LIONHEART ACADEMY

QUINTET COMPETITION RULES & LIABILITY WAIVER

> IMPORTANT
>
> **PLEASE READ CAREFULLY BEFORE REGISTERING. BY CHECKING THE AGREEMENT BOX AND REGISTERING FOR THIS EVENT, YOU AGREE TO ABIDE BY ALL COMPETITION RULES AND WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE LIONHEART ACADEMY.**

PART 1: OFFICIAL COMPETITION RULES & FORMAT

1. Quintet Principle & Match Format

- **Core Principle:** The winner stays on the mat and faces the next opponent from the opposing team.
- **Tournament Structure:** Depending on the number of registered teams, the tournament will be held in either a **round-robin format** ("every team vs. every team") or a **single-elimination bracket with consolation matches**.
- **Lineup Order:** The initial order in which competitors step onto the mat is determined by weight.
- **Match Duration & Scoring:** Each match is **6 minutes**.
    - **First 3 minutes:** Submission only (no points awarded).
    - **Final 3 minutes:** Points are active under ADCC scoring rules.
- **Maximum 3 Consecutive Matches:** A winning competitor stays on the mat to face the next member of the opposing team up to a **maximum of 3 consecutive matches**. After 3 consecutive wins, the competitor steps off the mat and the next teammate in line takes over.
- **Rest Period:** The staying winner receives **at least 60 seconds of rest** on the mat before the next opponent's match begins.
- **Draws:** If a match ends in a draw, **both competitors are eliminated** and leave the mat.
- **Determining the Winning Team:** The winning team is the team with the last remaining competitor on the mat. If the final deciding match of a team bout ends in a draw, the winner

is chosen by **judges' decision**.

2. Weight Discrepancy Disclosure

- Because winners remain on the mat to face the next opponent in line, **you are NOT guaranteed to compete against someone in your own weight class.** By registering for this competition, you acknowledge and agree that you may grapple opponents who are significantly heavier or lighter than you.

3. Technical Rules (ADCC Intermediate)

All matches are governed by the **ADCC Intermediate Ruleset** (Official ADCC Beginner & Intermediate Rules), with the following key provisions:

- **Legal Leg Locks:** Straight ankle locks, kneebars, toe holds, and calf/bicep slicers are **LEGAL**.
- **Banned Submissions:**
  - **Heel hooks** (inside and outside)
  - **Neck cranks** and **can openers**
  - **Twisters** and **spinal locks**
- **Slams: Strictly illegal** in all situations (including escaping submissions).
- **Safety & Referee Authority:** Competitors must immediately release any hold upon a verbal or physical tap, or when instructed by the referee. The referee has sole discretion to stop a match at any time if a competitor is in imminent danger of serious injury.

PART 2: ASSUMPTION OF RISK, WAIVER & RELEASE OF LIABILITY

1. Express Assumption of Risk

By registering for and participating in this event, you acknowledge that Brazilian Jiu-Jitsu, Submission Grappling, and Quintet-format team competitions are high-contact, physically demanding combat sports that carry inherent risks of serious physical injury. You specifically acknowledge that this competition involves **mixed-weight matchups** and **ADCC Intermediate submissions** (including joint locks, chokes, kneebars, toe holds, and calf/bicep slicers).

You knowingly and voluntarily assume all risks—both known and unknown—associated with your participation, including but not limited to:

- Sprains, strains, torn muscles, and torn ligaments (including knee, ankle, shoulder, and elbow injuries);

- Joint dislocations, broken bones, fractures, and dental or facial injuries;
- Cuts, bruises, concussions, traumatic brain injuries, and chokes resulting in temporary loss of consciousness;
- Cervical, neck, or spinal cord injuries, permanent disability, paralysis, or death;
- Injuries resulting from mat conditions, training equipment, or the actions, omissions, or negligence of other competitors, referees, coaches, or spectators.

2. Release and Waiver of Liability

In consideration for being permitted to participate in this competition at **Lionheart Academy**, you hereby forever **release, waive, discharge, and covenant not to sue Lionheart Academy**, its owners, directors, officers, employees, coaches, instructors, referees, judges, event organizers, volunteers, medical personnel, sponsors, and the owners/lessors of the premises (collectively, the **"Released Parties"**) from any and all liability, claims, demands, actions, or causes of action whatsoever arising out of or related to any loss, damage, illness, bodily injury, permanent disability, or death that you may sustain in connection with this event, **whether caused by the ordinary negligence of the Released Parties or otherwise**, to the fullest extent permitted by law.

3. Indemnification & Hold Harmless

You agree to **indemnify, defend, and hold harmless** the Released Parties from and against any and all claims, lawsuits, damages, losses, judgments, and legal expenses (including reasonable attorney's fees) brought by you, your family, your estate, your heirs, your insurer, or any third party arising out of your participation in the event or your conduct on the premises of Lionheart Academy.

4. Medical Fitness, Hygiene & Emergency Care Consent

- **Physical Fitness:** You certify that you are in good physical health and have no known medical, cardiac, neurological, or orthopedic conditions that would make your participation unsafe.
- **Hygiene & Skin Infections:** You certify that you do not have any contagious illnesses or communicable skin conditions (such as staph, MRSA, ringworm, impetigo, or herpes gladiatorum).
- **Emergency Medical Treatment & Insurance:** In the event of an injury or medical emergency, you authorize the Released Parties to secure first aid or emergency medical treatment on your behalf. You understand that **Lionheart Academy does not provide medical or health insurance for participants**, and you agree to be solely responsible for all medical, ambulance, and hospital expenses incurred on your behalf.

5. Media & Likeness Release

You grant **Lionheart Academy** irrevocable permission to capture and use photographs, video recordings, and audio recordings of your participation in this event for promotional, social media, educational, or commercial purposes without compensation.

6. Electronic Consent & Binding Agreement

By checking the agreement box on the registration page and submitting your registration, you acknowledge that you have read, understood, and agreed to this **Quintet Competition Rules & Liability Waiver** in its entirety. You agree that your electronic acceptance has the same legal force and effect as a handwritten signature. If you are registering a minor under the age of 18, you certify that you are the participant's parent or legal guardian and agree to bind both yourself and the minor to all terms of this agreement.