

BJJ SCORING CHEAT SHEET

Everything the referee is counting, on one page. Print it and pin it by the warmup mats.

WHAT SCORES

4

Mount · Back mount · Back control

Three separate positions. Back mount and mount each score.

3

Guard pass

Clear both legs to side control or north-south.

2

Takedown · Sweep · Knee on belly

Sweeps must start from guard or half guard.

THE RULE BEHIND EVERY POINT

HOLD IT 3 SECONDS

Exactly three. Not roughly three. Nothing scores on arrival.

Chaining positions? If your control is unbroken you only need the 3-second count on the **final** position. Guard pass into mount is 7 points, counted once at the end.

Exception: mount and back mount are distinct positions. Going straight from one to the other scores **4 + 4**, and each needs its own count.

SCORES NOTHING

Takedown	Opponent taken down from their knees.
Takedown	Started after your opponent began pulling guard.
Takedown	Used to escape a standing back-take with hooks in.
Mount	Backwards mount, or landing in a locked triangle.
Repeat	Retaking a position you gave up voluntarily.

ADVANTAGE, NOT POINTS

Back control with a body triangle

Or with your feet crossed. Hooks in and legs uncrossed is the only 4-point version.

Back control with both arms trapped

One arm trapped still scores 4.

Mounted over both arms

Over one arm scores, if your leg stays below the shoulder.

Reached but not held 3 seconds

Near-misses and real submission threats also earn advantages.

HOW A TIE IS DECIDED

- 1 **Most points**
- 2 **Most advantages** if points are level
- 3 **Fewest penalties** if points and advantages are level
- 4 **Referee decision** who showed greater offense

PENALTIES STACK

PENALTY	WHAT IT COSTS YOU
1st	Marked. Score unchanged.
2nd	Advantage to your opponent.
3rd	Two points to your opponent.
4th	Disqualification.

Stalling and serious-foul penalties share one count. Severe and disciplinary fouls skip the ladder entirely.

ADULT MATCH LENGTH

WHITE
5 min

BLUE
6 min

PURPLE
7 min

BROWN
8 min

BLACK
10 min

Masters 5–6 min · Juvenile 5 min · Teen and Junior 4 min · Pee Wee 3 min · Mighty Mite 2 min. Age division = current year minus birth year.