

# UNIFORM REQUIREMENTS AND REGULATIONS:

## 1 OBLIGATIONS, BANS and DEMANDS:

### 1.1 GIs and Uniforms.

1.1.1 GIs must be of uniform color. The following colors are allowed: ALL White or ALL Royal Blue. GIs with tops and pants of different colors are not permitted; nor are GIs with a collar that is a different color than the rest of the top (except female divisions). Use of clothing under the GI top is not allowed (except for women).

1.1.2 In the adult black belt divisions (men's and women's), the event's organizers may demand that athletes have two GIs of different colors (one royal blue and the other white), in order to distinguish between the two athletes in a match.

1.1.3 GIs may not have tears, be wet, dirty or have any unpleasant odors.

1.1.4 The GI top should reach the athlete's thigh and the sleeves should come to no more than 5cm from the athlete's wrist when the arm is extended straight parallel to the ground.

1.1.5 GI pants should reach no more than 5cm above the tibial malleolus (ankle bone). Wearing pants of any kind under GI pants is prohibited.

1.1.8 Athletes should use a durable, 4 to 5cm-wide belt colored according to the athlete's rank, with a black tip – except for black belts, where the tip should be white or red. The belt should be worn over the top, wrap around the waist twice, and be tied using a double knot tight enough to hold the GI top closed. Once tied in a double knot, each end of the belt should hang 20 to 30cm in length.

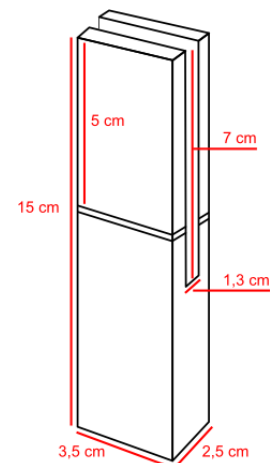
1.1.7 Painted GIs are not allowed, unless the paint is designed in the form of an academy or sponsor logo – and only on areas of the GI where patches are permitted. Even in cases where they are permitted, the athlete will be obliged to change GIs should the paint mark the GI of the opponent.

1.1.8 Before weighing in, an official GI inspector will check to make sure GI measurements comply with the official measurements stipulated by the event organizers.

- The inspection will verify whether the following official measurements are met: maximum GI collar thickness (1.3cm), maximum width of GI collar (5cm), minimum opening of sleeve at full extension (7cm).
- Athletes have the right to 2 (two) follow-up GI-measurement inspections, should they fail to pass the first inspection.
- The GI-measurement inspector will also verify the overall state of the athlete's belt.

1.1.9 The measuring stick used will be of the regulation measurements below:

- Total length of measuring stick: 15.0cm
- Measuring stick width: 3.5cm
- GI lapel width: 5.0cm
- GI lapel thickness: 1.3cm
- GI sleeve opening at full extension: 7.0cm



1.1.10 After weighing in, athletes may not change their GIs for their first match, doing so will cause immediate disqualification.

- Following the first match, athletes may request of the Ring Coordinator permission to change GIs. The new GI will undergo a new measurement inspection.
- Athletes will be subject to disqualification should they not undergo a measurement inspection of their new GI prior to the first match wearing the new GI.

## **1.2 Hygiene.**

1.2.1 Athletes' finger and toe nails should be trimmed and short.

1.2.2 Long hair should be tied up so as not to cause opponents any discomfort.

1.2.3 Athletes will be disqualified if they are wearing hair dye that stains their opponents' GI during a match.

1.2.4 Athletes should use footwear up to the match area and wherever their use is permitted.

1.2.5 Following weigh in, the GI Inspector should check athletes for any skin conditions.

- Athletes presenting skin lesions noticed by the inspector shall be directed to the event's medical area.
- Athletes should present a statement from a doctor declaring the lesion not contagious and not harmful to other competitors.
- For the organizers of the event, the tournament medic has the final say on whether to allow an athlete to compete or not.

## **1.3 Further Requirements.**

1.3.1 Each athlete shall only mount the official scale of the event to have his/her weight taken once.

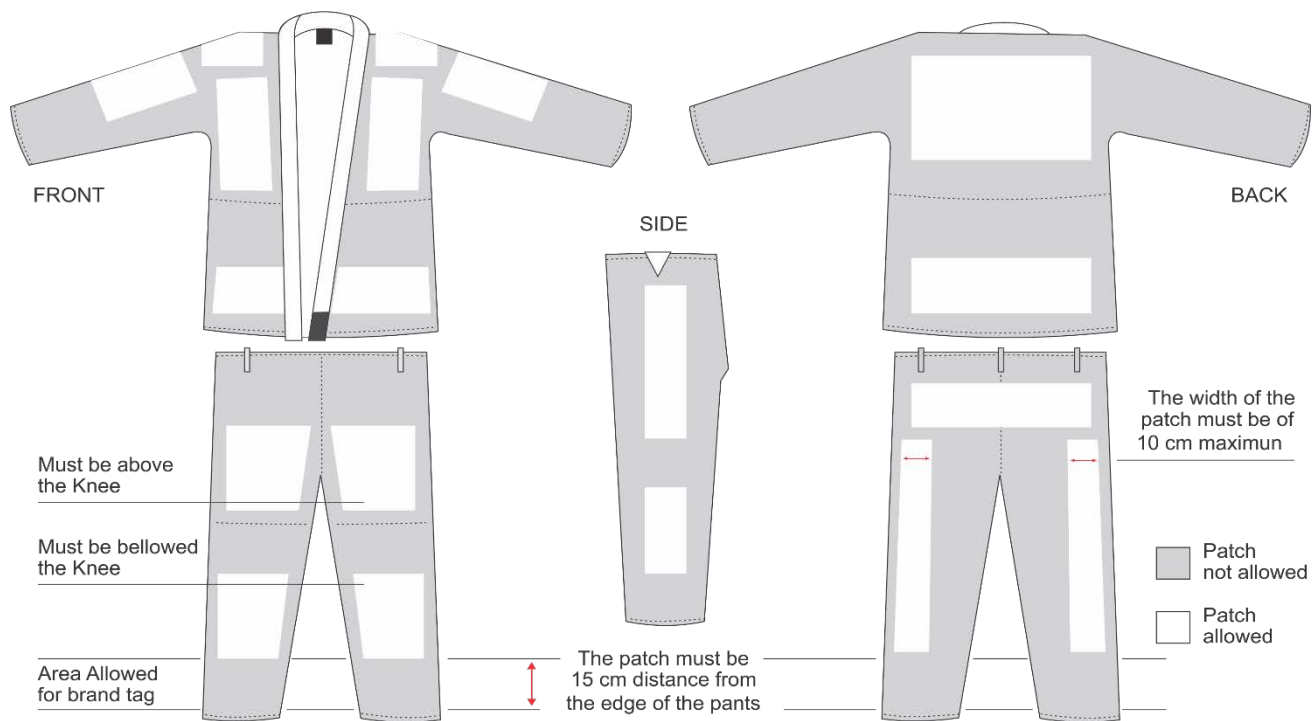
1.3.2 Athletes are allowed to weigh in without knee or elbow braces, but they will have to be wearing them at the time of the GI inspection.

1.3.3 The athlete cannot step on the scale with shoes or any item besides his/her regular uniform and equipment permitted for use during matches.

1.3.4 Patches and embroiders can only be placed in authorized areas of the GI, as shown in the illustrations below.

They should be of cotton fabric and properly seamed. All patches not seamed or in unauthorized places of the GI will be removed by the GI inspectors.

1.3.5 Permitted: a GI brand tag in the front lower part of the pants (according to illustration). The tag must be made of a thin fabric (not embroider) and be at most 36cm<sup>2</sup>.



**1.3.6** Use of any foot gear, head gear, hair pins, jewelry, cups (groin protectors), or any other protector fashioned of hard material that may cause harm to an opponent or the athlete him/herself is forbidden. Also forbidden is the use of eyes protectors, even if they are made for sports practices.

**1.3.7** In the female divisions, the athlete will be permitted to cover their heads. The Head Cover must follow these requirements.

- Must be fixed and made with elastic fabric (or have elastics at the borders).
- Be made without any kind of plastic or hard materials.
- Be made with no strings of any kind.
- Be clear of any inscription or logo.
- Must be completely in Black color.

**1.3.8** The use of joint protectors (knee, elbow braces, etc.) that increase body volume to the point of making it harder for an opponent to grip the GI are also forbidden.

**1.3.9** It is mandatory that athletes wear undergarments for all competitions, regardless if it is a GI or NO-GI event. The undergarment should be “brief-type” only. Failure to follow this rule will be considered a foul and the athlete will be subject to disqualification.

If you have any questions or concerns about the information above, please feel free to contact us at (209) 832-9996 or by email at [cginvitational@charlesgracie.com](mailto:cginvitational@charlesgracie.com)