

SOUTHSIDE'S RULES FOR BRAZILIAN JIU JITSU

Same Rules Apply To Gi & No-Gi.

It is your responsibility to know what you can and cannot do.

TOTALLY ILLEGAL AT ANY BELT LEVEL

- 1. NO SLAMMING/CHECKING**
- 2. NO HEEL HOOKS**
- 3. NO NECK CRANKS, CERVICAL LOCKS OR GROIN STRETCHES**
- 4. NO UNNECESSARY ROUGHNESS ON THE FACE** (cross facing, leaning on the face with forearm, etc.)
- 5. NO SCISSORS TAKEDOWNS**
- 6. NO SMALL JOINT MANIPULATION** (fingers or toes)
- 7. NO COVERING OPPONENTS MOUTH/NOSE WITH YOUR HAND**
- 8. CANNOT WEAR GROIN CUPS OR WRESTLING SHOES OF ANY KIND**
- 9. CANNOT PUT YOUR FINGERS INSIDE SLEEVES OR PANTS CUFF OF YOUR OPPONENT**
- 10. CANNOT PULL OPPONENTS GI OVER HIS HEAD**
- 11. CANNOT TAKE YOUR GI OFF, DUCK YOUR HEAD INSIDE OR PULL YOUR ARM INSIDE SLEEVE**
- 12. CANNOT USE BELT TO CHOKE OPPONENT**

RULES BY BELT LEVEL

KIDS & ADULT WHITE BELTS

1. NO ATTACKS BELOW THE WAIST
2. NO COMPRESSION LOCKS
3. NO WRIST LOCKS

BLUE BELTS & PURPLE BELTS

1. STRAIGHT ANKLE LOCK OK – NOTHING ELSE BELOW THE WAIST
2. NO COMPRESSION LOCKS
3. NO WRIST LOCKS

BROWN AND BLACK BELTS

1. FOOTLOCKS OK
2. KNEE BARS OK
3. COMPRESSION LOCKS OK
4. WRIST LOCKS OK