

# USPFC BRAZILIAN JIU JITSU-2026

## **GUIDING BODIES**

United States Police & Fire Championships (USPFC)

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IBJJF Rules of Brazilian Jiu Jitsu and Submission Grappling used as guidelines only.

## **EVENTS**

### **Gi**

**Men;** 18-34 and 35+

Bantamweight: Up to 129.9 lbs.

Flyweight: 130 to 139.9 lbs.

Featherweight: 140 to 149.9 lbs.

Lightweight: 150 to 159.9 lbs.

Welterweight: 160 to 169.9 lbs.

Middleweight: 170 to 179.9 lbs.

Cruiserweight: 180 to 189.9 lbs.

Light Heavyweight: 190 to 204.9 lbs.

Heavyweight: 205 to 219.9 lbs.

Super Heavyweight: 220 lbs. & over

**Women;** (18+):

Featherweight: Up to 114.9 lbs.

Lightweight: 115 to 129.9 lbs.

Middleweight: 130 to 144.9 lbs.

Heavyweight: 145 lbs. to 159.9 lbs.

Super Heavyweight: 160 lbs. and over

### **SKILL LEVELS:**

White Belt

Blue Belt

Purple Belt

Brown & Black Belt

**If there are not enough competitors in a division, competitors may choose to move down an age division or up a skill level in that order of preference.**

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## No Gi

**Men:** Novice & Open 18-34 and 35+  
Bantamweight: Up to 129.9 lbs.  
Flyweight: 130 to 139.9 lbs.  
Featherweight: 140 to 149.9 lbs.  
Lightweight: 150 to 159.9 lbs.  
Welterweight: 160 to 169.9 lbs.  
Middleweight: 170 to 179.9 lbs.  
Cruiserweight: 180 to 189.9 lbs.  
Light Heavyweight: 190 to 204.9 lbs.  
Heavyweight: 205 to 219.9 lbs.  
Super Heavyweight: 220 lbs. & over

**Women:** Open 18+  
Featherweight: Up to 114.9 lbs.  
Lightweight: 115 to 129.9 lbs.  
Middleweight: 130 to 144.9 lbs.  
Heavyweight: 145 lbs. to 159.9 lbs.  
Super Heavyweight: 160 lbs. and over

## SKILL LEVELS

**NOVICE** – Less than 3 years training

**OPEN** – Over 3 years training

**If there are not enough competitors in a division, competitors may choose to move down an age division.**

Double Elimination tournament with consolation bracket for 3rd place. Round Robin for 3 or less competitors.

**Entry Deadline: June 18, 2026**

## WEIGH-INS

Mandatory weigh-ins will take place the morning of the competition. The weigh in uniform for both events (Gi & No Gi) is shorts and t-shirt. Athletes will not weigh-in with their Gi.

Athletes who are competing in both events may use their Gi weight for the No Gi event. These must still report to the mandatory weigh-in to be added to the bracket.

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**NOTE:** Brackets are created during weigh-ins. Athletes who do not report for weigh-ins **WILL NOT** added to the brackets.

## **GENERAL SPORTS RULES**

Jiu-jitsu is a martial art and combat sport based on ground fighting (ne-waza) and submission holds. It focuses on the skill of taking an opponent to the ground, controlling one's opponent, gaining a dominant position, and using a number of techniques to force them into submission via joint locks or chokeholds. The Gi division utilizes the traditional uniform which adds offensive and defensive grips to the contest. No Gi divisions may only grip parts of the body and competition attire is a rash guard and shorts.

**To gain points for a position, the competitor must show clear control for 3 seconds (including takedowns and throws).**

- 1) Advantages are submission attempts that posed a real threat to the other fighter, near takedowns, near sweeps, near passes etc. Advantages will only be used in the case of a tie breaker. (Strike with points)
- 2) **No Stalling:** Referee will issue a warning for the 1<sup>st</sup> offense of stalling, i.e. backing out of the guard without engaging, hugging the opponent's hips inside the guard, no activity, fleeing the ring to avoid takedown or submission attempts, etc.) A 2<sup>nd</sup> offense will result in one (1) point for the opponent. (Strike n advantage for the staller's opponent.) A 3<sup>rd</sup> offense will result in two (2) points for the opponent (strike reduction) A 4<sup>th</sup> offense will result in disqualification. If a competitor flees the ring when submission is locked in and the competitor is obviously fleeing to avoid submission, they will be automatically disqualified.
- 3) Referee has the discretion to call a match for use of excessive force, i.e. competitor refuses to release pressure after opponent submits or opponent refuses to submit., and the referee believes that the submission will cause immediate damage or injury. **The referees will be shown maximum respect at all times. Their decision is final and will not be overturned.**
- 4) If the competitors are near the edge of the ring, they will be restarted from the same position, unless the referee is unable to duplicate the position for any reason, in which case the competitors will restart from a standing position.
- 5) No strikes, biting, eye gouging (including chin to eye), head butting, small joint manipulation (finger or toe locks), hair pulling or ear pulling.

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- 6) No unsportsmanlike conduct allowed as observed by a referee (includes spitting, use of foul language, obscene gestures, etc.) Warnings will be given for unsportsmanlike conduct. Repeat offenders will be disqualified.
- 7) No lubricants, oils or lotions of any kind are permitted on any part of the body or clothing.
- 8) **No slamming allowed.** Illegal slamming will be defined as slamming your opponent to escape submissions and/or to pass the guard; or standing from the guard and/or jumping from a standing position to slam your opponent. **Slamming will result in an automatic DQ.** There are no exceptions to this rule. Takedowns are NOT considered slams, but you must deliver your opponent safely to the mat.
- 9) **United States Police & Fire Championships** reserves the right to expand or combine divisions to accommodate competitors.
- 10) **Eligibility:** Women will not be permitted to compete in Men's divisions. Men will not be permitted to compete in Women's divisions.

## **EQUIPMENT & ATTIRE**

### **Gi:**

Regulation sized Brazilian Jiu Jitsu Gi with belt

Mouthpiece is optional

Groin protector is NOT allowed

Gi must be brought to weigh ins

### **No Gi:**

Regulation competition grappling or board shorts. No metallic parts or open pockets

Sleeveless, short sleeve or long sleeve rash guard shirt

Mouthpiece is optional

Groin protector is NOT allowed

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## **SCORING**

To gain points for position, the competitor must show clear control for 3 seconds (including takedowns and throws).

Takedown or Throw = 2 points

Sweep = 2 points

Knee on Stomach = 2 points

Pass opponent's guard = 3 points

Mounted position = 4 points

Back Mount with Hooks in = 4 points

Body triangle from the back = 4 points

## **MATCH LENGTHS**

Men & Women: 5 minutes; 1 additional minute of OT if there is a tie. Referee may decide advantage if there is still a tie after OT period.

## **Illegal Techniques**

<b>Technique</b>	<b>White</b>	<b>Blue</b>	<b>Purple</b>	<b>Brown &amp; Black</b>	<b>No Gi Novice</b>	<b>No Gi Open</b>
Wrist Lock	<b>X</b>	<b>X</b>			<b>X</b>	
Bicep Slicer	<b>X</b>	<b>X</b>	<b>X</b>		<b>X</b>	<b>X</b>
Calf Slicer	<b>X</b>	<b>X</b>	<b>X</b>		<b>X</b>	<b>X</b>
Straight Ankle Lock	<b>X</b>	<b>X</b>	<b>X</b>		<b>X</b>	
Knee Bar	<b>X</b>	<b>X</b>	<b>X</b>		<b>X</b>	
Toe Hold	<b>X</b>	<b>X</b>	<b>X</b>		<b>X</b>	<b>X</b>
Slam	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Spinal Lock	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Heel Hook	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Twisting Knee Submissions	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Knee Reaping	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Scissors Takedown	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Small Joint Manipulations	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Any throw designed to land on head or neck	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>

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## **AWARDS**

A maximum of 145 sets of medals (1st through 3rd place) will be required. USPFC will advise you of the number of sets needed based on total entries, plus a reasonable margin.

### **ATTENTION COORDINATORS**

**THE GENERAL RULES APPLY TO ALL SPORTS.  
YOU MUST BE FAMILIAR WITH ITS CONTENTS.**

**PRECISE RESULTS MUST BE FORWARDED  
TO THE HOST COMMITTEE IMMEDIATELY FOLLOWING THE  
CONCLUSION OF THIS SPORT**

The USPFC Director assigned to your sport is knowledgeable and experienced in providing assistance during the preparation and running of the sport. Questions, a detailed accounting of your preparations, and any area requiring approval of the USPFC shall be submitted in a timely manner to this USPFC Director.

The USPFC Directors want to work with you to make your sport a success.