

## FORTIS – Rule Updates for 2025 Competitions

These rule adjustments will be applied starting from the upcoming 2025 FORTIS competitions. The goal is to make the scoring clearer and more consistent for all competitors and referees.

### 1. Knee on Belly (2 Points)

- The standard knee on belly position still counts as before — 2 points.
- From now on, the reverse knee on the belly will also count as 2 points, as long as there is proper control and pressure on the opponent for at least 3 seconds.

### ***KNEE ON BELLY (2 POINTS)***



## ***NO POINTS AWARDED***



### **Clarification:**

When the top athlete, free from the opponent's guard, places the knee or shin closest to the opponent's hip on the opponent's belly, chest, or ribs — without the other knee touching the ground — the position will be considered valid. The opponent must be lying on their back or side, and the top athlete must demonstrate control and stability for at least 3 seconds to earn the points.

## **2. Mount and Back Mount Position (4 points)**

### **• Any mount or back mount position will count as 4 points if:**

- The bottom athlete's shoulders are positioned above the top athlete's knees, and
- There is clear control and stability for at least 3 seconds.

### **Clarification:**

This includes all variations, such as:

- Standard mount (facing the opponent).

- Reverse mount (facing the opponent's legs).
- Back mount or seated back mount.
- Even if the bottom athlete manages to place both arms under the top athlete's legs, the position will still be awarded 4 points, as long as the top athlete's knees remain under the bottom athlete's shoulders and control is maintained for at least 3 seconds.





### 3. Back Control Position (4 points)

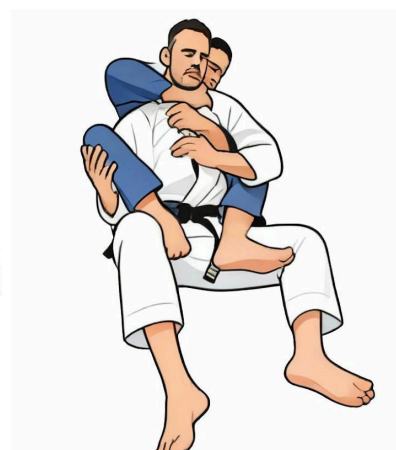
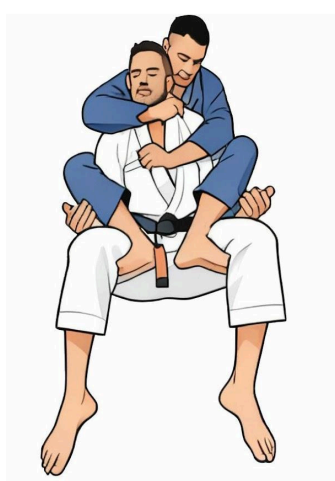
• Any type of back control — with hooks, crossed legs, body triangle, or both hands trapped under the legs — will count as 4 points, if:

- The athlete's shoulders are above the opponent's knees, and
- The athlete maintains continuous control for at least 3 seconds.

#### Clarification:

This includes all variations such as:

- Traditional back control with hooks.
- Body triangle.
- Crossed legs.
- If the athlete inside the back control places both arms under the opponent's legs, the position will still count as valid back control and award 4 points to the athlete who established it, as long as the controlled athlete's shoulders remain above the opponent's knee line and control is maintained for at least 3 seconds.



### Examples:

- One athlete is standing and the other is on his knees (one knee or both knees touching the ground).
- Both athletes are on their knees and one takes the other down.

In all these cases, as long as the person finishes on top and maintains stable control for at least 3 seconds, 2 points will be awarded.

## 5. Advantages for Positions and Submission Attempts

### Positional Advantages

- All previously recognized advantages for positional actions remain unchanged.
- Actions such as incomplete **guard passes, sweeps, mount or back control attempts, knee-on-belly positions, or unfinished takedowns** that demonstrate clear dominance but do not result in full point-scoring positions shall still award one advantage, as before.

### Submission Attempts (2 points)

- For submission attempts, the referee must clearly determine that the submission was fully applied, locked and dangerous, forcing the defending athlete to react in order to escape.
- In cases where the submission was fully locked (for example, a tight triangle choke, armbar, or similar control), and the defending athlete successfully escapes, **the attacking athlete will be awarded 2 points instead of an advantage.**

### Clarification

This rule is designed to reward genuine finishing efforts where the submission was clearly locked in and required a technical escape to avoid a tap, ensuring fairness between positional and submission-based dominance.

## 6. Penalties

Referees shall abide by the following series of penalties.

- **1st** Minor Fault - The referee will mark the first penalty for the athlete, Marking nothing to their opponent.
- **2nd** Minor Fault - The referee will mark the second penalty for the athlete, awarding one advantage to their opponent.
- **3rd** Minor Fault - The referee will mark the third penalty for the athlete, awarding two points to their opponent.

**Note: In situations where both athletes are penalized for stalling resulting in a third penalty for both, the match shall be restarted standing.**

- **4th** Minor Fault -Disqualification of perpetrating athlete.

## **7. Illegal Moves**

Athletes shall abide by the following rules regarding submissions

Illegal techniques will follow the AJP Table of Restrictions, **Except the following:**

- For **Purple belts** (Gi & No-gi) the following techniques are **Allowed**: bicep slicer, calf slicer, knee bars & toe holds.
- Lock inside the closed guard with legs compressing the kidneys (scorpion crunch) was removed completely and if done will result in immediate DQ. **in all levels.**

Clarification in the table bellow

## TABLE: TECHNICAL FAULTS – ILLEGAL MOVES

	4 to 12 years old	13 to 15 years old	16 & 17 years old (all ranks) and white belts (Adult & Masters)	Adult & Masters (bluebelts)	Adult & Master Purple (Gi & No-gi), Brown & black belts Gi	Adult (brown & black belts) NO GI	
1	✗	✓	✓	✓	✓	✓	Submission techniques stretching legs apart
2	✗	✗	✓	✓	✓	✓	Choke with spinal lock
3	✗	✗	✓	✓	✓	✓	Straight foot lock
4	✗	✗	✓	✓	✓	✓	Forearm choke using the sleeve (Ezequiel choke)
5	✗	✗	✓	✓	✓	✓	Frontal guillotine choke
6	✗	✗	✓	✓	✓	✓	Omo-plata
7	✗	✗	✓	✓	✓	✓	Triangle (pulling head)
8	✗	✗	✓	✓	✓	✓	Arm triangle
9	✗	✗	✗	✓	✓	✓	Wrist lock
10	✗	✗	✗	✓	✓	✓	Single leg takedown while the attacking athlete has their head outside the opponent's body
11	✗	✗	✗	✗	✓	✓	Bicep slicer
12	✗	✗	✗	✗	✓	✓	Calf slicer
13	✗	✗	✗	✗	✓	✓	Kneebar
14	✗	✗	✗	✗	✓	✓	Toe hold
15	✗	✗	✗	✗	✓	✓	In straight foot lock, turning in the direction of foot not under attack <b>(NOT ALLOWED FOR PURPLE)</b>
16	✗	✗	✗	✗	✗	✓	Heel hook
17	✗	✗	✗	✗	✗	✓	Locks twisting the knees
18	✗	✗	✗	✗	✗	✓	Knee reaping
19	✗	✗	✗	✗	✗	✓	In toe hold, applying outward pressure on the foot
20	✗	✗	✗	✗	✗	✗	Slam
21	✗	✗	✗	✗	✗	✗	Spinal lock without choke
22	✗	✗	✗	✗	✗	✗	Scissor takedown
23	✗	✗	✗	✗	✗	✗	Grabbing the opponent's belt and throwing them to the floor on their head while defending a single leg takedown with the opponent's head on the outside of the body
24	✗	✗	✗	✗	✗	✗	Bending fingers backwards
25	✗	✗	✗	✗	✗	✗	Suplex takedown technique forcing the opponent's head or neck into the ground
26	✗	✗	✗	✗	✗	✗	Lock inside the closed guard with legs compressing kidneys or ribs