Ground fighting rules

Junior bout time – 1 minute (60 seconds)

Adult bout time 1 minute 30 seconds (90 seconds)

**Juniors**

As per BJJA GB rules, No submissions.

The safety of all competitors is down to the mat referee.

If one opponent taps out early the mat referee can restart so both competitors gain experience.

**Adults**

As per BJJA GB rules.

The safety of all competitors is down to the mat referee.

No pickup and slamming, no spiking.

No twisting of locks applied on arm, leg, neck, or ankle – Only straight direction force.