

SUBMISSION

CHALLENGE



COMPETITOR

GUIDE



EBI OVERTIME RULES

SUB-ONLY
NO POINTS
NO ADVANTAGES
JIU JITSU
TOURNAMENT

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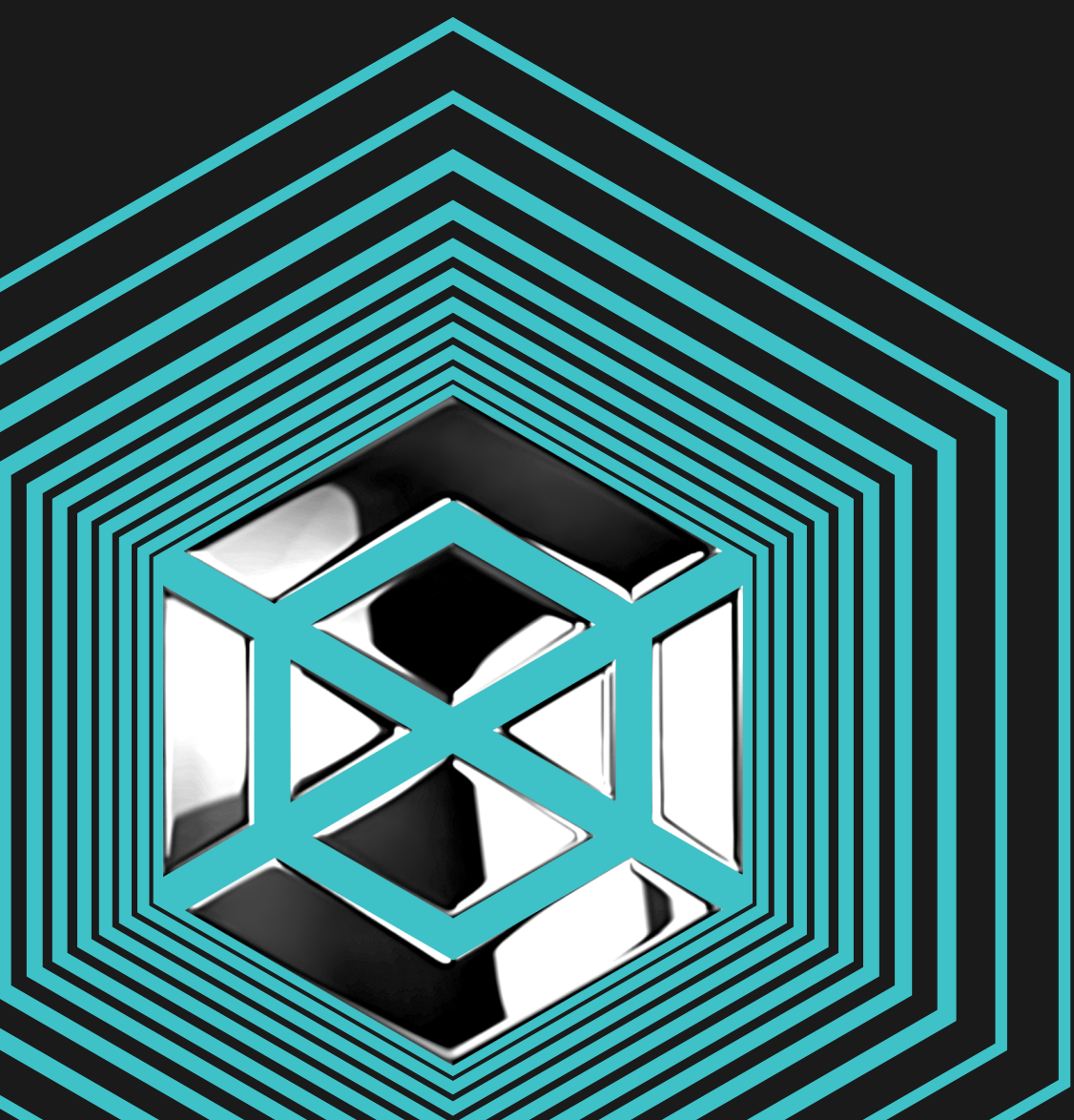


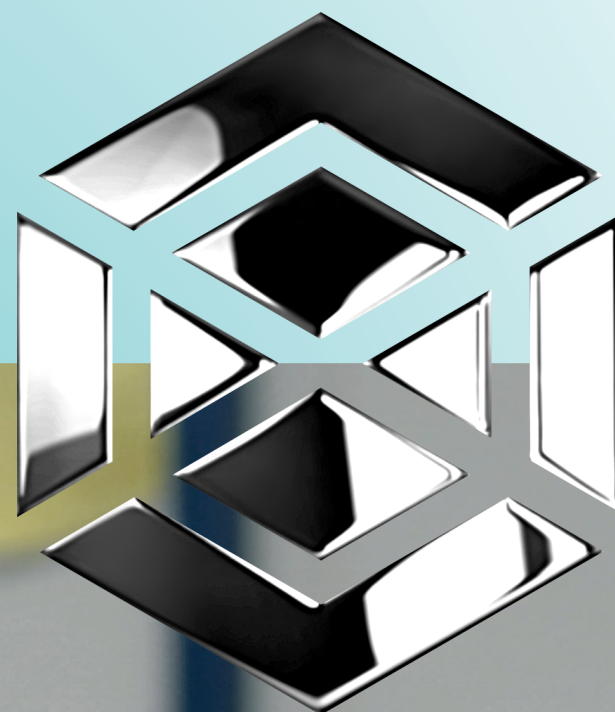
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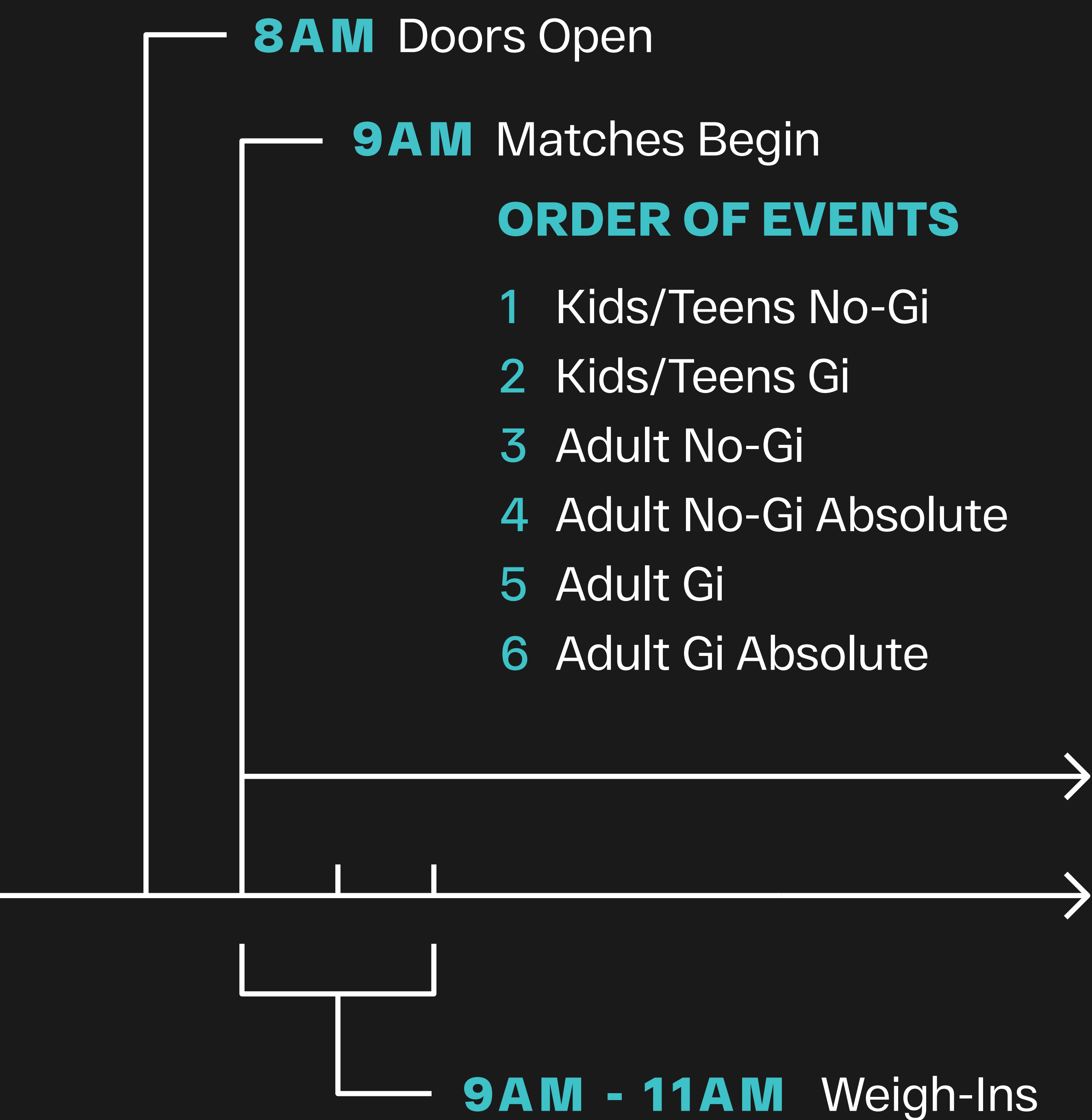
INTRODUCTION

Welcome to Submission Challenge!
This guide provides all the essential
information you'll need to prepare for
our next jiu-jitsu tournament series
and excel.



EVENT SCHEDULE

EVENT DAY TIMELINE



Please Note: Start times are approximate and may change. Events fluctuate based on completion times. Be prepared to compete earlier or later than scheduled. For updates, visit our website or email us at info@submissionchallenge.com



REGISTRATION

AND BRACKET INFORMATION

REGISTRATION DEADLINES

- + **Regular Registration Closes:** Thu 3 p.m. (final after this) **All registrations considered final after this time.**
- + **Late Registration Until:** Fri 12 p.m.
- + Brackets Released first on Thu 6 p.m. and final on Fri at 6 p.m.

BRACKET PROTOCOLS

- + **Individual Gi/No-Gi Divisions:** Double elimination
- + **2-Man Brackets:** Best of 3 matches
- + **3-Man Brackets:** True 3rd place match
- + **Absolute Divisions:** Single elimination

POST-DEADLINE CHANGES

- + **After Fri 6 PM:** **No re-bracketing for cancellations/dropouts**
- + **Event Day No-Shows:** Matches proceed; absent folks receive a loss
- + **Event Credits:** If no match-ups due to unforeseen circumstances, we'll attempt to re-bracket; if unable, a full event credit will be issued.



WEIGH-IN POLICY

- + **Weight Allowance:** One-pound over the registered weight class.
- + **Attire for Weigh-In:** Gi or No-Gi uniform.
- + **Weigh-In Attempts:** Only one attempt allowed.
- + **Missed Weight Procedures:**
 - **Before 9 AM:** We will attempt to re-bracket you.
 - **After 9 AM:** You will be disqualified and removed from the bracket.
- + **Deadline to Make Weight:** Up until one hour before your first scheduled match.



RULES

AND LEGAL SUBMISSIONS

LEGAL SUBMISSIONS	KIDS TEENS WHITE TO GREY	KIDS TEENS YELLOW TO ORANGE	ADULT WHITE	ADULT BLUE	ADULT PURPLE	ADULT BROWN BLACK
SHOULDER AND ARM LOCKS						
HEAD AND ARM CHOKES						
BICEP AND CALF SLICERS						
WRIST LOCKS						
STRETCHING SUBMISSIONS						
ANKLE LOCKS						
KNEE BARS						
KNEE REAPS						
TOE HOLDS						
HEEL HOOKS						



KEY COMPETITION RULES

- + **Submission Only Format:** Matches are won by submission; there are no points.
- + If no submission occurs during regulation time, the match goes into overtime.

MATCH TIME LIMITS

- + **Adults:**
 - 1 White Belts: 6 minutes
 - 2 Blue Belts and Above: 8 minutes
- + **Teens** (All Skill Levels): 5 minutes
- + **Youth** (All Skill Levels): 4 minutes
- + **Youth Novice Division:** Best of 3 rounds, each 2 minutes

OVERTIME RULES

- + **Initiation:** Overtime begins immediately if there is no submission in regulation time.
- + **Structure:** Competitors choose to attack or defend from one of two positions.
 - 1 Back Control with Seatbelt Grip
 - 2 Spiderweb (Armbar Position)
- + Each competitor has one opportunity to submit or escape.





OVERTIME RULES (CONTINUED)

+ Victory Conditions:

- 1 Submission: Achieve a submission during your attack phase.
- 2 Escape Time: If both competitors escape, the fastest combined escape time determines the winner.

+ Finals Matches: Up to 3 overtime rounds for 1st and 2nd place.

ILLEGAL TECHNIQUES

+ For Competitors Under 13:

- 1 No standing submissions.
- 2 Neck cranks (including "Can Openers") are prohibited.

+ Allowed for Blue Belt and Above:

- 1 Twisters



THE “GET DOWN” RULE

- + **Activation:** After 2 minutes of inactivity (no takedown or submission attempts).
- + **Procedure:** A coin toss determines top or bottom position. Positions used:
 - 1 First Get Down: Butterfly guard with double underhooks.
 - 2 Second Get Down: Mount position.

YOUTH NOVICE DIVISION RULES

- + **Positional Shootout:** The first competitor to achieve and maintain Mount or Back Control for 5 seconds wins the round.
- + **Match Format:** Rounds are best of 3, each lasting 2 minutes.
- + **Overtime:** Back control only. Fastest escape wins after one round.

Note to Competitors and Parents:

Referees prioritize safety and may stop matches to prevent injury. Competitors are responsible for understanding the rules. Please review the full rules within this guide.



TIME LIMITS & MATCH STRUCTURE	REGULATION TIME	OVERTIME ROUNDS	SPECIAL NOTES
ADULT WHITE BELTS	6 MINUTES	ONE	
ADULT BLUE AND ABOVE	8 MINUTES	ONE (FINALS UP TO THREE)	
TEENS (ALL LEVELS)	5 MINUTES	ONE	
YOUTH (ALL LEVELS)	4 MINUTES	ONE	UNDER 8: BACK CONTROL ONLY IN OVERTIME
YOUTH NOVICE DIVISION	BEST OF 3 ROUNDS 2 MINUTES EACH	ONE	POSITIONAL SHOOTOUT: FIRST TO MOUNT/BACK CONTROL

GENDER POLICY

- + If you were biologically born male, you must register and compete in male divisions; if you were biologically born female, you must register and compete in female divisions. Special considerations may be made for children under 16 who are left without matches.



SKILL LEVELS

AND WEIGHT CLASSES

ADULT GI/NO-GI

- + Novice
(Less than 6 months training)
- + White Belt
- + Blue Belt
- + Purple Belt
- + Brown Belt
- + Black Belt

YOUTH/TEEN GI/NO-GI

- + Novice
(Less than 6 months training)
- + White Belt
- + Blue Belt
- + Purple Belt
- + Brown Belt
- + Black Belt

- 1 39 lbs and Under
- 2 40-49 lbs
- 3 50-59 lbs
- 4 60-69 lbs
- 5 70-79 lbs
- 6 80-89 lbs
- 7 90-99 lbs
- 8 100-115 lbs
- 9 116-125 lbs
- 10 126-135 lbs
- 11 136-145 lbs
- 12 146-155 lbs
- 13 156-170 lbs
- 14 171-185 lbs
- 15 186-205 lbs
- 16 206-235 lbs
- 17 236 lbs and Up



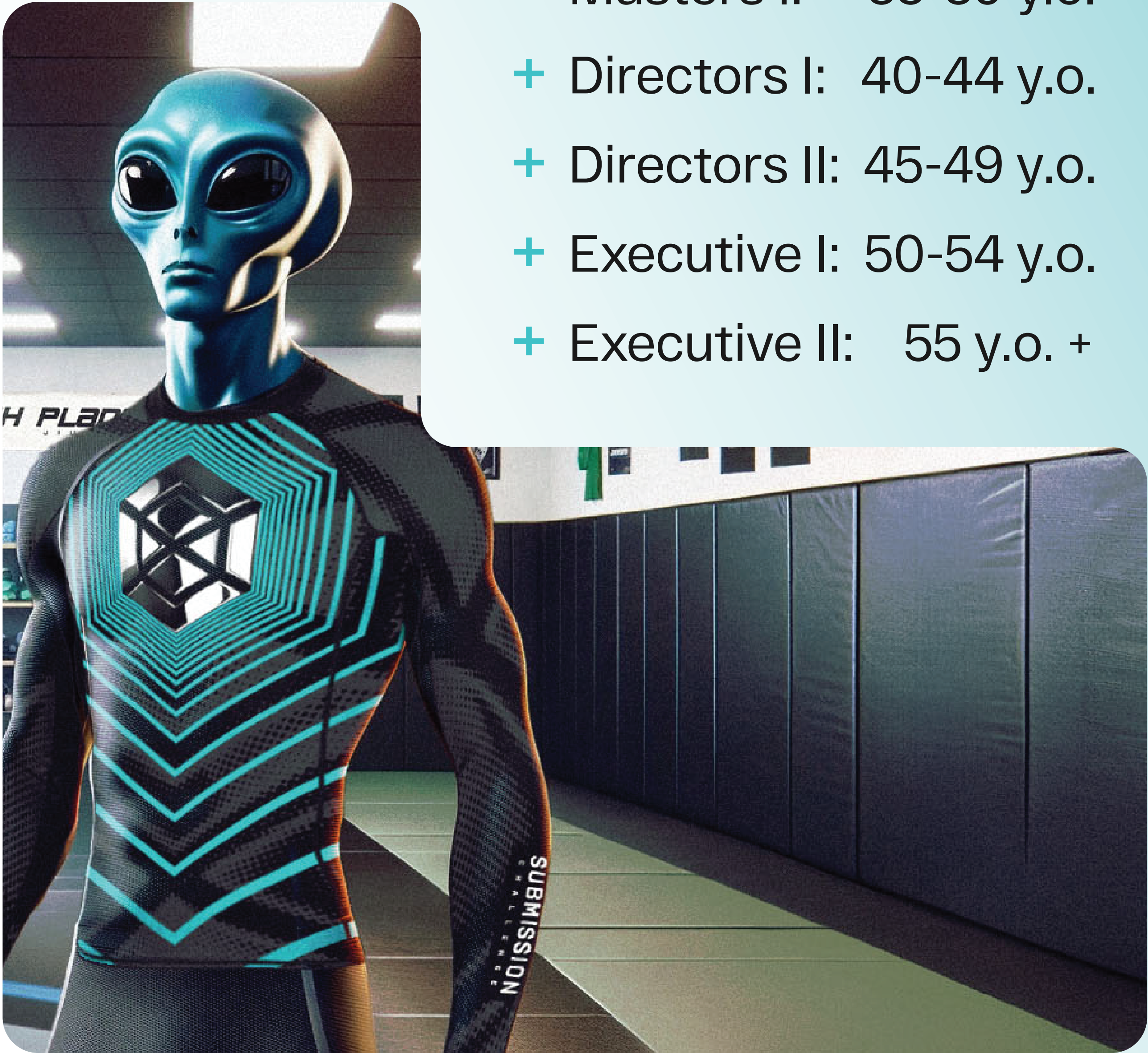
AGE DIVISIONS

ADULT GI/NO-GI

- + Youth 4-6 y.o.
- + Youth 7-8 y.o.
- + Youth 9-10 y.o.
- + Youth 11-12 y.o.
- + Teen 13-15 y.o.
- + Teen 16-17 y.o.

YOUTH/TEEN GI/NO-GI

- + Adults: 18 years +
- + Masters: 30-34 y.o.
- + Masters I: 35-39 y.o.
- + Directors I: 40-44 y.o.
- + Directors II: 45-49 y.o.
- + Executive I: 50-54 y.o.
- + Executive II: 55 y.o. +



CANCELLATION

AND REFUND POLICIES

CANCELLATION DEADLINE

Thursday at 3:00 p.m. before the event

FULL EVENT CREDIT

Cancel before the deadline to receive a full event credit via Smoothcomp

NO CREDITS AFTER DEADLINE

No credits or refunds if you cancel after the deadline

HOW TO CANCEL

Log into Smoothcomp and cancel your registration in the "My Account" area.

OPPONENT NO - SHOWS

If your opponent no-shows and no match is available, you'll receive a full event credit.



CONTACT US

We hope this guide has provided all the information you need to prepare for the Submission Challenge. If you have any questions, need assistance, or just want to share your excitement, please don't hesitate to reach out. We're here to support you every step of the way. Your journey is important to us, and we're committed to making your experience memorable.



Email: info@submissionchallenge.com

Instagram: [@submissionchallenge](https://www.instagram.com/submissionchallenge)

<https://submissionchallenge.com/pages/contact>

We can't wait to see you showcase your skills on the mats. Best of luck in your preparations, and welcome to the Submission Challenge family!

