



MANITOBA GRAPPLING ASSOCIATION: Sport and Event Safety Requirement Standards

PREPARED BY

Manitoba Grappling Association Inc.

04-2024

PURPOSE AND SCOPE OF SAFETY REGULATIONS	3
SCOPE	3
DEFINITIONS	3
MANITOBA JIU-JITSU STANDARD	4
Divisions	4
Safety rules	6
Coach Code of Conduct	8
Coach Education	8
Responsibilities	8
Training and Responsibilities of Officials/ Referees/ Judges	9
List of managers and officials:	9
Responsibilities of Event Organizers	10
Safety of all participants (including spectators, if applicable)	10
ORGANIZATION REQUIREMENTS	11
Organization	11
Safety services and equipment required during a competition	11
VENUE REQUIREMENTS	13
The competition site	13
Accessibility and compliance of premises	13
TOURNAMENT EQUIPMENT REQUIREMENTS	14
Combat area	14
Warm-up area	14
Medical	14
MEDICAL SERVICES REQUIRED	15
First aid and medical services	15
Safety equipment and emergency measures	15
POLICY: PREVENTION AND DETECTION OF BEHAVIOR LIKELY TO JEOPARDIZE SAFETY AND PHYSICAL OR PSYCHOLOGICAL INTEGRITY	16
Follow-up of behavior likely to jeopardize security and physical or psychological integrity	17
Fights	17
POLICY: PROTECTING HEALTH STATUS OF PARTICIPANTS	17
Anti-Doping	17
The general health of participants	18
POLICY: CONCUSSION PREVENTION, DETECTION, AND FOLLOW-UP	19
Prevention, information, and awareness	19
Detection and management	19
ANNEX 1	21
ANNEX 2	22
ANNEX 3	22

PURPOSE AND SCOPE OF SAFETY REGULATIONS

These safety regulations apply exclusively in the context of brazilian jiu-jitsu and grappling events, competitions, or shows.

The approved safety regulations enable the safe promotion and execution of the respective sport opportunities for all athletes, allowing the sport of BJJ to continue to grow.

SCOPE

This standard applies to all grappling events, competitions or shows.

DEFINITIONS

In these safety regulations, unless the context indicates a different meaning, we mean by:

ADCC: Abu Dhabi Combat Club

Club: Association of practitioners, led by a technical director

Dojo: Local used for the practice of Brazilian jiu-jitsu within a club

Gi: Practice of discipline with kimono

IBJJF: International Brazilian Jiu-Jitsu Federation

BJJ: Brazilian Jiu-Jitsu

Kimono: Clothing used for the practice of Brazilian Jiu-jitsu with Gi

NoGi: Practice of discipline without a kimono.

Superfight: A single match between contestants with a predetermined weight, skill, and ruleset.

Absolute: A match, bracket, or division in which all weights are combined.

MANITOBA JIU-JITSU STANDARD

Divisions

Classification

The classification of participants is done according to age, gender, weight, and grade/experience, as indicated below. The promoters must organize the fights by categories according to the following requirements.

Participant's age

- The participant's age is defined as the age at the time of competition
- For Minors, the age categories must be grouped no more than 3 years apart.
- The promoter may, at its discretion, add Masters divisions for the participants aged 30 and over.

Gender of Participants

The only fights allowed between participants of different sexes are in the 11 and under divisions.

Participant weight

Official weight measurements are in lbs. The weight of the participant takes into account the complete uniform in GI and NoGi.

a) For ages 15 and under: Divisions must be set to a maximum 5kg or 10 lbs difference only. Only a parent request may apply an exception to move up 1 division

b) For 16 years and over:

- Refer to the options in ANNEX 3

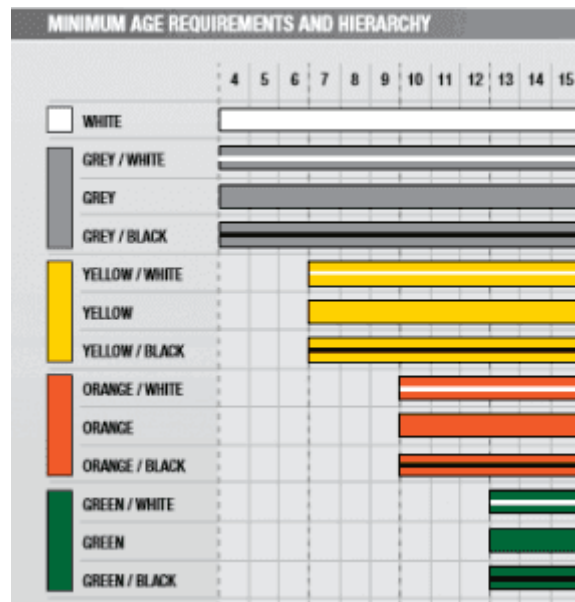
The official weigh-in may take place the day before or on the same day as the event. Only one official weigh-in attempt is allowed: any weight discrepancy will result in the disqualification of the athlete without the possibility of reimbursement. (*organizations may offer a 1lb allowance)

The promoter can create an '**absolute**' category with no weight limit and no grade category for participants 17 years of age and older.

Rank of participants

GI

For Gi practice: Athletes from 0 to 15 years old: the belts are, in ascending order of level:



Note: For two-tone belts, the color corresponding to the lowest rank determines the rank (eg an orange-black belt will be considered orange).

For athletes aged 16 and over: the belts are, in ascending order level:

Skill Level Group	Adult Belt	Belt Sample	Age Group	Minimum time in Grade
Beginner	White Belt		Any	Beginner
Intermediate	Blue Belt		16 & up	1 year in previous belt
Intermediate	Purple Belt		17 & up	1 ½ years in previous belt
Advanced	Brown Belt		18 & up	1 year in previous belt
Advanced	Black Belt		19 & up	1 year in previous belt

NOGI

For the NoGI (16 and + only):

- Beginner: 0-2 years of practice
- Intermediate: 2-4 years of practice
- Advanced: 4-6 years of practice
- Expert: 6+ years of practice

Note: Gi belts may also be used for NOGI experience levels.

ABSOLUTE

All weight and/or experience levels may be combined

Restrictions

Participants aged 15 and under may only be merged within 1 division from their age, weight and skill .

Visual and/or hearing impairment

An athlete with a hearing and/or visual impairment may participate in a competition. However, they must notify the table and referees of their impairment so that they can communicate with them to enforce the rules. This may include adding additional visual and verbal cues by the referee.

Judges or referees cannot deviate from the rules in order to accommodate the handicap of the participant.

Safety rules

Dress code

- For competitions in Gi: A participant must wear a Gi of solid construction in cotton or equivalent fabric, of good size, without snags or tears. Equipment must be clean, spotless, and odorless.
- For NoGi competitions: A participant must wear at least shorts without pockets, zippers, buttons, or tears, as well as a compression shirt (long or short sleeves). they can also wear compression pants if they like. Equipment must be clean, spotless, and odorless.

Hard Items

- It is forbidden to wear any hard or metallic item during a competition. This includes earmuffs, personal muffs, and jewelry, such as earrings and nose rings.

Hygiene

The practitioner must:

- I. Have the nails of the hands and feet cut short;
- II. If they has long hair, tie it with an elastic band (without metal parts) so as to release the collar and not disturb other practitioners;
- III. The Gi or NoGi clothing must be clean, dry, and not leaking no unpleasant smell;
- IV. Make-up and strong perfumes are prohibited.

Blood cleaning

- All facilities must have the capacity to clean up blood and various stains on the tatami. A chlorine solution or equivalent must be used to ensure that the combat area is disinfected.
- A Gi or NoGi garment that has blood on it must be cleaned.
- The referee may require a clean garment if they judges that the current garment is not adequate for the competition. If the participant does not have spare clothing, they are liable to disqualification by the referee.

Drugs, medicines, doping substances, and alcoholic beverages

- A participant cannot take part in a competition while being under the influence of drugs, doping substances, or alcoholic beverages.
- If the participant is taking medication that has a side effect on his physical abilities, they must declare it to the referees and judges, who can disqualify the participant if there is a danger to safety or an unfair advantage.

Contagious Disease

A participant suffering from a contagious disease cannot take part in a practice or a competition. A participant suffering from a non-contagious skin disease may take part in a competition if the affected areas are adequately protected.

Health status

The tournament organizer may require a check of the state of health of the attendees at any time.

Fight Stoppage

In competition, a fight can be terminated in the following cases:

- I. If the athlete withdraws during the fight.
- II. In case of injury causing bleeding, but not serious. the referee stops the fight and asks the participant to cover and protect his wound before resuming the fight. If the athlete continues to bleed after two interventions by himself or the doctor, the referee can end the fight.
- III. If the referee judges that a hold could expose the athlete to injury grave.
- IV. When the doctor judges that an athlete cannot continue a fight because of an injury due to a legal hold by the opponent.
- V. When an athlete vomits or loses control of basic body functions due to incontinence (urinary or fecal).
- VI. In case of non-compliance with the rules.

Loss of Consciousness

A competitor who loses consciousness during a fight:

- I. If they are 18 or under: they are not allowed to continue the tournament, without any possibility of participating in another competition held on the same day.
- II. If they are 18 years old and over: they will not be automatically withdrawn from the competition. They may have the possibility if their physical condition is stable, to participate in another fight held the same day.

Concussion

- I. In case of suspicion or finding of a concussion by the referee, the medical responder, his trainer, their parent, or themselves during a competition will be removed from the competition and must comply with the concussion protocol.
- II. Medical withdrawals due to concussion apply for the duration of the event and athletes must follow the return to training protocol

Coach Code of Conduct

Coach Education

All **coaches** must have completed the following training:

Ethical decision-making, given by Sport Manitoba

- The minimum age for a trainer is 18 years old.
- An assistant coach must be 16 years old.
- The minimum rank to be a coach is purple belt.

Responsibilities

All coaches must:

- I. Ensure compliance with the safety standards of this document;
- II. In case of injury, ensure that the participant can receive treatment appropriate;
- III. Not consume or be under the influence of alcohol, drugs, or doping substances during a competition or training session;
- IV. Know the competition rules that your students want to participate;

In competition, the coach has the responsibility to supervise his athletes who participate in the competition. Thus, they must ensure that the safety regulations are respected from the start of the competition until the end of it, as well as the weighing of his athletes.

In the event of an athlete injury, they are responsible for ensuring the return to training protocols are adhered to.

Training and Responsibilities of Officials/ Referees/ Judges

TRAINING AND PERSONAL RESPONSIBILITIES IN CHARGE OF THE APPLICATION OF THE RULES OF THE GAME AND THE RULES OF SAFETY, INCLUDING IN PARTICULAR RESPONSIBILITIES CONCERNING PREVENTION OF INCIVILITIES

List of managers and officials:

Major officials hold the following position(s):

- The Tournament Director;
- Referees (head referees, referees and judges);
- The technical director.

Technical Officials report to a Technical Director who is responsible for the following positions:

- Timekeepers;
- Scoreboard attendants;
- Weigh attendants;
- The inspector in uniform;
- Responsible for the podium.

For some tournaments, these positions may be occupied by the same person.

Tournament Director Responsibilities

The Tournament Director is responsible for the smooth running of the tournament. They see to it that everything goes well and takes decisions relating to the course of the tournament alone.

He must:

- Know the safety regulations and commit to respecting them;
- Know and apply the approved event ruleset (see Annex for pre-approved rulesets);
- Ensure the presence of officials in sufficient numbers for the holding of the event;
- In collaboration with the head referee, inform the officials of the duration of the fights as well as the specific regulations applying to this tournament before the start of this one.

Head Referee Training

The minimum rank the head referee must have is a brown belt.

The minimum rank of a referee must be a blue belt with at minimum participation in 5 competitions.

Responsibilities of the Head Referee

The head referee is responsible for officiating at a tournament. They must :

- I. Ensure that the regulations are respected and that their interpretation does not give rise to any incident;
- II. Ensure the composition of the teams of referees and judges, their rotation, and their rest time. They must take a break of at least 30 minutes for every 120 minutes of continuous work;

- III. Do not consume or be under the influence of drugs or alcoholic beverages during a competition.

Responsibilities of Referees

- I. See to the application of the jiu-jitsu rules in applied for the event;
- II. Not to consume or be under the influence of drugs or alcoholic beverages during a competition.

Responsibilities of Event Organizers

Responsibilities of the organizer

- I. The organizer must be at least 18 years old.
- II. He must respect the current community-approved regulations for holding tournaments.
- III. He must ensure that the number and quality of the officials and volunteers present are adequate.

IV. It is responsible for all items in Section THE ORGANIZATION AND PROGRESS OF AN EVENT, AN
V. COMPETITION OR A SPORTING SHOW

Safety of all participants (including spectators, if applicable)

The organizer is responsible for ensuring that athletes, coaches, and spectators are brought together in a safe environment meeting the safety requirements for an event.

ORGANIZATION REQUIREMENTS

Organization

Certificate of Insurance

1. All sanctioned tournaments require insurance for the holding of the event.
2. The tournament organizer must have civil general liability insurance for a minimum amount of \$5,000,000

The process

Any organizer setting up a competition must:

Before the competition:

- I. Inform participants of the regulations in force at the time of the competition at least 30 days before it is held;
- II. Hold or be covered by a liability insurance policy that they may incur due to fault committed in the performance of his duties or during the performance of his duties throughout the competition.
- III. The amount of coverage must be at least \$1,000,000 for all claims occurring during the coverage period. The guarantee must extend to acts performed by any employee or agent, remunerated or voluntary, and cover bodily injury suffered by a participant or spectator;
- IV. Ensure the presence of a sufficient number of trained referees, and medical staff at their event.

During the competition:

- I. Ensure that the premises, installations, and equipment, as well as the security services and equipment, comply with the provisions of this standard
- II. Ensure the presence of a first aid officer throughout the competition;
- III. Ensure that there is no consumption of alcohol, drugs, and doping substances in the areas reserved for participants and officials;
- IV. Ensure the presence of a sufficient number of certified judges and referees at his event, so that they can take a break of at least 30 minutes every 120 minutes of continuous work.

Post Competition

- I. One week after the competition send a report of incident, accident, and breach of safety regulations, if applicable. The officials and the first aid person must collaborate in the drafting of the report.

Safety services and equipment required during a competition

The organizer must ensure:

- I. To have a first aid officer and his assistants. The latter must at least have successfully

completed a first aid training course equivalent to the certified general first aid course. The person responsible for first aid must be present during the competition. The referee must stop a fight at the request of the first aid officer, either temporarily or permanently;

- II. Set up a first aid site at the competition venue.

VENUE REQUIREMENTS

The competition site

Competition area

A room of good size must be retained to hold a Brazilian jiu-jitsu tournament, the room must allow to place all the required combat surfaces while maintaining a safety zone.

Changing rooms

The competition site must have male and female changing rooms of sufficient capacity for the number of participants.

Weighing

Since athletes may be weighed in with their equipment, unofficial and official weigh-in devices for men and women may be set up around the edge of the competition area, provided they do not obstruct the competition area.

Spectators

The competition site should provide space to allow parents, companions, and spectators to attend the competition. If space is not available, a live stream may be used instead.

Accessibility and compliance of premises

The event organizer is responsible for holding its competition in a hall respecting universal access and emergency evacuation protocols in force in the territory where the competition is held.

TOURNAMENT EQUIPMENT REQUIREMENTS

Combat area

For all Brazilian Jiu-Jitsu competitions, the fighting surface must meet the following criteria:

- I. The minimum required dimension of a combat surface is 324ft square ft, with a minimum of 18ft per side. It should include a minimum safety perimeter of 2ft per combat zone.
- II. If the combat area is surrounded by a security fence, there must be a safe distance from participants.
- III. A free space of at least 20" must be left around the competition surface. The technical officials' tables must also be positioned more than 20" from the contest surface.
- IV. If a contest surface is located less than 5ft from an elevation of more than 12" above the ground, the structure is considered a platform, and the following rules apply:
 - A. The platform must have a maximum elevation of 1 m above ground level;
 - B. The contest area must measure at least 25ft by 25ft;
 - C. Any surface located between the contest area and the edge of the platform must be padded;
 - D. A minimum circumference of 5ft in width must surround the lower part of the combat area. This perimeter must be covered with a padded surface at least 1.75" thick. Only the trainers of the participants and the referee can circulate on this surface during the competition. Only one trainer per participant.

Warm-up area

All competitions will include a warm-up area with a minimum surface area of 30ft², where space allows.

Medical

There must be a place provided for the installation of the medical team during competitions.

MEDICAL SERVICES REQUIRED

First aid and medical services

Medical

- I. During any Brazilian jiu-jitsu competition, a medical officer must be appointed, identified as such, and must possess one or other of the following professional qualifications:
 - A. Medical Doctor;
 - B. Certified Athletic Therapist;
 - C. Physiotherapist with a valid first responder certificate;
 - D. A registered nurse working in the emergency department;
 - E. Paramedic.
- II. The medical officer must demonstrate his qualifications to the organizer of the tournament.
- III. The medical officer must be present from the start of the competition and cannot leave only at the end of the event.
- IV. The medical manager is responsible for providing all the equipment necessary to deal with a medical request.
- V. An event cannot start without the presence of the medical officer.

Number of medics

- I. As soon as more than 4 combat surfaces are used, a second medical officer possessing the qualifications mentioned must be present.
- II. A medical officer can supervise a maximum of 4 combat surfaces.

Safety equipment and emergency measures

Compulsory equipment

This material must be available during a competition:

- A spray bottle containing a solution for disinfection;
- Several pairs of gloves;
- Paper towels for wiping;
- A trash can or bucket;
- Sufficient ice and bags for the distribution of the latter according to the needs;
- One CSA standard first aid kit per four (4) minimum combat surfaces.

POLICY: PREVENTION AND DETECTION OF BEHAVIOR LIKELY TO JEOPARDIZE SAFETY AND PHYSICAL OR PSYCHOLOGICAL INTEGRITY

As part of its mission, Manitoba Jiu-Jitsu has the responsibility to protect its members by offering them a safe, fair, and trustworthy environment, for all levels and at all levels. , whether local, regional, provincial, national or international.

Thus, Manitoba Jiu-Jitsu does not intend to tolerate any form of abuse, harassment, negligence, or violence, physical, psychological, or sexual, and this, in all programs and activities sanctioned and provided by it. itself and by its members.

Manitoba Jiu-Jitsu recognizes the importance of taking reasonable steps to prevent and intervene to put an end to all forms of abuse, harassment, negligence, or violence when such a practice is brought to its attention. awareness.

Healthy and safe practice

These safety regulations are part of the rules that all participants and organizers undertake to respect. It sets out a set of applicable provisions to evolve in the environment healthily and safely.

Help, accompaniment, referencing

Manitoba Jiu-Jitsu encourages its members to be vigilant to detect and denounce any inappropriate behavior that harms the physical or psychological integrity of a person during the practice of Brazilian jiu-jitsu. To this end, Manitoba Jiu-Jitsu has codes of conduct to respect and ensure their dissemination and promotion among members.

Upon joining, all members must be informed, in writing, of the existence of these codes of conduct.

In addition, the Manitoba Jiu-Jitsu at the start of each season reminds its members to review the codes of conduct that concern them.

All participants and organizers must be vigilant to detect and denounce any inappropriate behavior that affects the physical or psychological integrity of a person in a sporting and recreational context.

All participants and organizers may call on the assistance services made available to the Québec sports community when faced with difficult situations or affecting their physical or psychological integrity.

All participants and organizers undertake to promote and publicize the existence of these services.

Academy owners have the responsibility to put in place screening guidelines for all persons likely to come into contact with minors or vulnerable persons in the course of its functions.

Follow-up of behavior likely to jeopardize security and physical or psychological integrity

Any person involved must denounce any abuse, harassment, negligence, or violence in all its forms committed against a person who is also involved in the world of Brazilian jiu-jitsu, whether minor or adult.

All members must collaborate in the process of handling a complaint and respect the confidentiality inherent in the handling of the complaint.

Fights

To prevent physical and psychological violence that could lead to minor or serious injuries or, in extreme circumstances, to death, Manitoba Jiu-Jitsu is responsible for establishing rules of intervention when a fight occurs, between 2 or more people, in the context of a sporting event (game or competition) and this, regardless of whether they are players or other members of the team (coach, assistant coach, trainer, etc.) .)

Manitoba Jiu-Jitsu organizations will ensure that the sanctions mentioned in the next two paragraphs apply as soon as a sporting event involves the presence of persons under 18 years of age.

As soon as a fight occurs, the people involved must systematically be expelled from the sporting event, whether or not they initiated the fight.

Also, these same people will have to be subject to a minimum suspension during the next sporting event (suspension for the next game or suspension for the next event).

POLICY: PROTECTING HEALTH STATUS OF PARTICIPANTS

As part of the implementation of safety regulations relating to the practice of Brazilian jiu-jitsu in Manitoba, and given the nature of the activity, and the context of practice, participants, and organizers must pay attention, particularly to the high risks of harmful impacts on the health of the participants that the practice of this sport can present.

Other elements are also likely to affect the health of participants, including the use of drugs, doping substances, energy drinks, alcohol, diets, improper use of equipment, overuse, etc.

Therefore, Manitoba Jiu-Jitsu decides on the following points:

Anti-Doping

No person involved in the community (participant, coach, volunteer, parent, administrator, employee, supplier) may use or be under the influence of drugs, doping substances or any other prohibited product during an activity sanctioned by the federation (training, game, competition, etc.).

Entrants and Organizers should educate themselves on the subject of anti-doping by consulting the web platforms of various organizations, including the Canadian Anti-Doping Program (CADP), the global anti-doping education and learning platform. doping from the World Anti-Doping Agency (WADA), education tools from the Canadian Center for Ethics in Sport (CCES), etc.

Manitoba Jiu-Jitsu recalls that athletes who participate in specific tournaments or competitions may be subject to sporadic doping controls, carried out under the programs mentioned above. They must therefore refrain from using any substance that may be prohibited. Athletes are encouraged to seek information from the appropriate organizations before using said substance.

The general health of participants

The progressive return following a concussion

See **CONCUSSION PREVENTION, DETECTION, AND FOLLOW-UP** of this safety regulation.

Diets and weigh-ins

Manitoba Jiu-Jitsu is aware of the importance of the health of athletes concerning their weight. Participants need to compete in a weight class close to their healthy weight.

Overtraining

Manitboa Jiu-Jitsu is aware that overtraining brings no benefit to athletes (physical, mental, or emotional).

POLICY: CONCUSSION PREVENTION, DETECTION, AND FOLLOW-UP

The participants and organizers recognize that the practice of Brazilian jiu-jitsu can involve high risks of injuries, including concussions.

When such an injury occurs, it is essential to apply recognized procedures for preventing and managing such situations.

All members and anyone involved in training or competition must know their roles and responsibilities in this regard.

Prevention, information, and awareness

To develop or maintain a healthy and safe environment, organizations, personnel supervising an activity (coach, referee, teacher, supervisor, health professional, etc.), and participants (pupils, students, athletes, players, etc.) must adopt a preventive approach before an incident occurs.

<https://www.sportmanitoba.ca/resources/concussion-information>

Other measures can be implemented, for example:

- I. Educate all people (training stakeholders and raising awareness among athletes and parents);
- II. Designate a person who will be responsible for intervening when there is a suspicion of concussion and for finding out about the activity participant's history of concussions; vs. Identifying the risks of concussion;
- III. Be aware of the existence of concussion assessment and management tools and/or a concussion policy (if applicable) and/or a gradual return to activity plan (if applicable). is the case);
- IV. Know and identify the potential layouts of sports facilities that can reduce the risk of concussions during training and competitions;
- V. Inform and educate parents and guardians of athletes about the seriousness of concussions and the importance of treating them diligently.

Detection and management

<https://sportmanitoba.wpenginpowered.com/wp-content/uploads/2022/03/EN-PreSeason-Education-Sheet-Parachute-FINAL-SMB-Brand-2022.pdf>

The protocol states in particular:

- What is a concussion;
- The immediate withdrawal of the participant in the event of an incident or suspicion of a commotion;
- The importance of recording the incident;
- Information making it possible to identify warning signs and symptoms observed and felt by the participant;
- Key circumstances requiring urgent medical assessment or in the clinic;
- A detailed plan for the return to recreational, school, and sports activity;
- The role and responsibility of each of the players (coach, parents, participants, etc.);
- The recording tool is the tracking sheet.

Organizers and participants should remember to:

- The importance of informing the participant, guardians, or parents, at the start of the season, of the application of the protocol by the team members;
- The importance of effective communication between the various stakeholders and parents during an incident suggesting a possible concussion;
- The importance of declaring an incident and not trivializing it;
- The importance of keeping an accident register allowing follow-up individual injuries;
- The importance of having safe installations reduces the risks possible of sustaining a concussion.

Return to Sport after a concussion

Following Sports Manitoba guidelines, anyone who may have had a concussion must follow the following guidelines for returning to sport:

[https://sportmanitoba.wpenginepowered.com/wp-content/uploads/2022/03/Concussion-Return-to-Play-Guidelines-SMB-Brand-2022.p](https://sportmanitoba.wpenginepowered.com/wp-content/uploads/2022/03/Concussion-Return-to-Play-Guidelines-SMB-Brand-2022.pdf)

ANNEX 1

Approved Rulesets:

Organizers may use the point system and/or the approved technique list from any of the following industry standard organizations:

- IBJJF (<https://ibjjf.com/>)
- ADCC (<https://adcc-official.com/>)
- Sub-Only following the allowed techniques outlined in either IBJJF or ADCC rulesets

ANNEX 2

Approved Weight Divisions for adults

- IBJJF
- ADCC
- Max 15lb divisions
- Absolute