



I. Submission only

The Judge decides winner based on aggression, control, takedown attempts, submission attempts, activity (no lay & pray on top or stalling in guard from bottom). The Referee can stand the competitors up if stalling to restart in neutral position.

II. No Slams

We like wrestling, it is part of grappling as a whole, but we are not here to cause intentional injuries to our opponents, safe competition is a must. Takedowns shall be performed in a natural motion, no lifting to create extra force.

III. All Submissions are Legal

As our sport continues to grow, we are seeing the other forms of grappling starting to merge with jiu jitsu, we @ RITC can appreciate that and welcome the other styles, all submissions, wrist locks, leg entanglements (reaping, etc...) are legal, if you aren't training, or have not been exposed to such moves (leg locks, neck cranks etc...) then you haven't been paying attention to the evolving nature of our sport, and you better start training them.

IV. Not Every move is Legal

It goes without saying, but we will say it anyways; No biting, no eye gouging, no fish hooks to the mouth, no striking of any kind, no hair pulling & no small joint manipulation (pulling fingers and toes), please pay attention to these rules, don't be a dumbass.

V. Out of Bounds

If you and your opponent fall out of bounds (tangled in the ropes), the Referee will assist or ask you to restart in the middle of the mat surface area in a neutral position or back in the same position as remained when falling out of bounds, this will be at the ref's discretion.



VI. Weight Classes

Fly Weight	(139.9 lbs. & Under)
Feather Weight	(140 lbs. to 149.9 lbs.)
Light Weight	(150 lbs. to 159.9 lbs.)
Welter Weight	(160 lbs. to 169.9 lbs.)
Middle Weight	(170 lbs. to 179.9 lbs.)
Light Heavy Weight	(180 lbs. to 189.9 lbs.)
Cruiser Weight	(190 lbs. to 199.9 lbs.)
Heavy Weight	(200 lbs. to 224.9 lbs.)
Super Heavy Weight	(225 lbs. & Above)