RULE BOOK

General competition guidelines
competition format manual

Approved by:

www.jjau.org

V.2.3



This Handbook was produced with the friendly support of JJAU (Ju-Jitsu Asian Union) It contains the rules for Jiu Jitsu (Ne-Waza) and it was approved by Ju-Jitsu International Federation (JJIF) in August 2015. Completely reviewed in 2022.

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COMPETITION RULES

Two competitors fight against each other in a sportsmanlike manner. The objective of the fight is to win by submission; either by lock/choke or to win by outscoring one's opponent.
The competition is composed of throws, takedowns, locks and strangulations in standing position, floor techniques, control, improvement of positions (guard passes, sweeps), locks and strangulations on the ground. Further restrictions, rules, guidelines, adaptations in organization, format and protocol for different event formats, special weight or age categories and different levels of combat capability (belt categories) are appended.

All references in this document to the term 'he/his' should be understood as 'he/she' or 'his/her'.

SECTION 1

COMPETITION AREA (FIELD OF PLAY- FOP)

SECTION 1

COMPETITION AREA (FIELD OF PLAY- FOP)

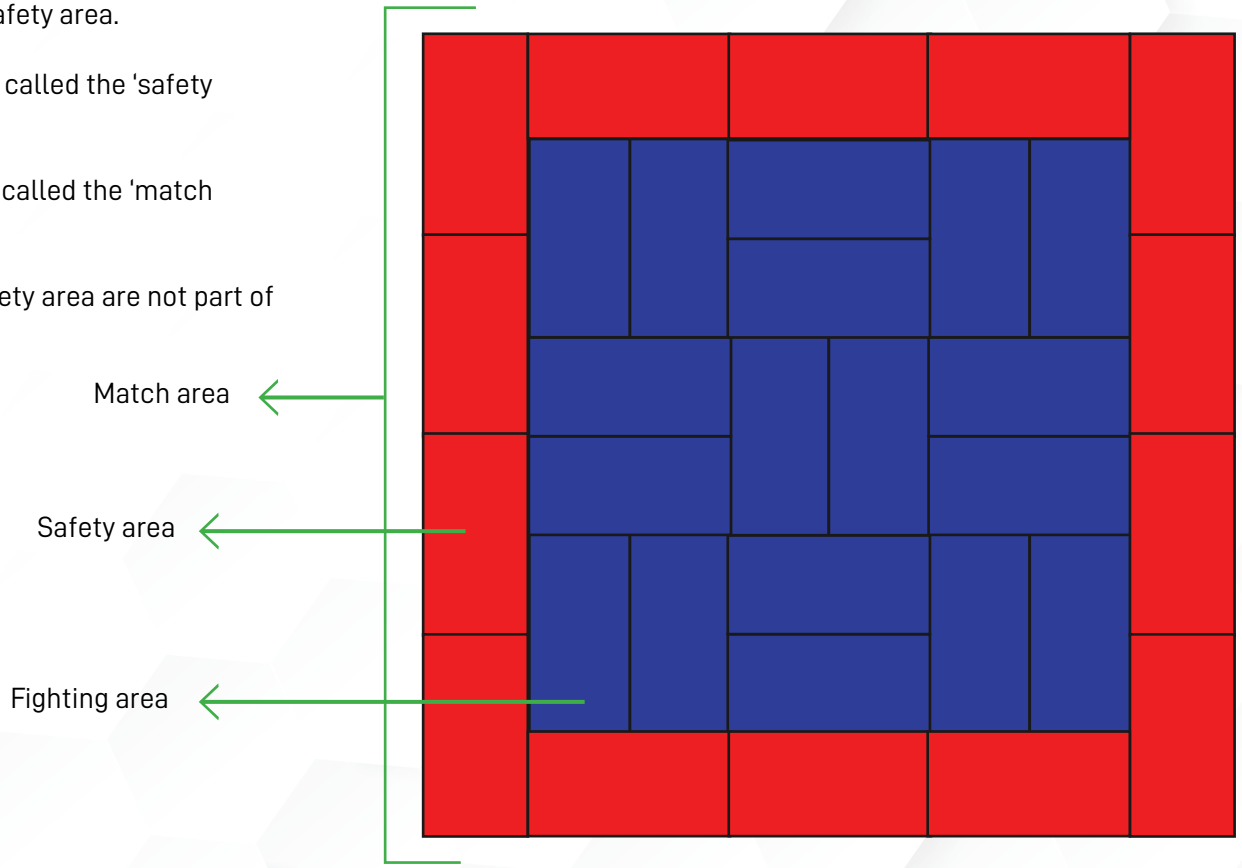
The Field of play must be set up by following the additional regulations listed in the affiliated document.

1.1 The competition area must be covered by mats, with different colors designating the fighting area and the safety area.

1.2 The area outside the 'fighting area' shall be called the 'safety area'.

1.3 The 'fighting area' plus the 'safety area' are called the 'match area'.

1.4 Any additional mats placed outside the safety area are not part of the 'match area'.



SECTION 2

COACHES

SECTION 2

COACHES

Only one (1) coach per athlete is allowed in the match area due to the competition format.

2.1 The coach stays at the boundary of the contest area during the match, and may assist one of the athletes.

2.2 A coach is a role model, and as such his behavior must reflect the martial arts code of ethics and personal conduct.

2.3 The coach must be dressed properly (complete tracksuit or smart dress). During the eliminations the track suit of the team is acceptable. In certain events, a special dress code may be established.

2.4 If the coach exhibits offensive behavior towards the athletes, the referee, the audience or anyone else, the 'mat referee' (MR) may decide to dismiss him from the area reserved to the officials (FOP) for the remaining duration of the match.

2.5 If the offensive behavior continues, the referees of the match may decide to dismiss him from the official tournament grounds. The organizer/host reserves the right to ban anyone it deems 'troublesome' from the venue.









SECTION 3

COMPETITION DRESS AND PERSONAL REQUIREMENTS

SECTION 3

COMPETITION DRESS AND PERSONAL REQUIREMENTS

The athlete must be sure to follow the regulations for competition dressing and personal requirements as listed in the affiliated document.

If a competitor does not abide by these rules, he will not be allowed to start the match. Once a competitor has been notified that his presentation does not conform to the specified requirements, there will be an opportunity to go and change it within a pre-defined timeframe.

Generalities:

3.1 The competitors shall wear a good quality GI which must be clean and in good order. They must fit the size of the athlete and the material of the GI must allow a proper grip.

3.2 Competitors must wear elasticated undergarments. In the female divisions, it is mandatory to wear a stretchy or elastic one piece (leotard) that hugs the body beneath the Gi. For males the use of an elastic one piece (leotard) may be requested by the organizer at any tournament.

3.3 The competitors must have short fingernails and toenails.

3.4 The competitors are not allowed to wear anything that may injure or endanger anybody.

3.5 Long hair must be tied up with a soft hair-band. The hijab (headscarf) is allowed.

3.6 Additional regulations on appendix.



SECTION 4

CATEGORIES AND TIME

SECTION 4

CATEGORIES AND TIME

4.1 The categories are set according to the organization code.

4.2 The match duration is determined according to the category.

4.3 Between two matches, a recovery time of one full, regular match duration must be given. Before the finals, an athlete can claim double the match duration time for recovery.

4.4 Additional regulations in appendix.

SECTION 5

REFEREES

SECTION 5

REFEREES

5.1 The referee is the highest authority in each match.

5.2 The result of each match proclaimed (ruled) by the referee is sovereign.

5.3 The proclaimed (ruled) outcome of a match can only be overturned in the following cases:

5.3.1 (If) there is a misinterpretation of the score (scoreboard);

5.3.2 (If) the declared winner finished (submitted) the opponent using a restricted move or tactic that was not observed by the referee.

5.3.3 (If) the competitor was wrongfully disqualified for applying a permitted submission or hold. In this situation, the interruption of the fight and disqualification occurred before the attacked competitor submitted, the match will return to the center of the fighting area and the competitor who applied the submission or hold will receive two points. However, if the competitor who suffered the submission or hold submitted before the interruption of the fight and disqualification, the attacking competitor will be declared the winner.

5.3.4 In the case of erroneous rulings by a referee due to misapplication of the rules established in this rule book. (Subjective interpretations of the referee in decisions regarding scoring, advantage points or penalties will not be changed). To change the proclaimed (ruled) outcome (result) of a match, the following conditions must be met:

5.3.4.1 The referee may confer with the director of referees for the event. However, the referee shall make the final decision to amend or not amend the proclaimed result.

5.3.4.2 The head of referees shall confer with the event's center table about the progress of the bracket and may only authorize the change of results if the bracket has not advanced to a later phase.

5.4 Subjective interpretations of the referee on the awarding of points, advantages or penalties are final and not subject to change.

5.5 It is the referee's duty to intervene in a match when he deems it necessary.

5.6 It is the referee's duty to maintain the competitors within the boundaries of the fighting area.

5.7 In the event of a triangle choke or closed guard for matches in the under-12-years-old division, it is the duty of referee to protect the competitor's spine by staying behind the competitor that has been lifted off the mat.

5.8 The MR "mat referee" is to stay within the boundaries of the fighting area during the match. The MR may confer with a side referee. However, it is the MR that makes the initial calls in respect to points and penalties.

5.9 As stated in **5.12**, video and intercom devices may be used. In addition, the MR "mat referee" may call for the advice of two "side referees" which will be located at opposite corners of the mat and seated on chairs outside the safety area.

5.10 If deemed necessary, "side referees" may overturn the MR "Mat referee's" call. The following describes permissible forms of interaction between "side referees" and "MRs".

5.10.1 In the case of consensus among the referees, "side referees" and the MR "mat referee", the "SR" will remain in their designated areas as described in 5.9.

5.10.2 In the event of conflicting interpretations of the match score, the referee questioning the call is to stand and signal with the appropriate predefined gesture for adding or subtracting points, advantage or penalty.

5.10.3 In the event all three referees are unable to come to a consensus on scoring for the same move, the MR will give the intermediary decision. For example, one referee calls a guard pass, the second gives an advantage point and the third calls for points to be taken away. In that case, the advantage point will be scored.

5.10.4 In the event of a disqualification of a competitor, i.e. the accumulation of four penalties, the MR will give the serious penalty gesture prior to ending the match. The MR's decision becomes final when one of the side referees repeats the gesture. At that point, the disqualification has been confirmed and the MR may stop the match.

5.10.5 In the event of a competitor committing a major foul, the MR may gesture to call for his disqualification before ending the match. If one of the two side referees repeats the gesture, the decision has been confirmed and the MR may end the match.

5.11 In case a match ends in a draw, the contest shall continue in "Golden Score" (GS) system. The referee will restart the fight, with both athletes standing in the center of the mat. The match will proceed during GS without time limit until an athlete achieves a submission, scores points, scores an advantage, or his opponent is given a penalty.

5.11.1 There are no more Referee Decisions to break ties after the match time has ended. All ties must be broken through Golden Score.

5.12 When employing video refereeing, the system will be as follows: The 'mat referee' has the option at any point to pause the match and signal for a video to be displayed to give him an additional point of reference in outstanding or previously made decisions. In addition, when using a video system, the two side referees will both be situated in the video replay area. If both side referees agree that a decision should be overturned, one of them will contact the mat referee with their decision by radio and he will signal the new points as appropriate.

SECTION 6

SECRETARIAT

SECTION 6

SECRETARIAT

6.1 The secretariat is placed opposite the position of the MR at the beginning of the fight.

6.2 The secretariat shall be composed of one scorekeeper responsible for the operation of the electronic scoreboard.

SECTION 7

COURSE OF THE MATCH



Referee

Calls the competitors

7.1 The contestants start facing each other in the middle of the competition area, approximately two meters apart. The contestant with the red belt stays on the MR's right side. At the sign of the MR the competitors will make a standing bow first to the referees and then to each other.





7.2 The match commences in a standing position, after the MR says "fight".
7.3 As soon as there is contact between the competitors (via grip or hold), they are allowed to go to the ground/guard immediately.
7.4 The contestants can control and change between the different positions, but they must be active.
7.5 Any movement that goes beyond the match area should be stopped. The athletes will be returned to the center of the fighting area in a standing position. Exception for specific situations listed in **7.7** (achieving a scoring position in the safety area), **8.3.1** (leaving the fighting area in a recognizable position), and **9.A.6** (takedowns that land in the safety area in a recoginzable position.)





7.6 All fighting shall take place within the match area. The MR will stop any fighting outside this area and instruct the competitors to return to the center of the mat and face each other in a standing position if no position has been established.
7.7 When a competitor is working to establish a scoring position in the safety area, the MR will wait to allow the competitor to secure the position. If after 3 seconds the position is secured, the MR will stop the fight, award the points and place the competitors in the same position in the middle of the mat.
7.8 If two-thirds of the competitors' bodies are out of the boundaries of the fighting area in a standing position or in stabilized position, the MR will stop the match. He will then instruct the competitors to return to the center. The MR will restart the match with the competitors standing position.

Further referee signs

to conduct the fight



Directing the athlete to re-adjust the Gi or belt by crossing the arms downwards at waist height.



Cautioning athletes to remain within the fighting area making circle movements with the finger pointed upwards.



When the athlete grabs inside the opponent's Gi top or pants.



When the video referees are requesting a change in points, advantage or penalty to mat referee.





Instructing the athlete to stand up.

Instructing the athlete to return to the ground
(Into the position appointed by the referee).





SECTION 8

APPLICATION OF “FIGHT” AND “STOP” INSTRUCTIONS





8.1 The MR shall say "fight" to start the match and to restart the match after instructing the athletes to "stop".

8.2 The MR shall say "fight" to inform the competitor about recognized passivity (stalling).

8.3 The MR shall say "stop" to stop the match temporarily or completely in the following cases:

8.3.1 If both contestants leave the fighting area completely, in an easily recognizable position, both of them will be stopped then brought back to the middle of the fighting area with a restart commencing in the same position. To restart the match, the MR shall say "fight".
8.3.2 Any other time the MR finds it necessary. (e.g. to reset the Gi, deliver judgments, or on account of suspected danger or injuries).
8.3.3 If both contestants left the fighting area in a non-recognizable position, then the referee will restart the match in the middle of the fighting area with both contestants in standing position.
8.3.4 If one or both contestants are injured, unconscious or taken ill.
8.3.5 In case of submission (a contestant taps, shows other sign of submission, screams or if one of the contestants is unable to tap by himself during a strangulation or a lock).
8.3.6 The fight time has finished.

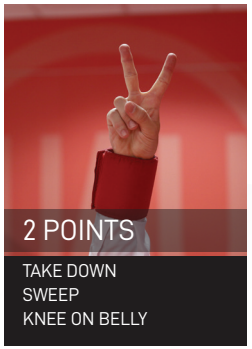
SECTION 9

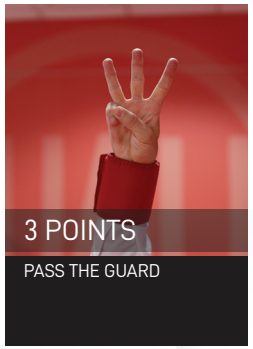
SCORE / POINTS

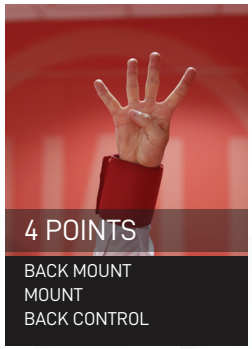


Activities causing a progression to a possible submission hold will be awarded by scores. Defending actions cannot be scored. It is important to always observe where movements begin and where they end.

9.1 Points







9.1.1 Points shall be awarded by the 'mat referee' of a match whenever an athlete stabilizes a position for 3 (three) seconds. The MR will acknowledge and display the number of points accumulated by a competitor using gestures with his fingers on either his right (red)or left hand (blue) depending on which competitor has scored.

9.1.2 When an athlete deliberately exits the match area to prevent the opponent from completing a point-scoring position, the referee will signal two points be awarded to the opponent and one penalty point be added to the score of the athlete who exited the match area. ***

9.1.3 Three seconds of control is needed at the end of a sequence for points to be awarded. These points are cumulative. For example, when an athlete goes from passing the guard to a full mount position, the MR will count three seconds once the mount position is secured. The MR will then award three points for passing the guard and four points for (securing) the mount position, a total of seven points.

****Along with the two points given to the opponent in this case, the order of penalties given must still be followed on the scoreboard.*

9.1.4 When an athlete is in a point-scoring position while attempting to escape a submission hold, the MR will award points only after the athlete has completely escaped the hold and secured the point-scoring position for a three second count.

9.1.5 When an athlete reaches a point-scoring position while caught in a submission hold and then escapes the submission hold without maintaining his position, he will not receive an advantage.

9.1.6 An athlete who reaches one or multiple point-scoring positions, but is under attack from a submission hold by his opponent throughout, shall be awarded with a single advantage point if he does not escape the attack by the end of the match.

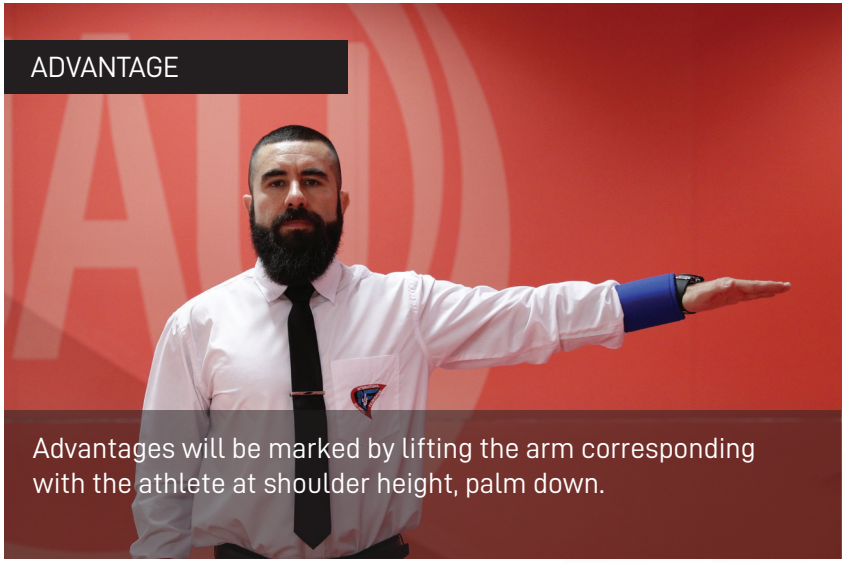
9.1.7 When an athlete is caught in a submission hold while in a point-scoring position, the MR will stop the three second count. If the athlete escapes the hold or the match time expires, the MR will award the athlete an advantage for each point-scoring position. These advantages will be awarded even if the athletes are no longer in the same position they were when the three second count was stopped (interrupted).

9.2 Advantage

9.2.1 An advantage point is counted when an athlete achieves a point-scoring position requiring 3 (three) seconds of control but is unable to maintain control for the entire duration. For example, the referee should award an advantage where an athlete's attempt to pass his opponent's guard was complete but he failed to maintain a three (3) second control position afterwards*.

9.2.2 An advantage point may be awarded by the referee even after a match has run its course but before announcing the result. The referee may only award an advantage point when there is no longer a chance of the athlete reaching a point-scoring position.

**In addition, any effective attempt to apply a submission hold on an opponent (creating a realistic possibility of submission) which is then successfully defended, shall constitute an award of one (1) advantage point.*



Advantages will be marked by lifting the arm corresponding with the athlete at shoulder height, palm down.



Deductions will be marked by lifting the arm corresponding with the athlete at shoulder height, palm facing the referee's ear.

A. TAKE-DOWNS

When an athlete, beginning in the standing position, forces his opponent to fall back-down, sideways or into a seated position on the ground.



9.A.1 When an athlete forces his opponent to the ground on all fours or belly-down, points shall only be awarded once the athlete performing the takedown has established a back clinch on his opponent. Hooks need not be in place but at least one of the opponent's knees must be maintained on the ground.

9.A.2 Athletes who begin a takedown movement before the opponent pulls guard shall be awarded two points or an advantage point for the move, respecting the takedown rules.

9.A.3 When an athlete has a grip on his opponent's pants or leg and the opponent pulls open guard, the athlete with the grip on the pants shall be awarded two points for the takedown if he stabilizes the top position on the ground for 3 (three) seconds.





9.A.4 If an athlete has a grip on the opponent's pants or leg and the opponent pulls closed guard and remains suspended in the air, the athlete will have to put the opponent's back on the ground within 3 (three) seconds and stabilize the top position for 3 (three) seconds to be awarded with takedown points.

9.A.5 Athletes who initiate a takedown movement after the opponent has pulled guard shall not be awarded the two points or advantage point relating to the move.

9.A.6 If an athlete forces his opponent to the ground in the outlying safety area, the athlete performing the takedown should have both feet within the match area when the movement begins. In this case, if the athletes land in a stabilized position, the referee will only stop the match after 3 seconds of stabilization in the position. Then the referee will score the points and restart the match at the center of the match area. The athletes will be placed in the same position they were in when the match was stopped.

9.A.7 When the opponent has one or two knees on the ground, the athlete performing the takedown will only be awarded points if he is standing at the moment the takedown is initiated.

9.A.8 When the athlete forces his opponent to the ground using a single or double-leg takedown and the opponent lands seated and successfully applies a counter-takedown (another takedown), only the athlete performing the counter-takedown shall be awarded the score.

9.A.9 No score for take-down:

9.A.9.1 Athletes who, in defending a sweep, return their opponent back-down or sideways on the ground, before 3 seconds, shall not be awarded the takedown-related two points or an advantage point.

9.A.9.2 Athletes defending standing back-control, where the opponent has one or two hooks in place and does not have one foot on the mat, shall not be awarded the takedown-related two points or advantage point, even after he stabilizes the position for 3 (three) seconds.

Every take-down with continuing control in top position for 3 seconds.	2 POINTS
In the case of takedowns or a series of takedowns with the same hold, if the defending athlete, after landing on his back or side, returns to his feet before the end of the three second count, the MR will award the advantage once there is no possibility of finishing the takedown.	ADVANTAGE



CONTROL TECHNIQUE (3 SECONDS)

• Matches should unfold as a progression of positions of technical control that ultimately result in a submission hold. Therefore, athletes who voluntarily relinquish a position, in order to again score points using the same position for which points have already been awarded, shall not be awarded points upon achieving the new position.

• Points shall be awarded by the 'mat referee' whenever an athlete stabilizes a position for 3 (three) seconds.

B. KNEE ON BELLY



When an athlete in the top position places a knee on the stomach, chest or ribs of his opponent (who is lying on his back or the side) with his other leg extended for three (3) seconds shall be awarded two (2) points.



When an athlete in the top position places a knee on the stomach, chest or ribs of his opponent but has his other knee on the ground he shall be awarded an advantage at the end of the action.





C. MOUNT AND BACK MOUNT

When in the top position, control is only awarded if the knees are below the shoulder line. This is when the guard is passed and there is no half-guard. It is established when the athlete is sitting on the torso of the opponent with both knees or one foot and one knee on the mat, positioned facing the head and with up to one arm trapped under the leg. Control of the torso is only considered if the knees are under the shoulder line.

4 POINTS











With both the opponent's arms trapped under the legs.







If there is an uninterrupted change from mount to back mount or back mount to mount, the MR will award four points for each mount position given that each position was secured for three seconds.

D. BACK CONTROL



When the athlete takes control of the back, by putting his heels inside the opponent's legs and trapping up to one of the opponent's arms, below the shoulder line.



If an athlete cannot maintain a control technique long enough to score points, he will be awarded an advantage provided the 'mat referee' considers the opponent was in danger of conceding the position.



When an athlete controls his opponent's back and places his heels between his opponent's thighs but traps both the opponent's arms.



When an athlete controls his opponent's back but crosses his feet.



When an athlete fastens a figure-four around the waist or only places one heel between the opponent's thighs.

E. GUARD PASS

Guard is defined as the use of one or more legs to block the opponent from reaching side control, north-south, knee on belly, or full mount position over the athlete on bottom.

The MR will award three points for passing the guard when the athlete in the top position passes the bottom opponent's legs and establishes side control, north-south, knee on belly, or full mount for a count of three.
*Additional points are awarded for knee on belly (2) or full mount (4) upon passing the guard, provided the conditions for these point-scoring positions are also met.



9.E.1 Once an athlete passes his opponent's guard, he must maintain control of the position for three (3) seconds to be awarded three (3) points.

9.E.2 When an athlete trying to pass the guard establishes half guard control but is unable to complete the guard pass, he will receive an advantage, as soon as he returns to guard position. If an athlete's opponent, coming from a standing position, pulls him directly to half guard and he is able to establish half guard control but is unable to complete the guard pass, he will receive an advantage.

9.E.3 When the athlete stacks his opponent while passing guard or his opponent rolls back and the attacking athlete is able to control his opponent's back by keeping one or both knees on the mat, without needing to place hooks in a four-point-kneeling (turtle) position: ADVANTAGE.

half guard

guard pass



** Half-guard is the guard where the athlete on bottom is lying on his back or side and has one of the top positioned athlete's legs trapped, blocking him from achieving side or north-south control over the bottom positioned athlete for 3 (three) seconds.*

F. SWEEPS

Any movement from the guard position into a top position followed by a three (3) second control period will be counted as a sweep with the athlete initially playing guard being awarded 2 points.

9.F.1 No advantages will be awarded for sweeps that start and finish in a 50/50 guard situation.

9.F.2 Moving from the guard to the back of an opponent (on top) with subsequent control for three (3) seconds (ensuring at least one of the opponent's knees stays on the floor) will be regarded as a sweep.

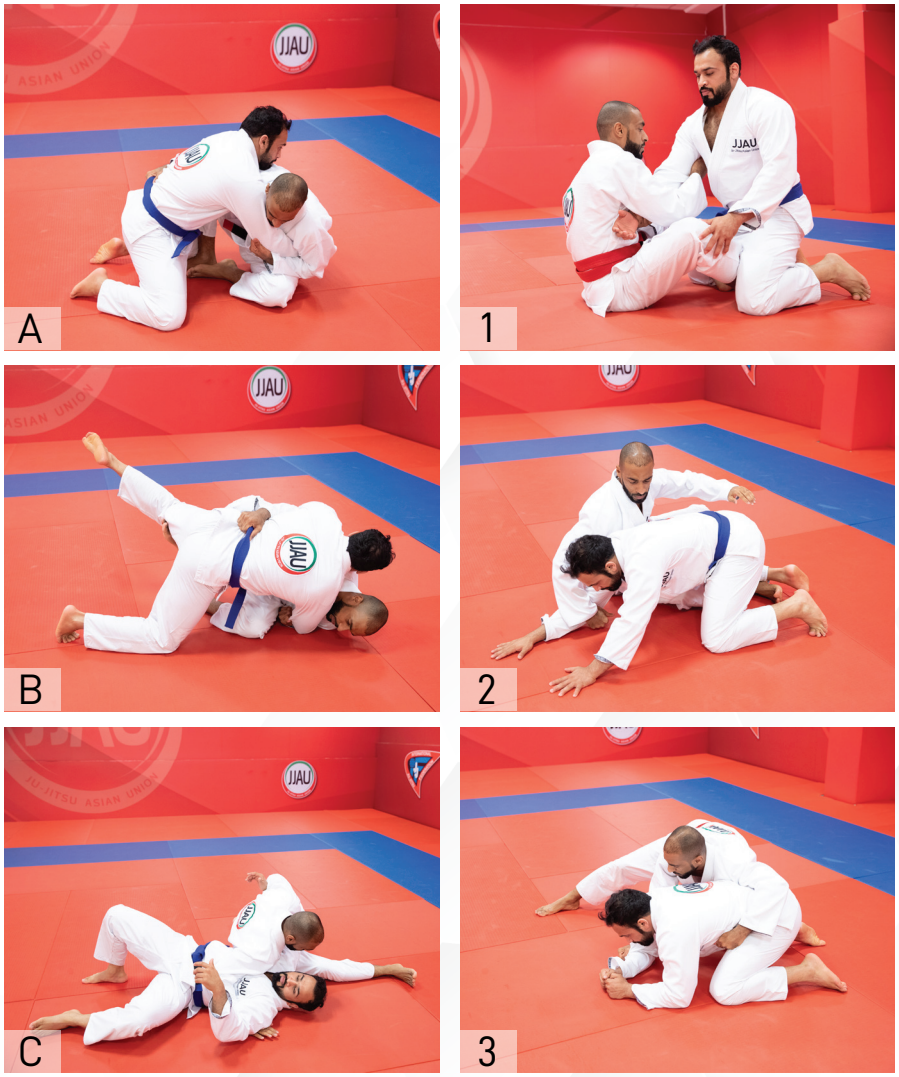
*This includes achieving back control position with one or two hooks between the opponent's legs as long as the attacking athlete remains on top of his opponent who is on one or two knees.

9.F.3 When starting from any guard position and transitioning to a standing position. Standing combat is established when both athletes are on their feet for three counts by the MR.

Note: the three second count is started when one athlete has two feet on the mat and the other has at least one foot on the mat; the opposite knee must not make contact with the mat.

9.F.4 When the athlete unbalances the opponent through a sweep attempt and reaches top position, but is unable to stabilize the position for 3 seconds: ADVANTAGE.

9.F.5 When an athlete initiates a sweep movement and chooses to maintain the defensive position or does not attempt to take top position, the MR will not award an advantage.



SECTION 10

SUBMISSIONS - LOCKS AND STRANGULATIONS

10.1 The following rules represent the range of legal submissions with notable exceptions pertaining to age and belt*:
10.1.1. All strangulations are allowed, except with bare hands or fingers.
10.1.2. All locks applying force to shoulder, elbow and wrist joints are permitted.
10.1.3. All leg and foot locks which employ a bending, stretching and/or a compressing action are permissible. Any kind of leg lock which employs a twisting action on the knee are prohibited.If an athlete applies a straight leg lock resulting in the opponent trying to escape then subsequently submitting due to the pain, the defender will still lose the match by submission.
10.2 Matches will be stopped immediately when an athlete exhibits a physical or verbal signal that he cannot resist the application of his opponent's attacking submission hold. The stoppage will occur under the following instances:
10.2.1. When an athlete taps at least twice with his hand on the opponent, ground or himself in a clear and apparent manner.
10.2.2 When the athlete taps the ground at least twice with his foot, when his arms are trapped by the opponent.
10.2.3. When an athlete verbally withdraws, requesting the match be stopped.
10.2.4. When the athlete screams or emits noise expressing pain while trapped in a submission hold.
10.2.5. The athlete shall be declared to have lost the match upon losing consciousness due to a legal hold applied by the opponent or due to an accident not stemming from an illegal maneuver by the opponent. He must be left out of the rest of the competition to protect his physical integrity.
10.3 The athlete shall be awarded an advantage when he attempts a submission hold where the opponent is in real danger of submitting and escapes.

**Please see the table on appendix for details pertaining to age and belt.*

10.4 When an athlete has a submission hold in place in the safety area, the referee should not interrupt the match.
10.5 Following the legal application and completion of a submission attack, the fight will be stopped and the executing athlete will be declared as winner. The referee will then raise the corresponding arm high above the head, with palm facing forward.



10.6 If an athlete makes a legitimate escape attempt to counter a submission (i.e. not simply fleeing the mat to escape a submission hold) and this attempt causes the athletes to leave the fight area, the MR will award 2 points to the athlete that attempted the hold. Note:
10.6.1 Without a proper defensive move the defending athlete will be disqualified.
10.7 When the fighter exits the fighting area due to the movement of the athlete attacking the submission hold, the referee will not mark two points after stopping the fight. The referee may give an advantage depending on the proximity of the submission, respecting the rules of advantages.
10.7.1 The referee should stop the match and restart the match at the center of the match area with the athletes standing.





SECTION 11

PENALTIES / FOULS & PROHIBITED ACTS

The following actions count as

‘Disciplinary Major Fouls’

Punishable by automatic ‘disqualification’. Athletes who are observed by the referee to have committed a disciplinary major foul will be automatically disqualified without discussion.

11.1 When an athlete uses profanity or obscene gestures in regard to his opponent, the center table, the officials, the referee or the spectators, before or after the match.

11.1.1 When an athlete shows hostility towards an opponent, the center table, the officials, the referee or the spectators, before or after the match.

11.1.2 When an athlete bites, pulls hair, strikes or apply pressure to genitals or eyes, or intentionally uses a traumatic blow of any kind (such as punches, elbows, knees, head butts, kicks, etc.)

11.1.3 When an athlete shows disrespect towards an opponent or the spectators verbally or in gestures during a match or victory celebration.

11.1.4 When one or both athletes fail to take the match seriously and engage in play or fake fighting.

11.1.5 When an athlete displays an attitude that is inappropriate or unsportsmanlike for a competition, or engages in any other form of misconduct before or after the match.

Technical Fouls



The following section details and categorizes the range of 'prohibited acts'/fouls/restrictions along with their respective and subsequent penalties. It is essential to observe the corresponding guidelines.

Penalties will be given in four steps

1. Penalty

2. Penalty: Advantage to opponent

3. Penalty: two (2) points for opponent

4. Penalty: disqualification

Once a foul has been observed, the referee should say "foul" and show the upward pointing clenched fist gesture (his fist should be raised to just above shoulder height).

*For the athlete's fourth and fifth foul in the U16 (under-16-year-old division), the MR will award two points to the opponent and give one penalty point to the offending athlete for each penalty. The MR will disqualify the offending opponent on the sixth foul.

*** When the third penalty is given to both athletes due passivity, the referee must restart the match with the athletes in the standing position.*

11.2 Minor Fouls

The following actions count as non-severe prohibited acts and are punishable by a 'penalty' point:

11.2.1 Passivity/ Stalling

When the referee notices that one or both athlete (s) is (are) not trying to progress in the fight whilst standing for 10 seconds, the referee will stop the match and sign a penalty for one or both athletes, followed by the verbal command "FIGHT".







In case of stalling on the ground, the referee will point to the athlete, say "FIGHT", and start a 10 - second count. If, at the end of the 10 seconds, the athlete has not moved, then the referee will indicate the gesture for a penalty point.

If the athlete cannot see the gesture, the referee will touch him



11.2.1.1 Passivity/stalling (Lack of combativeness) is defined by one athlete clearly not pursuing positional progression in a match and also when an athlete solely attempts to impede his opponent from carrying out said progression.

11.2.1.2 Defending athletes will not be called for passivity. This includes defending attacks from side-control, north-south, back-control and mount positions.

11.2.2 Leaving the mat or pushing the opponent outside the mat without a technical attack.

11.2.3 When an athlete runs around the match area and does not engage in combat with his opponent.

11.2.4 In the case of the two athletes pulling guard at the same time, the MR will begin a 20 second count. If neither athlete has taken the top position or has a submission hold, and neither athlete is attempting to take a scoring position after a 20 second count, the MR will stop the fight, direct the athletes to the standing position and give each athlete a penalty point. The MR will then restart the match with the athletes in the standing position.

11.2.5 When the athlete breaks the grip of an opponent pulling guard and does not attempt to engage in combat on the ground.

11.2.6 When both athletes simultaneously demonstrate a lack of combativeness (stalling) in any position in a match.

11.2.7 Standing up from combat on the ground, and not returning to combat immediately afterwards.

11.2.8 Passivity will not be noted when an attacking athlete is in back-control or mount position if all aspects of the position are respected.

11.2.9 When an athlete grabs the inside of the opponent's Gi top or pants, when he steps inside the Gi jacket and when an athlete passes a hand through the inside of the opponent's Gi to grip the external part of the Gi.





*When the situation described in **11.2.9** occurs during a submission hold, made by the athlete who is attacking, the referee will stop the fight, signal a penalty to the athlete holding the inside of the opponents GI and restart the match on standing position.

11.2.10 To put the hand or foot on the face of the opponent.

11.2.11 To go to the ground without a grip.

11.2.12 To use the belt for any technique when the belt is NOT tied up.

11.2.13 To delay the match by not being ready to fight when showing up on the mat or taking too much time to set the Gi and belt. This includes but is not limited to wearing wrong dress, wearing forbidden items, removing the belt, opening the Gi, removing the hijab, when an athlete takes more than 20 seconds to tie his belts or pants during a match stoppage.

11.1.14 For No-Gi Jiu-Jitsu; when an athlete grabs hold of his uniform or that of his opponent in any way.
11.1.15 In the under 16 years-old divisions, it is prohibited for an athlete to jump into closed guard, or attempt any flying submission, while his opponent is standing. When this movement occurs, the referee will stop the match and restart with both athletes standing in the center of the mat.



11.2.16 Placing the foot deliberately inside the belt.
11.2.17 Placing the foot deliberately inside the collar.
11.2.18 Placing the foot deliberately inside the lapel without gripping on the same side.



11.2.19 Speaking to the referee (without medical/safety/uniform reasons) or contradicting a decision made by the referee. Communicating with anyone else to contradict the referee verbally or through gestures is also not allowed.
11.2.20 To disobey the referee's orders.
11.2.21 If the athlete leaves the combat area deliberately to prevent the opponent from achieving a point-scoring position or maintain a dominant position, the MR will award the opponent two points and give the fleeing athlete one penalty point. The order of penalties on the scoreboard must still be followed.
11.2.22 To exit the competition area after the fight before announcing of winner.
11.2.23 The following are considered inappropriate during the match and before the winner is announced BUT are not considered for disciplinary penalties: gestures of superiority, dances, and attitudes that are unsportsmanlike but are not severe enough to warrant penalty points or disqualification.

11.3 Major Fouls

Major fouls are punishable by automatic 'disqualification'. Athletes who are observed by the referee to have committed a major foul will be disqualified without discussion.



The following actions count as 'Technical Major Fouls':

11.3.1 To apply any actions with the obvious intention to injure the opponent.
11.3.2 To leave the contest area deliberately when in danger of being submitted.
11.3.3 To make any locks attacking the spinal column without a choke (pulling from the bottom position is not considered an attack on the neck).
11.3.4 To slam the opponent on the mat, while he is in a guard position or maintaining back control.
11.3.5 When it comes to a referee's attention that an athlete is not wearing an undergarment under his or her uniform.
11.3.6 To apply locks to fingers or toes.
11.3.7 To apply leg locks which employ the use of torsion actions such as heel hooks which twist the ankle and knee dangerously.
11.3.8 Serious lateral attacks affecting the knee (crossing the leg from outside in, which may prevent escape while increasing the probability of injury.
11.3.9 The suplex movement that will deliberately project or force the opponent's head or neck into the ground.
11.3.10 To push fingers into the eyes of the opponent.
11.3.11 When an athlete strangles his opponent, with bare hands (not using the Gi and with one or both hands around the opponent's neck or applies pressure to the opponent's windpipe using the thumb) or blocks the passage of air to his opponent's nose or mouth using his hands.
11.3.12 When an athlete intentionally attempts to get his opponent disqualified by reacting in a way that places his opponent in an illegal position.
11.3.13 To use any slippery substances or creams (medication) which can affect the opponent's ability to perform.
11.3.14 When an athlete is unable to exchange the Gi for a new one within a period stipulated by the referee.

11.3.15 When a defending athlete in a submission hold commits a penalty that forces the MR to stop the match.



11.3.16 When the athlete who is defending a single leg takedown, while the athlete attacking has his head outside his opponents body, intentionally projects his attacker to the ground, by grabbing his opponet's belt, to make him hit the floor with the head (spiking).

11.3.17 When an athlete applies a hold prohibited for his respective division, as indicated in the table at page 47.

Table of Permissible/Prohibited Techniques

	U12	U16	U18/U21/Seniors	Techniques
1	X			Submission stretching the legs apart
2	X	X		Choke with spinal lock
3	X	X		Straight foot lock
4	X	X		Forearm choke using the sleeve (Ezequiel)
5	X	X		Frontal guillotine choke
6	X	X		Omoplata
7	X	X		Triangle (pulling head)
8	X	X		Arm triangle
9	X	X		Lock inside the closed guard with legs compressing kidneys or ribs
10	X	X		Wrist lock
11	X	X		Single leg takedown while the attacking athlete has his head outside his opponent body ***
12	X	X		Biceps slicer
13	X	X		Calf slicer
14	X	X		Knee bar
15	X	X		Toe hold
16	X	X	X	Slam
17	X	X	X	Spinal lock
18	X	X	X	Heel hook
19	X	X	X	Locks twisting the knees
20	X	X	X	Knee reaping
21	X	X	X	Scissor takedown
22	X	X	X	In straight foot lock, turning in the direction of the foot not under attack
23	X	X	X	In the toe hold, applying outward pressure on the foot
24	X	X	X	Bending fingers backwards
25	X	X	X	Grab the opponent's belt and throw him to the floor on his head when defending a single leg situation while his opponent's head is on outside of his body
26	X	X	X	Suplex takedown technique, landing with the opponent's head or neck on the ground.

THE REFEREE WILL STOP THE ACTION, DISENGAGE THE ATHLETES AND RESTART THE MATCH WITHOUT ISSUING A PENALTY.



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12


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17.1


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16.1



16.2



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19



21



22



23


24



25.1



25.2

LATERAL ATTACKS TO THE KNEE (KNEE REAPING)

Knee reaping is characterized by the placement of an athlete's thigh behind the leg of an opponent while passing the calf on top of the opponent's quadriceps above the front knee while applying pressure from the outside towards the inside.

• For a foot to be considered caught or immobilized, holding is not required. In regards to this rule, when an athlete is standing and placing weight on the foot of the leg that has the knee in a potentially dangerous position, this is regarded as caught or immobilized.

Major foul

Serious lateral attacks affecting the knee (crossing the leg from the outside of opponent's upper quadriceps towards the inside) are punishable by automatic 'Disqualification'.

• When the athlete executes the movement in the aforementioned description, with the offending athlete's foot crossing the vertical midline of his opponent's body.





•When a submission hold is being applied, a major foul will be called for the athlete that crosses his foot in the following situations:

Minor foul

• When an athlete moves his foot across the vertical midline of his opponent's body, in this case, the MR will stop the match, give a penalty to the offending athlete, return the athletes to the position, if possible, and restart the match.



NO FOUL



CROSSING THE FOOT UNDER THE KNEE





FREE FOOT



SECTION 12

SETTLEMENT OF THE MATCH

SECTION 12

SETTLEMENT OF THE MATCH

12.1 A competitor may win the match before the end of the fighting time by applying a legal lock or strangulation that makes the opponent tap or if the MR stops the match. This is called a submission.

12.2 After the match time has expired, the contestant who has the most points at the end of the contest will be the winner.

12.3 If the competitors have equal points at the end of the match, the contestant who achieved the most advantages wins the match.

12.4 If the score is equal both in total points and in number of advantages, the contestant with the fewest penalties wins the match.

12.5 If the score is equal both in total points, in number of advantages and penalties, the match will be decided in an extra time by "Golden Score", as described in **5.11**.

12.6 In the event of both athletes suffering accidental injury in a semifinal or final match where the score is tied at the moment of the accident and neither athlete are able to continue in the contest, the result shall be determined by random pick.



SECTION 13

WALK-OVER AND WITHDRAWAL

SECTION 13

WALK-OVER AND WITHDRAWAL

13.1 The decision 'win by walk-over' shall be given by the MR to any contestant whose opponent doesn't appear for his match after he has been called 3 times over at least 3 minutes.

13.2 The decision 'win by withdrawal' shall be given by the MR to the contestant whose opponent withdraws from the competition during the match.

SECTION 14

INJURY, ILLNESS AND ACCIDENT

SECTION 14

INJURY, ILLNESS AND ACCIDENT

14.1 In every case when a match is stopped because of injury to either or both contestants, the MR may permit a maximum time of 2 minutes to the injured contestant(s) for rest. The total rest per contestant in each match shall be 2 minutes.

14.2 The injury-time starts and finishes on the command of the MR.

14.3 If one of the contestants is unable to continue, the MR will make a decision after considering the following:

14.3.1 When the cause of the injury is attributed to the injured contestant, the injured contestant shall lose the match.

14.3.2 When it is impossible to attribute the cause of the injury to either contestant, the injured contestant shall lose the match.

14.3.3 When the injury is caused due to a prohibited action by the uninjured contestant, he shall be disqualified and lose the match.

14.4 When one contestant is taken ill during the contest and he is unable to continue, he shall lose the contest.

14.5 The offcial doctor is to decide whether the injured contestant may continue or not.

14.6 If a contestant loses consciousness or if they black out, the fight must be stopped. The contestant will not be allowed to compete for the remainder of the day.

14.7 When one of the athletes alleges to be suffering from muscular cramps, the opponent shall be declared the winner of the match.

14.8 When an athlete vomits or loses control of basic bodily functions, with involuntary urination or bowel incontinence, during the fight or before the MR announces the result, he shall lose the contest.

SECTION 15

HYGIENE

SECTION 15

HYGIENE

15.1 Nails must be trimmed and short.

15.2 Long hair must be tied up.

15.3 In case of skin presenting injury, rash or some disease, the doctor must be informed, and he has the final say on whether the athlete can participate in the competition.

15.4 Outside the match area, athletes must use footwear.

15.5 Gis must be clean and dry, having no odor.

**The MR can stop the match at any time and request for the athletes to complete these requirements.*



SECTION 16

UNIFORMS/FURTHER REQUIREMENTS

SECTION 16

UNIFORMS/FURTHER REQUIREMENTS

16.1 Each athlete shall have the opportunity to step on the weighing scales until the end of the weighing time at each event.

16.2 Athletes are allowed to weigh in without knee or elbow braces, but they must wear them at the time of the GI inspection.

16.3 Patches may only be affixed in authorized regions of the GI, as depicted in the illustrations below. They must be of cotton fabric and properly seamed. All patches unseamed or in unauthorized regions of the GI will be removed by the GI inspectors.

16.4 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 embroidered) and have a maximum area of 36 square centimeters.

16.5 Use of any foot gear, head gear, hair pins, jewelry, cups (genital protectors), or any other protector fashioned of hard material that may cause harm to an opponent or the athlete himself is forbidden.

16.6 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.

16.7 The athlete (male and female division) not wearing undergarment will be disqualified of the match.

16.8 In the male divisions, a stretchy or elastic shirt under the GI is optional. In the female divisions it is mandatory. No cotton or synthetic (polyester) T-shirts are allowed.

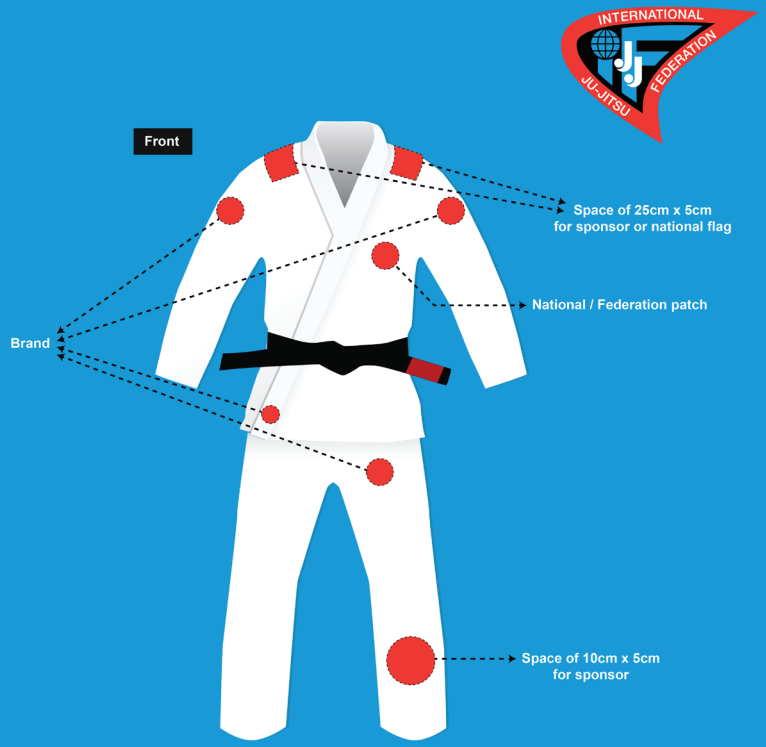
16.9 Measurement requirements for Jiu-Jitsu Gi are in the 3rd illustration below.

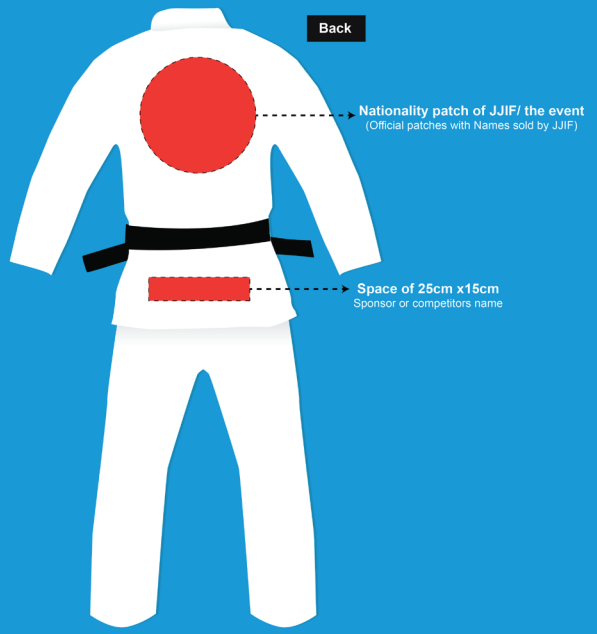
16.10 Measurement requirements for the Jiu-Jitsu Gi are on page 67.

16.11 Uniform requirements for NO GI competitions:

• Rash Guards: Men and women are required to wear a skin tight shirt that covers the torso and reaches the waistband of the shorts. This shirt must be mostly red or mostly blue. Competitors are requested to attend the competition with both colors of shirts.

• Shorts: Shorts must be at least to the mid-thigh in length (not exceeding 15 cm from the knee) and must not pass the knee. Shorts may have pockets, but the pockets must be sewn shut and without buttons, exposed drawstrings, and plastic or metal zippers. Compression pants that fit tightly on the skin are permitted under the shorts. All Shorts and tights must be mostly black.

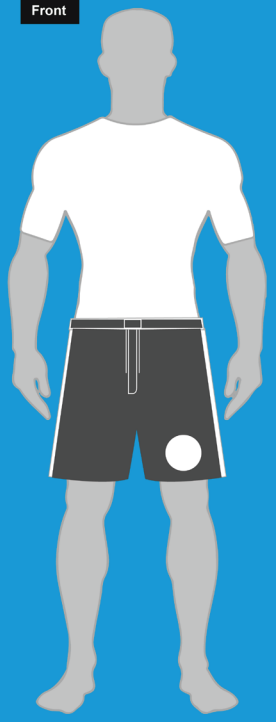




Generalities:

- **The "sponsor area" must not be used for religious or political statements.**
- **The "sponsor" must fit with the ethics of Budo and sports** (no discrimination, no Alcohol, no Tobacco,…).
- **The "personal sponsor" cannot be in competition with official JJIF sponsors.**
- **Only official equipment suppliers of JJIF are allowed on sponsor areas** (additional to the brand areas).
- **Only the name of Competitor can be placed at the backside of the belt.**
- **In *IWGA World Games* and *Sport Accord World Combat Games* NO Advertising is allowed.**
- **Only the brand of Equipment can be placed at the "brand" positions.**

Front



NO-GI
uniform policy

- UNIFORM POLICY FOR NO GI TOURNAMENTS.

- RASHGUARD MUST BE MOSTLY RED OR MOSTLY BLUE, NEVER MIXING BOTH COLORS.

- BACK SIDE MUST BE RESERVED TO NATIONALITY .

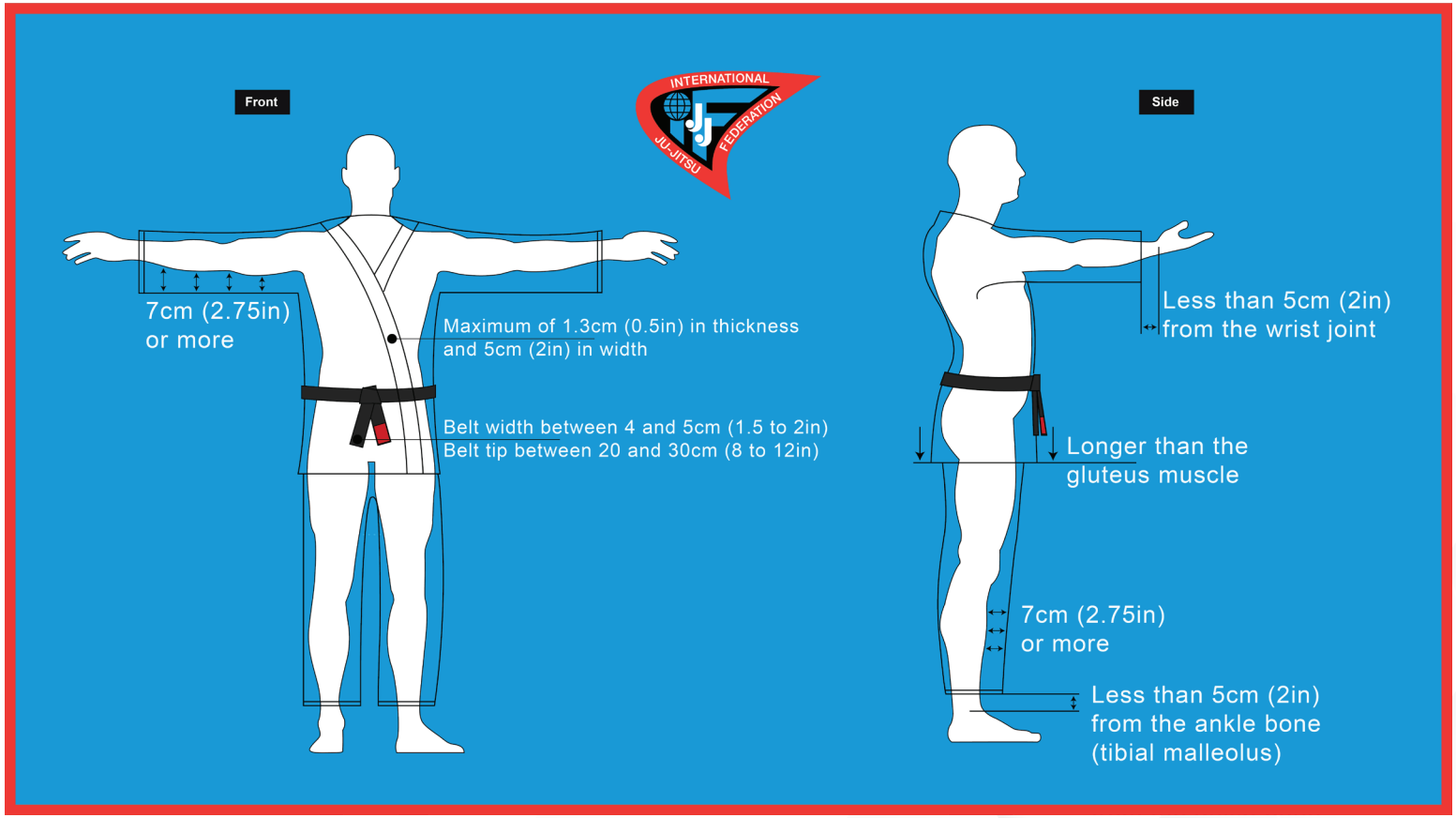
- SHORTS MUST BE BLACK, OR SAME COLOR OF THE RASHGUARD. NO POCKETS, BUTTONS OR ZIPER. NO LONGER THAN THE KNEE AND COVERING MORE THAN HALF OF THE THIGHS .

- COMPRESSION SHORTS ARE NOT ALLOWED.

- ELASTIC FABRIC PANTS AS ALLOWED UNDER THE SHORTS FOR FEMALE AND MALE DIVISIONS. MUST BE ALL BLACK.

Side




Front
INTERNATIONAL
JU-JITSU
FEDERATION
7cm (2.75in)
or more
Maximum of 1.3cm (0.5in) in thickness
and 5cm (2in) in width
Belt width between 4 and 5cm (1.5 to 2in)
Belt tip between 20 and 30cm (8 to 12in)
Side
Less than 5cm (2in)
from the wrist joint
Longer than the
gluteus muscle
7cm (2.75in)
or more
Less than 5cm (2in)
from the ankle bone
(tibial malleolus)

SECTION 17

COMPETITIONS WITH BELT DIVISIONS OR LEVELS

SECTION 17

COMPETITIONS WITH BELT DIVISIONS OR LEVELS

In competitions with belt divisions or levels divisions, the organizer, following the JJIF statutes and guidelines, must respect the rules content in this page and the table at page 37.
The rules mentioned below will not be used in Elite World Ranking events.

17.1 Belt Divisions

17.1.1 It is illegal for white belts, beginners and all under 16 years-old divisions, to jump into a closed guard position or attempt any flying submissions in the standing position. If an athlete attempts such moves, the MR will stop the match, give a penalty to the offending athlete and restart the match with the athletes in the standing position in the center of the mat.

17.1.2 In the U16, athletes are not permitted to place the head on the outside of the opponent's body when shooting (attempting) a single leg takedown. If an athlete attempts such a takedown, the MR will stop the match and restart the fight with the athletes in the standing position in the center of the mat. No penalty points will be given.

17.1.3 If it is proven that an athlete is a black belt in judo, or has participated in freestyle or Greco-Roman wrestling or has fought MMA as a professional or amateur, he shall not be permitted to compete in any tournament in the white belt or beginner divisions.

17.2 Level Divisions

17.2.1. Adults, Masters and U18

17.2.1.1 Novice: 6 months total grappling experience
17.2.1.2 Beginner: 6 months to 2 years total grappling experience
17.2.1.3 Intermediate: 2 years to 5 years total grappling experience. BJJ blue belts are intermediate
17.2.1.4 Expert: 5 years or more of total grappling experience. BJJ purple, brown and black are experts

17.2.2. Children and Teens U16

17.2.2.1 Novice: up to 6 months total grappling experience. Submissions are not allowed for U12.
17.2.2.2 Beginner: 6 months to 1 year total grappling experience
17.2.2.3 Intermediate: 1 year to 2 years total grappling experience
17.2.2.4 Advanced: 2 years to 3 years total grappling experience
17.2.2.5 Expert: 3 years or more of total grappling experience
17.2.3 Total grappling experience includes, but not limited to experience in wrestling, BJJ, Judo, Sambo, etc

17.3 Next grade (level or belt) will be imposed by JJIF on all athletes who achieves any of the following:

- Got first place in a World Cup
- Three times medalist in a Continental Cup
- Three times medalist in an international event
- Two times first place in an international event

Table of Permissible/Prohibited Techniques

According to age, belt and level progression

Age Divisions	U12	U16	X	X	U+18/18	X	Techniques
Level Divisions	Novice	Novice Adults All Kids	Beginners	Intermediate	X	Expert (No Gi)	
Belt Divisions	U12	U16	All White Belts and All Belts (U18)	Blue and Purple Belts (18+)	Brown and Black Belts (18+)	X	
1	X						Submission stretching the legs apart
2	X	X					Choke with spinal lock
3	X	X					Straight foot lock
4	X	X					Forearm choke using the sleeve (Ezequiel)
5	X	X					Frontal guillotine choke
6	X	X					Omoplata
7	X	X					Triangle (pulling head)
8	X	X					Arm triangle
9	X	X	X				Lock inside the closed guard with legs compressing kidneys or ribs
10	X	X	X				Wrist lock
11	X	X	X				Single leg takedown while the attacking athlete has his head outside his opponent body
12	X	X	X	X			Biceps slicer
13	X	X	X	X			Calf slicer
14	X	X	X	X			Knee bar
15	X	X	X	X			Toe hold
16	X	X	X	X	X	X	Slam
17	X	X	X	X	X	X	Spinal lock
18	X	X	X	X	X		Heel hook
19	X	X	X	X	X		Locks twisting the knees
20	X	X	X	X	X		Knee reaping
21	X	X	X	X	X	X	Scissor takedown
22	X	X	X	X	X		In straight foot lock, turning in the direction of the foot not under attack
23	X	X	X	X	X		In the toe hold, applying outward pressure on the foot
24	X	X	X	X	X	X	Bending fingers backwards
25	X	X	X	X	X	X	Grab the opponent's belt and throw him to the floor on his head when defending a single leg situation while his opponent's head is on outside of his body
26	X	X	X	X	X	X	Suplex takedown technique, landing with the opponent's head or neck on the ground

SECTION 18

AGE, WEIGHT CATEGORIES AND FIGHTING TIME

SECTION 18

AGE, WEIGHT CATEGORIES AND FIGHTING TIME

18.1 Age Categories and Fighting Time

The following age categories and fighting times are recognized by the JJIF:

Masters	Older than 35 years	5 minutes
Adults (18+)	Older than 18 years	5 minutes
U18+) 21 – 21)	20/19/18 years old	5 minutes
U16+) 18 – 18)	17/16 years old	4 minutes
U14+) 16 – 16)	15/14 years old	3 minutes
U14 (12+ – 14)	13/12 years old	3 minutes
U10+) 12 – 12)	11/10 years old	3 minutes
U8+) 10 – 10)	9/8 years old	1.5 minutes

Competitors will reach the age in the present year (from 1st of January to 31st December).
A competitor can participate in only one age category in the same tournament. Even if the categories are on different days, but within the same event, the same athlete cannot compete in both age categories.

18.2 Weight Categories for Individual Competitions

The following weight categories will be utilized in the World Championships and competitions held under the auspices of the JJIF for the individual disciplines.

Male				Female			
Adults	U21	U18	U16	Adults	U21	U18	U16
							-32 Kg
			-38 Kg				-36 Kg
			-42 Kg			-40 Kg	-40 Kg
		-46 Kg	-46 Kg	-45 Kg	-45 Kg	-44 Kg	-44 Kg
		-50 Kg	-50 Kg	-48 Kg	-48 Kg	-48 Kg	-48 Kg
-56 Kg	-56 Kg	-55 Kg	-55 Kg	-52 Kg	-52 Kg	-52 Kg	-52 Kg
-62 Kg	-62 Kg	-60 Kg	-60 Kg	-57 Kg	-57 Kg	-57 Kg	-57 Kg
-69 Kg	-69 Kg	-66 Kg	-66 Kg	-63 Kg	-63 Kg	-63 Kg	-63 Kg
- 77 Kg	- 77 Kg	-73 Kg	-73 Kg	-70 Kg	-70 Kg	-70Kg	63+ Kg
-85 Kg	-85 Kg	-81 Kg	73+ Kg	70+ Kg	70+ Kg	70+ Kg	
-94 Kg	-94 Kg	81+ Kg					
94+ Kg	94+ Kg						

An athlete may not be registered in more than one weight category, (i.e. the category to which he/she belongs or the one immediately higher.)

18.3 Weight Divisions for children events

For children categories (U14, U12 and U10), JJIF recommends to the JJNO to use the following divisions. Recommendations about children events are given in the document regulation for youth.

Male			Female		
U14	U12	U10	U14	U12	U10
-30 Kg	-24 Kg	-21 Kg	-25 Kg	-22 Kg	-20 Kg
-34 Kg	-27 Kg	-24 Kg	-28 Kg	-25 Kg	-22 Kg
-38 Kg	-30 Kg	-27 Kg	-32 Kg	-28 Kg	-25 Kg
-42 Kg	-34 Kg	-30 Kg	-36 Kg	-32 Kg	-28 Kg
-46 Kg	-38 Kg	-34 Kg	-40 Kg	-36 Kg	-32 Kg
-50 Kg	-42 Kg	-38 Kg	-44 Kg	-40 Kg	-36 Kg
-55 Kg	-46 Kg	-42 Kg	-48 Kg	-44 Kg	-40 Kg
-60 Kg	-50 Kg	42+ Kg	-52 Kg	-48 Kg	40+ Kg
-66 Kg	50+ Kg		-57 Kg	48+ Kg	
66+ Kg			57+ Kg		


JJAU
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