

Action Rules *(updated June 2, 2025)*

Action	All Competitors	Notes
Vomiting or secreting bodily fluids	Walkover	including nosebleeds
Stalling (Regulation Time)	penalty	During regulation time, if a competitor is stalling, showing no effort to engage or progress, the referee will start a 10 second countdown in their head. If no action is taken within that time, a stalling penalty will be issued.
Stalling (Overtime)	Round Ends	Stalling during overtime by the attacker, including holding a position without advancing or attempting a submission, will result in the referee starting a 5-second countdown in their head. If no action is taken, the round will be stopped, and an escape will be awarded to the opponent.
Fleeing the match area	penalty	Avoiding to fight by leaving the match area. Including forcing a competitor out of bounds.
Disobeying a referee order	penalty	
Inserting hands inside of underwear	penalty	Grabbing the pants at the hip is allowed without gripping the underwear.
Disengaging from combat	penalty	When a competitor disconnects with their opponent and does not immediately return to combat.
Out of bounds	penalty	The referee will reset the match, once the position stabilizes. Submission attempts will only be reset if the match interferes with another ongoing match.
Clubbing	penalty	Clubbing must be executed in a downward motion using the forearm/hand. Any strike delivered from the side, resembling a slap, punch, or hook, will result as a penalty.

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No Standing in Triangle	penalty	A competitor cannot stand fully upright when being attacked with a triangle submission. The referee will reset with the attacker on their back and the defender on their knees. *A squatted posture is allowed.
Fake Match	Match DQ	Matches must be real and competitive. Staged fights, manipulated outcomes, and lack of serious engagement are prohibited and will result in a double DQ.
Each competitor is limited to three penalties, with the 3rd penalty resulting in disqualification.	Match DQ	
Causing a penalty during a submission escape	Match DQ	Example: escaping a triangle by placing fingers inside the sleeves.
Forcing an opponent into an illegal position	Match DQ	Attempt to get their opponent disqualified.
Escaping a submission by Leaving the match area	Match DQ	Example: crawling out of bounds with a submission on. If a technique is performed to escape a submission causes the competitors to move out of bound the match will be reset with the submission hold.
Not wearing underwear	Match DQ	
Squeezing/crushing groin	Match DQ	
Elbow, fingers or knee on the face	Division DQ	including striking of any kind (slapping, punches, elbows, knees, head butts, kicks, etc).
Biting, fish hooking, gouging, hair pulling	Division DQ	including chin in eye socket, thumb in armpit.

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Bad hygiene	Division DQ	Finger and toenails are to be trimmed short, long hair tied up. Wearing hair dye that stains are DQed. Use footwear up to the match area.
Using oily/slippery substances	Division DQ	Using a substance that makes the body or Gi slippery.
Using sticky substances	Division DQ	Using a substance that increase the adherence in any part of the body or Gi
Hostile behavior	Event DQ	Displaying poor sportsmanship towards competition such as foul language and disrespectful gestures or violence.
Infectious skin condition	Event DQ	Skin gashes/sores that are noticed will be taken to medical area. The first aid medic has the final say to allow a competitor to compete.