeves or pants cut too short or long, a belt of the wrong length, patches placed where they obstruct grips, visible tears, or a gi that is wet, dirty, or smells.
- 5.3** A close-fitting rash guard may be worn under the gi. T-shirts and loose rash guards may not.
- 5.4** Bring a spare gi if you have one. A gi damaged mid-match that cannot be immediately replaced is a disqualification.

NO-GI DIVISIONS

- 5.5** A rash guard in any color, any sleeve length, provided sleeves stop at or above the wrist. No shirtless competitors and no loose shirts.
- 5.6** Board shorts or fight shorts with no pockets, no zippers, and no metal or plastic hardware, reaching between mid-thigh and the knee. Spats may be worn beneath. Competitors may wear spats or compression pants instead of shorts.

ALL DIVISIONS

- 5.7** Undergarments are required.
- 5.8** Permitted: soft joint pads with no rigid components, thin sports tape on joints, a strapless mouthguard, recognized religious headgear.
- 5.9** Not permitted: ear guards, headgear other than religious, goggles, groin cups, jewelry of any kind, hairpins, compression socks, shoes.
- 5.10** Officials may require removal of any tape, pad, or accessory they judge unsafe or unfair.

06 HYGIENE

- 6.1** Fingernails and toenails trimmed and filed. Competitors with long or sharp nails will be sent to fix them before they are allowed to compete.
- 6.2** Long hair tied back or braided.
- 6.3** Hair dye, cosmetics, or body products that transfer onto an opponent's uniform or the mat are a disqualification.
- 6.4** Any oil, lotion, or lubricant on the skin is a disqualification unless it can be fully wiped off on the spot.
- 6.5** Anyone showing signs of illness, an open wound, a rash, or any suspicious skin lesion reports to event medical staff, who determine whether they may compete. This determination is not appealable.

07 MATCH AREA & DURATION

- 7.1** Each mat has a central competition zone, a surrounding safety zone, and the area beyond the mat.
- 7.2** Action in the competition zone is live and scoreable.
- 7.3** Action that starts in the competition zone and carries into the safety zone remains scoreable. The referee pauses and resets the competitors in the center at the first safe opportunity, reproducing the position as closely as possible.
- 7.4** Action that leaves the mat entirely is stopped immediately and reset in the center.
- 7.5** Action that begins in the safety zone or off the mat does not score.
- 7.6** If a position cannot be reasonably reproduced on the reset, both competitors restart standing.
- 7.7** The referee decides when the action is out of bounds, weighing competitor safety above all else.

MATCH TIMES

DIVISION	TIME
Adult, Masters, Seniors	5 minutes
Ages 14–17	4 minutes
Ages 13 and under	3 minutes
Finals	5 minutes

- 7.8** There are no overtime periods. Matches tied at the buzzer are decided under Section 9.

08 SCORING

- 8.1** The referee has final authority over scoring and over the outcome of the match. Their call cannot be argued with on the mat.

POINT VALUES

POSITION	POINTS
Mount	4
Back control	4
Guard pass	3
Sweep	2
Takedown	2
Knee on belly	2
Submission stopped out of bounds	2

- 8.3 Three-second rule.** Every scoring position must be established and controlled for three seconds before points are awarded.
- 8.4 Mount.** The top competitor is seated on the opponent's torso — opponent face up or face down — with two knees down, or one knee and one foot down, facing the opponent, and with the heel free of any entanglement. Trapping one of the opponent's arms still scores. Trapping both does not.
- 8.5 Back control.** From behind the opponent, both heels are placed inside the thighs without crossing the feet, and the arms form some control of the upper body. A body triangle does not satisfy the heel requirement and does not score. Trapping one arm still scores. Trapping both does not.
- 8.6 Guard pass.** The passing competitor has fully cleared the legs and either pins the opponent's shoulders to the mat or holds them on their side with no active attempt to recover.
- 8.7** No pass points are awarded if the bottom competitor reaches and holds turtle for three seconds in response to the pass.
- 8.8 Sweep.** An attack initiated from a bottom guard position that reverses the competitor to top. A top competitor who deliberately takes bottom in pursuit of an attack also scores. Turtle is not a guard for sweep purposes.
- 8.9** If the opponent turtles in response to a sweep attempt, the sweep scores only if the sweeping competitor establishes control from behind — hooks are not required — and holds it for three seconds. A front headlock alone does not score.

- 8.10** 50/50 sweeps require the sweeping competitor to come up to standing with the rear knee completely off the mat.
- 8.11 Takedown.** An attack from standing that puts the opponent down on their back, side, or seat. If the opponent lands in turtle, the takedown scores only when they are on all fours and the attacker has established position behind them.
- 8.12 Knee on belly.** Clear of the guard, the competitor places a knee or shin across the opponent's torso with the opposite knee fully off the mat while the opponent is on their back.
- 8.13 Out-of-bounds submission.** A committed submission attempt halted by the boundary scores 2, unless the referee judges that the defender drove the action off the mat to escape — in which case the defender is penalized under Section 11.
- 8.14** A competitor who reaches a scoring position while caught in a submission must clear the submission before points are awarded. A competitor who reaches a scoring position while attacking a submission scores normally, provided the position's criteria are met.
- 8.15** Points come from positional progression only. You cannot voluntarily give up a position and retake it for repeat points.
- 8.16** There is no advantage scoring at this event.

09 ENDING A MATCH

- 9.1** A match ends immediately on a tap — hand, foot, or verbal — or if a competitor loses consciousness, screams, cries out, vomits, or loses control of bodily functions.
- 9.2** A competitor rendered unconscious is finished for the day. They are withdrawn from all remaining matches, examined by medical staff, and must be cleared before leaving the venue.
- 9.3** In youth divisions, the referee may stop a match at any moment — including during a legal submission — if they judge there is risk of injury. This is not appealable.
- 9.4** At the buzzer, the competitor with more points wins. If points are level, the competitor with fewer penalties wins. If still level, the referee renders a decision.
- 9.5** Referee decision criteria, in order of weight:
- Submission threat — who came closer to finishing
 - Positional dominance — sustained, meaningful control
 - Aggression — who consistently pursued the finish rather than the clock

Sustained and significant positional dominance can outweigh a marginal submission threat. If neither competitor separated themselves on the first two, the win goes to the more aggressive competitor.

10 LEGAL & ILLEGAL TECHNIQUES

Attempting a technique outside your division's allowance is an immediate disqualification. Deliberately baiting an opponent into an illegal technique is also an immediate disqualification.

PROHIBITED IN EVERY DIVISION, AT EVERY LEVEL

- Strikes of any kind, biting, hair pulling, eye or groin pressure, fingers or toes in the mouth
- Slams — lifting an opponent and returning them to the mat without control, whether from guard, in a submission, or during a takedown. Controlled suplex-style takedowns are not slams.
- Spiking an opponent on the head or neck during any takedown
- Neck cranks and spinal locks
- Two-handed or one-handed attacks directly to the windpipe
- Hand smothering, or covering the mouth and nose
- Scissor takedowns (kani basami)
- Attacks to the fingers or small joints
- Groin stretches

DIVISION ALLOWANCES

● Legal ● Illegal ● No-Gi Only

TECHNIQUE	UNDER 18	WHITE	BLUE	PURPLE+
Arm locks: armbar, americana, kimura	Legal	Legal	Legal	Legal
Shoulder locks	Legal	Legal	Legal	Legal
Gi chokes (collar, cross, bow-and-arrow)	Legal	Legal	Legal	Legal
Rear naked choke	Legal	Legal	Legal	Legal
Guillotine (on the ground)	Legal	Legal	Legal	Legal
Guillotine (standing)	Illegal	Legal	Legal	Legal
Arm triangle, D'arce, anaconda	Legal	Legal	Legal	Legal
Triangle choke pulling the head	Legal	Legal	Legal	Legal
North-south choke	Legal	Legal	Legal	Legal
Ezekiel and punch chokes	Illegal	Legal	Legal	Legal
Paper cutter choke	Illegal	Legal	Legal	Legal

Head-scissor / no-arm triangle	Illegal	Legal	Legal	Legal
Kidney compression — closed guard	Illegal	Legal	Legal	Legal
Groin stretch	Illegal	Legal	Legal	Legal
Wrist locks	Illegal	Legal	Legal	Legal
Straight and rotational ankle locks	Illegal	Legal	Legal	Legal
Hand smothering	Illegal	Legal	Legal	Legal
Knee bars	Illegal	Illegal	Legal	Legal
Toe holds (incl. Estima, boltcutter)	Illegal	Illegal	Legal	Legal
Knee reaping	Illegal	Illegal	No-Gi Only	No-Gi Only
Heel hooks	Illegal	Illegal	No-Gi Only	No-Gi Only
Bicep and calf slicers	Illegal	Illegal	Legal	Legal
Cloverleaf	Illegal	Illegal	Illegal	Legal
Z-lock / hip lock	Illegal	Illegal	No-Gi Only	No-Gi Only
Neck spinal crank	Illegal	Illegal	Illegal	Legal
Gogoplata	Illegal	Legal	Legal	Legal
Head-outside single leg	Legal	Legal	Legal	Legal
Scissor takedown	Illegal	Illegal	Illegal	Illegal
One & two-handed attacks to trachea	Illegal	Illegal	Illegal	Illegal
Slam	Illegal	Illegal	Illegal	Legal
Jumping attacks	Illegal	Illegal	Legal	Legal

- 10.1** A slam is defined as any motion where a competitor lifts the other up (whether it is while in a submission, from within the guard, or during a takedown), before returning them to the ground in an uncontrolled fashion. Slams do not include controlled suplex-style takedowns. Any form of intentional head/neck spiking (causing an opponent to land on their head or neck) as part of a takedown is not allowed.
- 10.2** A jumping attack requires both competitors to be standing. Pulling guard on a grounded or kneeling opponent is not a jumping attack.

- 10.3** Knee reaping in restricted divisions. In under-18 and adult beginner divisions, a reap applied without a submission draws a penalty and the referee will clear the reap. A second instance, or a reap combined with a submission attempt, is a disqualification.
- 10.4** Standing guillotines are differentiated from a standing front headlock by the attacking competitor arching their back in an attempt to finish the submission or using both hands to actively attempt to choke the opponent rather than hold control.
- 10.5** In all under-18 divisions, the referee may halt a legal submission at any time on safety grounds.

11 FOULS

MINOR FOULS — PENALIZED

Penalty progression: first penalty is a warning; second penalty awards 2 points to the opponent; third penalty of any kind is a disqualification.

- Pulling guard with no grip on the opponent (action also restarts standing)
- Driving the action out of bounds while standing or while defending
- Backing away from a downed opponent's guard — three steps of disengagement
- Deliberately creating a wardrobe malfunction
- Gripping inside the sleeve or pant cuff in the gi, or grabbing clothing in no-gi
- Ignoring a referee instruction
- Talking to your coach or the crowd during the match
- Leaving the mat before the winner is announced
- Stalling — see 11.1
- Unintentional knee reap in a restricted division (see 10.4)
- Excessive force in an otherwise legal technique — collar ties, palm-to-face framing, foot sweeps. If the force resembles or lands as a strike, it is an immediate disqualification instead.

11.1 Stalling. The referee may call stalling after timing 20 seconds of inactivity or absence of any intent to advance position. Grounded action is not stood up as a penalty consequence, except in a double-guard exchange.

MAJOR FOULS — IMMEDIATE DISQUALIFICATION

- Driving the action off the mat while caught in a submission in order to force a reset
- Hostility toward officials, opponents, coaches, or spectators
- Striking, biting, hair pulling, pressure to the eyes or groin, fingers or toes in the mouth
- Continuing a submission after the referee calls stop
- A slam, or spiking an opponent on the head or neck
- Attempting a technique outside your division's allowance, or baiting an opponent into one
- Uniform damaged beyond use with no immediate replacement available
- Accumulating a third penalty

12 MATCH LIMITS & MEDICAL AUTHORITY

- 12.1 Entry cap.** No competitor may enter more than two divisions, plus one absolute for adults. This is the primary control on workload but the caps below exist for the cases it doesn't catch.
- 12.2 Daily match cap.** No competitor may exceed the following totals in one day, counted across every division entered, including finals and consolation matches. Byes and forfeits do not count toward the total.

AGE ON EVENT DAY	MAXIMUM MATCHES
13 and under	6
14–17	8
18 and over	12

- 12.3 Rest between matches.** A competitor gets a minimum of 5 minutes between the end of one match and the start of the next. This is not waivable by the competitor, the coach, or bracket scheduling pressure. If the bracket cannot accommodate it, the bracket waits.
- 12.4 Recent competition.** A competitor who has competed at another event within the previous 7 days must disclose it at check-in. Staff may reduce that competitor's match cap accordingly. Head injury history is governed by 12.6 and by the waiver's 90-day concussion disclosure, not by this clause.
- 12.5** Event medical staff may examine any competitor at any point and may declare them unfit to continue. A competitor declared medically unfit does not compete again that day. This decision is not subject to review or appeal by anyone, including the competitor's coach.
- 12.6** Any competitor who is knocked out, choked unconscious, or sustains a suspected concussion is withdrawn from the event, evaluated on site, and referred for medical clearance. A written medical suspension period may be imposed and reported to the Office of Combative Sports.
- 12.7** Medical personnel and equipment are present for the full duration of the event. No match begins or continues without them on site and accessible.

13 REFEREE SIGNALS

SIGNAL	MEANING
Arms raised to shoulder height, competitors called forward	Report to the mat
Single downward chopping motion, "FIGHT!"	Begin
Both arms extended horizontally, "STOP!"	Pause or time out
Touch the competitor, closed fist raised to shoulder, "PENALTY!"	Penalty assessed
Two fingers raised on the competitor's side	2 points
Three fingers raised on the competitor's side	3 points
Four fingers raised on the competitor's side	4 points
Open hand raised and waved on the competitor's side	Points rescinded
Arms crossed in an X, then a chop toward the competitor	Disqualification
Winner's arm raised	Result announced

14 FORMAT

14.1 Format for this event will vary between: round robin, single elimination, double elimination, and best of three. Suggested round-robin structure, if used:

DIVISION SIZE	STRUCTURE	MATCHES PER COMPETITOR
2	Best of three	2-3
3	Full round robin	2
4	Full round robin	3
5	Full round robin	4
6-9	Pools, top 2 to a final	4-5
10+	Pools, top 4 to semifinals and final	4-6

14.2 Absolute divisions run single elimination.

14.3 Tiebreakers, applied in order: most wins → most submissions → head-to-head result → most points scored → fewest points conceded.

15 REVIEW OF OFFICIATING

- 15.1** All review requests go to the Head Table. Never to the referee.
- 15.2** Only two things are reviewable: whether a submission occurred, and whether the allowable technique rules in Section 10 were correctly applied. Any incident involving a tap is treated as a submission question.
- 15.3** Point scoring is not reviewable for the purpose of changing a result. The Head Table may still review footage of a scoring error for referee development.
- 15.4** Only the competitor or their designated coach may request a review. Spectators may not.
- 15.5** Requests must be made within 10 minutes of the match ending.
- 15.6** Video evidence is required. Submit a clip trimmed to the sequence in question — reviewers will not watch a full match.
- 15.7** One review request per competitor, per division.
- 15.8** No rematches will be granted under any circumstances.
- 15.9** A successful review may change the result to a submission win or a disqualification, or produce whatever other resolution the Head Table judges appropriate.
- 15.10** Requests must be made respectfully. Insulting officials or attacking a referee's competence ends your review privileges for the event.
- 15.11** The Head Table's decision is final and cannot be escalated.

16 COACHES & CORNERS

- 16.1** One designated coach per competitor inside the competition area.
- 16.2** Coaches may instruct from outside the mat boundary. They may not enter the mat, touch competitors during a match, or address the referee.
- 16.3** A coach who argues with an official, enters the mat, or behaves abusively is removed from the competition area. A second incident removes them from the venue, and their competitor may be penalized or disqualified.
- 16.4** Coaches of youth competitors are responsible for making sure their athletes understand the technique restrictions in Section 10 before they step on the mat.

17 SUPER MATCH RULES (FORMAT B) — ADCC OPEN ADVANCED, NO-GI

This section replaces Sections 7, 8, 9, and 10 for super matches. All other sections of this rulebook still apply.

Super matches are single no-gi exhibition bouts for advanced competitors, run under the ADCC Open advanced ruleset.

17.1 ELIGIBILITY

- Purple belt and above only. A competitor's rank is verified at check-in. There are no beginner, youth, or gi super matches.
- No-gi only. Uniform requirements are the no-gi standards in Section 5.
- Both competitors in a super match are matched by the Head Table by rank, weight, and experience. There is no bracket and no bye.
- A competitor may hold one super match in addition to their Format A entries, subject to the daily match cap in Section 12.

17.2 MATCH LENGTH

BOUT	REGULATION	NO-POINTS PERIOD
Standard super match	8 minutes	First 4 minutes
Headline / title super match (optional)	10 minutes	First 5 minutes

The referee announces “points” at the midpoint. A single audible signal marks the transition.

17.3 THE NO-POINTS FIRST HALF

For the first half of regulation, no positive points are scored. Competitors may pass, sweep, take the back, or mount freely without the scoreboard moving. The only way to win outright in the first half is by submission. This half is built to reward submission hunting; taking a risky inferior position early carries no scoring penalty.

Negative points still apply in the first half. Guard pulling and stalling are penalized at any point in the match (see 17.5).

17.4 SCORING (SECOND HALF)

Once the referee calls points, the following values apply. Every position must be established and held for three seconds.

ACTION	POINTS
Takedown (ends in guard or half guard)	2
Clean takedown (lands past the guard, opponent pinned)	4
Sweep (ends in guard or half guard)	2
Clean sweep (comes up past the guard, opponent pinned)	4
Guard pass	3
Mount	2
Back control	3
Knee on belly	2

For a clean takedown or clean sweep, the attacker must be clear of any submission threat and have 75% or more of the opponent's back on the mat, held three seconds.

If a competitor scores a position while defending a submission, no points are awarded until the submission threat is cleared and the position is held three seconds. A competitor taken down who reaches turtle and holds it for three seconds denies the takedown score.

17.5 NEGATIVE POINTS

Negative points are recorded when they occur but are not subtracted from the running score until the match ends.

- Guard pull without an immediate attack: -1. Sitting or pulling to guard is penalized at any time in the match, including the first half.
- Shooting a takedown and then pulling guard or breaking to turtle in under three seconds: -1.
- Dropping to one or both knees while standing for more than three seconds without engaging: -1.
- Stalling or passivity, per the referee: -1, and repeated stalling compounds.

A committed takedown attempt driven hard for three or more seconds before pulling guard is not penalized.

17.6 LEGAL TECHNIQUES — ADVANCED NO-GI ALLOWANCE

Super matches use the full advanced submission allowance, no-gi. All of the following are legal:

- All chokes that are legal at adult advanced level in Section 10
- Straight ankle locks, kneebars, toe holds (including inside variations), and heel hooks

- Knee reaping
- Bicep and calf slicers
- All leg entanglements

The universally prohibited list still applies in full — no strikes, no slams, no spiking, no neck cranks or spinal locks, no windpipe attacks, no hand smothering, no scissor takedowns, no small-joint attacks, no groin stretches. Baiting an opponent into an illegal technique remains an immediate disqualification.

Because heel hooks and reaping are live, both competitors accept in the waiver that these bouts carry elevated risk of knee and ankle injury. Referees are instructed to allow leg-lock exchanges to develop but to stop a match the instant a competitor is caught and not defending intelligently.

17.7 WINNING & OVERTIME

A super match is won by submission at any time, or by adjusted score at the buzzer once negative points are applied.

- If regulation ends level on adjusted score, the match goes to a single timed overtime of 3 minutes, mirroring ADCC Open. Negative points apply from the first second of overtime; positive points are live for its full duration.
- A submission ends overtime immediately.
- If overtime ends with the score still level, the referee renders a decision on submission threat first, then positional dominance, then aggression, consistent with Section 9.5.

17.8 EVERYTHING ELSE

Conduct (1), registration and rank honesty (2), check-in and weigh-in (4), no-gi uniform (5), hygiene (6), the match-area and out-of-bounds rules (7.1–7.7 as to boundaries), fouls not otherwise addressed here (11), match limits and medical authority (12), referee signals (13), review of officiating (15), and coaching (16) all apply to super matches without change.

18 AMENDMENTS

- 18.1 The Head Table may issue clarifications on event day. Clarifications are announced to all mats and take effect immediately.
- 18.2 Any change to this rulebook is communicated in writing to the sanctioning organization and, where required, to the Minnesota Office of Combative Sports.