

CONTACT JU JITSU COMPETITION RULES



Version 2.0

Valid from 01.05.2019





History of this document

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Version	Changes	Effective from
1.0	Initialization	September 1 st ,2015
2.0	Changes by the congress 2018	May 1 st , 2019

Table of contents

History of this document	1
1. Generalities.....	3
2. Categories	4
3. Competition Dress Code	4
1.1 Mandatory protective and safety gear	5
4. Duration of a bout	6
5. Permissible number of bouts.....	7
6. Weight in.....	7
7. Bout Rules	7
1.2 Positions of participants	7
1.3 Course of the Bouts	7
1.4 Throwing & Sweeping Techniques	8
1.5 Chokes and Painful Submission Techniques.	8
1.6 Strikes and Simulated (Imitation) Strikes.....	8
1.7 Result and Evaluation of a Bout.....	9
1.7.1 Pure Victory.....	9
1.7.2 Victory by the First Effective or Active Technique.....	11
1.7.3 Victory by Referees' Decision.....	11
1.7.4 Victory by Withdrawal, Removal or Disqualification.....	11
1.7.5 Victory by Intentional Evasion of a fight by the opponent.	12
1.8 Evaluation of Contestants combating near the limit of the Contest Area.....	13
8. Prohibited / forbidden techniques.....	13
9. Reprimands and warnings.....	15
10. Announcement of a bout results	16

1. Generalities

The contest of Ju-Jitsu is a competition between two athletes or teams of athletes with the intention of one's victory over the other, in accordance to the current rules and regulations as set forth by the JJIF Contact Ju-Jitsu Technical Commission.

Contact Ju-Jitsu is a dynamic and innovative combination of basic Ju-Jitsu techniques as predominantly used in the Fighting System, Jiu Jitsu/Ne-Waza System and some of the techniques used in the Duo System, permitting non-stop and full contact combination of techniques to secure a victory over an opponent within a defined time limit, with close attention paid to ensure the safety of each athlete and fair play.

Athletes are allowed to use all permissible Contact Ju-jitsu techniques as well as no-contact (simulated or imitation) techniques, to secure victory over an opponent. Ju-Jitsu techniques incorporating the hands, elbows, knees, legs shin and feet are permitted. Punches, Kicks, Elbow Strikes, Knee Strikes, Throws, Sweeps, Locks, Pins, Grappling Manoeuvres, Takedowns, Chokes and Submission Holds are permitted

All the above techniques may be permitted, as per the prevalent 2019 JJIF Contact Ju-Jitsu regulations, subject to adequate care being taken by the combatants to avoid infliction of any kind of intentional injury to each other, when either in a vertical standing position or when on the horizontal ground position.

As per the current rules, use of all Jiu Jitsu /Ne-Waza System techniques, Fighting System techniques and some techniques used in the Duo System including all permissible punches, strikes and kicks and throws and all permissible grabbing or pulling or twisting of designated target areas of the opponent's body or his Ju-Jitsu Gi are permitted in the Contact Ju-Jitsu events.

Pressure point techniques, chokes and strangulation holds, locks, pins and submission techniques may be used as long as they do not target prohibited areas and do not bring about intentional serious injuries to the opponent and are used only as a means to counter a technique or for inducing submission.

The designated and permissible Target Areas in a Contact Ju Jitsu event are the Head (excluding the back of the head), the Neck (for Choke Holds only), Arms, Shoulder, Back area (excluding the Spinal Area and Kidneys area), Arm and Leg Joints Abdomen, Chest and the Rib Cage area. Elbow Strikes to the unprotected area of the face (without helmet protection) are forbidden.

Full contact kicks and punches and strikes to the head and torso are allowed whilst both contestants are in a standing position only.

Deliberate strikes, kicks and other forms of Intentional attacks or throws targeting the Neck (other than for executing Choke holds), Back of the Head, Throat, Spine, Kidneys, Groin, Genitals, Anal region, Knees, Elbow joints, Ankle Joints, Fingers and Toes, and all vital organs are forbidden.



2. Categories

The categories, as defined in the JJIF Organization and Sporting Code 1.3.2.1 shall be applied.

3. Competition Dress Code

All Contact Ju Jitsu contestants shall be attired in a JJIF homologated Ju-Jitsu Gi in white colour or in blue colour as stated hereunder, which must be clean and in a good condition as described in the organization and sporting code in Section 1.4.

Additionally, contestants shall also wear a red or blue JJIF approved helmets (head protectors) along with red or blue JJIF approved Contact Ju-Jitsu gloves and red or blue JJIF approved shin and instep protectors as detailed hereunder.

Coating the skin with any kind of substance or taping the hand and wrist, or the use of gauzes or bandages or any kind of protective materials without the authorization of the Tournament Doctor is forbidden.

The Uniform Control Referees must ensure that all the contestants are attired in the requisite uniform and protective gear as per approved JJIF standards PRIOR to their entry to the contest area.

1.1 Mandatory protective and safety gear

All Contact Ju Jitsu athletes must ensure their personal safety and protect themselves in all bouts by wearing JJIF homologated Contact Ju-Jitsu protective gear as under:

Mouth Guard (Gum Shields) to protect the teeth:



Groin Guards (Jock Strap) Soft Cup Type (For MALE Competitors):



Chest Protectors as inner wear (For FEMALE Competitors OPTIONAL)



Head Protectors in Red and Blue to Match the Belt



JJIF Contact Gloves: In Red and Blue Colour as per Belt (Open Palm Grappling Type Gloves of minimum 6-8 oz weight with elastic straps with NO bandaging wrapped on the hands.)



JJIF Shin and Instep protectors (Slip On Type) in Red or Blue as per Belt.



4. Duration of a bout

The duration of a Contact Bout for Adult Athletes shall range from two (2) minutes to a maximum bout time of five (5) minutes as under:

- **Preliminary Bouts:** Two (2) minutes and one (1) additional “Golden Minute” (If so determined by the decision of the Mat Referee)
- **Semi Final and Final Bouts:** The (3) minutes + (Maximum two (2) Additional Golden Minute Bouts. The 1st Golden Minute as may be determined by the majority decision of the Mat Referee and the side referees. The 2nd Golden minute is awarded in consensus with Chief / Deputy Chief Referee.

It is essential that between two successive bout events, a minimum recovery time of 20 minutes, shall be given to the concerned contestants.

The bout time / clock starts immediately upon the first announcement of the Mat Referee instructing the contestants to commence the bout using his voice command “Fight”.

The bout time is stopped whenever the Mat Referee’s gestures and announces Stop, and such stoppages are not included in the set time of any bout.

The contestants do not have any right to leave the contest area during a bout, without the Mat Referee’s specific permission. If so required, a contestant may leave the contest area only as per the Mat referee’s instruction.

In any preliminary bout event, if the Mat Referee determines that there is no score or that there is an equal point draw after the end of the set time, then the Mat Referee has the authority to grant an additional bout time of ONE Golden Minute to these contestants, so as to enable either one to score an effective technique or gain a score or gain a penalty point advantage

If there is still no effective technique executed or an advantage gained by either contestants even in the Golden minute, the winner is then determined by the unanimous simultaneous decision of the Mat Referee and the Two Side Referees or by majority decision of the referees (by announcing SCORE), based on or has been more active or more superior in the golden minute only.

If any semi-final or final contact bout results in an equal point or no point draw at the end of the set time, the Mat referee in due consultation with both the Side Referees, (majority decision), may award an additional time of 1 Golden minute and in case there is still no point scored during the first Golden minute, a SECOND Golden Minute may be awarded subject to approval of the Chief or Deputy Chief Referee.

In the event that the result is still a draw even after awarding the second Golden Minute, victory shall then be awarded on the basis of whichever contestant is determined to have applied the first effective technique or gained a winning score or gained a penalty point advantage in the last Golden Minute of the bout.

If there is no effective technique or point or penalty point advantage gained by either contestant, even in the second Golden Minute of the semi-final or final bout, the winner is then determined by the unanimous decision of the Mat Referee and the Two Side Referees (by announcing SCORE) or by majority decision of these referee's subject to consensus of the Chief or the Deputy Chief Referee, based on their ruling on which ever contestant has been determined to have been more active or more superior in the final golden minute.

An athlete is entitled to a maximum medical attention per bout of 3 minutes Only. In the event that any athlete may need more than the allotted medical attention time, then he / she will be deemed as disqualified from the bout by the Mat Referee, due to medical reasons

5. Permissible number of bouts

If a Contact Ju-Jitsu tournament has a duration of 8 hours in a day, the number of bouts per contestant cannot be more than 8 bouts in that day.

If the tournament lasts more than one day, the maximum number of bouts for one contestant cannot exceed 5 bouts per day.

Rest-time between successive bouts for any individual contestant should be no less than 20 minutes on each occasion.

6. Weight in

The weigh-in of all contestants shall be performed according to the organization and sporting code Section 3.5

7. Bout Rules

1.2 Positions of participants

- “Standing” – position of a contestant is defined as when he touches the contest area with his feet only (stands on feet).
- “Laying” or “Ground” – position of a contestant is defined as, when he touches the contest area with any part of his body other than with his feet

1.3 Course of the Bouts

Contestants start the bout by facing each another in the middle of the contest area, approximately two meters apart. The contestant with the, Red Helmet, Red Gloves Red Belt stays on the Mat Referees (MR) right side. At the sign of the MR the competitors will make a standing bow first to the referees and then to each other.



Once the Mat Referee announces the command “Fight”, the bout will start in the standing position. The bout clock stops whenever the MR announces STOP.

The contestants can control and change between different positions, but they must each be active.

1.4 Throwing & Sweeping Techniques

A sweep and a throw are defined as an technique applied which by a contestant which results in his opponent losing balance and falling onto the contest area, touching it with any part of a body other than his feet, i.e. finds himself in “laying” or “in a Ground”-position.

A Throw is also defined as an action wherein a defending contestant intercepts and counters an initiative of the opponent and throws his opponent changing the character and flow of the opponents fall

Any throw or sweep that may cause injury the head neck or spinal column of the joints of the arm or leg and knee of the opponent is forbidden

1.5 Chokes and Painful Submission Techniques.

A painful submission Technique is a hold or lock of a leg or the arm or the ankle or the hand of the opponent, allowing the attacker to perform a painful bending (levering) such as an arm bar or leg bar, or rotation of a joint (knot) leg lock, arm lock, ankle lock or the pinching of tendons or muscles (pressure point attack) and forcing the opponent to submit by tapping out or by crying out

Strangulation or Choke Techniques are defined as mechanically applied restriction of breathing and blood-circulating system by way of tightening or squeezing the opponent’s neck and blood vessels thereof, resulting in a submission by tapping out or by signalling surrender or by loss of consciousness.

1.6 Strikes and Simulated (Imitation) Strikes

Strikes are techniques performed by either the Leg, Foot Knee or Hand or Elbow on permitted target areas of the body.

Only accurate strike techniques (with dynamic application and proper torque, duly executed at proper distance) which cause the loss of equilibrium in the extra time or which cause the inability on a contestant to continue the bout more than 3 seconds, are counted as effective techniques.

Imitation or Simulation of a strike is counted as an effective technique only on the basis of its accurate targeting and execution, its preciseness with dynamic application and proper torque, at the proper distance (with the opponent being pinned on the ground). It is mandatory that the Imitation Strike is contactless with the body and directed into an

undefended surface on the mat. In case opponent manages to recover and counter the strikes, the imitation strike is also not considered as effective

Simulated or Imitation of a hand or elbow strike is counted only in cases when attacker is in balanced position on his knees, and the defendant is pinned in a ground position and the opponent targets the mat area adjacent to the head or face and the strike does make contact with the opponent's head or face

Imitation strikes are NOT permitted when the opponent is on the ground position and the attacker is in the standing position.

1.7 Result and Evaluation of a Bout

The result of a bout can be either victory of one of the contestants and defeat of the other, as well as defeat /disqualification of both participants.

For an ordinary Contact bout (without Golden Minute), the Mat Referee does not award any points for any effective strikes or kicks or takedowns or pins, unless the said techniques result in a submission or knockdown or knock out or an effective simulation.

1.7.1 Pure Victory

Pure Victory is awarded to a contestant as under:

- For executing a successful Submission or a Choke Hold or a Knock Out;
- In the event of an obvious predominance of one of the participants;
- In the event of a withdrawal or disqualification of one contestant;
- In the event that a bout cannot be continued¹
- For executing contactless simulation of strikes targeting mat area near the head with pinned control of the opponent on the ground, if the opponent is unable to protect themselves from attack inflicted.

Choke Holds are counted as Pure Victory if the contestant being choked gives a signal of surrender (taps out) or loses his consciousness.

A Submission Technique is counted as Pure Victory, in case one of the contestants who is being subjected to a submission hold such as an arm bar or a leg lock, gives a signal of surrender (tap out), indicating his inability to continue with the bout.

A surrender signal or a Tap Out is given by a double tap with hand or foot to the contest area or on the opponent's body or on one's own body. Any outcry of a contestant when being subjected to a painful submission technique or when being choked is considered as surrender signal.

A Knock Out (KO) is counted as a Pure Victory in the event that one of the participants is knocked down or disorientated and fails to rise up from the mat or is unable to continue

¹ due to refusal, nonappearance of a contestant, or the withdrawal of a contestant by the Tournament Doctor or by the Athletes representative; or by due to an athlete exceeding the 3 minutes medical attention time



with the bout after five 5 seconds of being knocked down or disorientated due to an effective strike, kick, throw or any other permissible technique.

Any Athlete that suffers a knockout and cannot continue with a bout after the mandatory 5 second count, will NOT be eligible to compete in any other Bout of the Tournament and would be subject to continued close medical observation.

A first Knock Down (KD) is an effective technique and occurs when the defendant falls to the ground or is disorientated due to a strike or throw or any other permissible technique, BUT is then able to rise up or is able to continue with the bout within the 5 seconds count. The second knock down in the same bout is however counted as Pure Victory, if one of the participants as a result of a strike, throw, or any permissible technique falls down or is disorientated for a second time and is unable to continue rise up or continue with the bout within a 3 second count.

Any Athlete that suffers a second knock down and cannot continue with a bout after the mandatory 3 second count, MAY NOT be eligible to compete in any other Bout of the Tournament and would be subject to continued close medical observation.

Any strike that inadvertently results in an open or gaping wound on the opponent shall automatically be deemed as a Technical Knock Out (TKO). Any intentional attempt to cause any such wounds shall result in immediate disqualification of the attacker.

Any athlete that suffers a gaping would and is deemed by the Referee as cannot continue with the bout, MAY NOT be eligible to compete in any other Bout of the Tournament and would be subject to continued close medical observation.

A clear superiority or predominance of one contestant over the other, is considered as Pure Victory - If during the course of the bout one of the contestants demonstrates a loss of desire to continue with the fight or does not defend himself against the opponents attack or does not respond or resist painful hold for more than five seconds, the Mat Referee will then stops the fight and award his opponent a Pure Victory due to obvious predominance.

Simulation (Imitation) Strikes - If during the bout, the attacker pins the opponent to the ground and as a result of the pin the opponent is not able to protect his head nor change his body position, and if the opponent executes three successive contactless imitation strikes with his fist or elbow, with proper distance and torque, targeting a space on the mat near the head or face of the opponent, then this simulation is counted as a Pure Victory.

NOTE : Any strike (imitation or otherwise), which makes contact to the spine or any prohibited area or any strike with the knees or elbow to the head or face in the ground position or any strikes which makes contact to the head or face whilst being pinned, will result in immediate disqualification of the participant.

Imitation strikes are not counted as effective -if the opponent is actively using legs or hands, torso or limbs to counter the attacker and the pin is not effectively applied and is countered or if the strikes are not executed with proper torque

Any defendant who gets knock down by an opponent outside the contest area or is forced outside the contest area by the opponents throws or strikes shall be punished by the issuance of a penalty. Pushing the opponent outside the contest area with both hands is not considered as a strike and the attacker may be penalized by a penalty.

1.7.2 Victory by the First Effective or Active Technique.

Victory can be awarded at the end of the set bout time (in case of no pure victory) on the basis on effective techniques executed during the additional Golden Minute, immediately upon the execution of the first Effective Technique.

An Active or Effective Technique is defined as:

- A strike resulting in unbalancing or destabilising the opponent;
- An amplitude throw on the back, with a separation of two feet on the mat from the attacker.
- A throw which makes the defendant fall on his back on mat for more than 3 seconds
- Not responding to or not resisting or countering a long-lasting attack;
- Ousting or driving the opponent outside the area by series of strikes or throws;
- By imitation strikes while pinning n controlling the rival on the mat;

1.7.3 Victory by Referees' Decision.

In case the winner is not determined after the end of bout time and even after the end of additional time, each referee shall then individually and simultaneously determine the winner of the bout by their overall evaluation of the bout, based on the activity of each participant, their physical preparation and by the quality of the attacking and defending techniques executed. Consensus of the Chief Referee/ Deputy Chief Referee is required for declaring the result of any Final Bout based on majority Referees Decision.

1.7.4 Victory by Withdrawal, Removal or Disqualification.

A contestant may be withdrawn, removed or disqualified from a bout by the decision of Chief Referee / Deputy Chief Referee and at the same time granting Pure Victory to the other contestant in cases as under:

- In case of one participant deliberately or repeatedly going beyond contest area or by executing any action prohibited by the Rules.
- in case one contestant cannot continue with the bout due to the Tournament doctor's conclusion due to any injury that may have been incurred in course of a bout

- In case medical attention time exceeds the permissible cumulative time of 3 minutes per bout
- for nonappearance at the contest area within 2 min. after the first summons;
- for non-readiness for a combat within 2 min. after the first summons (absence of the necessary uniform or protective gear);
- after getting two penalties and is liable to get the third penalty/ disqualification, subject to the unanimous decision of the Mat Referee and Both Side Referees or if the majority decision of the Referees is supported by Chief Referee.

Participant is to be withdrawn from tournament by decision of chief referee, if he cannot continue taking part in tournament by doctor's advice due to sickness or injury or gaping wound, incurred in the course of a bout.

A contestant may be removed / withdrawn or disqualified from a tournament by the decision of the Chief / Deputy Chief Referee for cases as under:

- for rude and unethical behaviour towards a rival athlete, or any other participant, or to any referees or member of the audience,
- for refusal to perform tournament rituals, greeting a rival or incorrect performance of a greeting;
- for repeatedly executing any prohibited techniques, or which results in an opposing athletes' injury which makes it impossible for that opponent to continue taking part in tournament (by conclusion of a doctor);
- for nonappearance for a bout;
- for lying to referees or trying to deceive any official

If BOTH contestants simultaneously break the Competition Rules and are subject to disqualification, then both of them are deemed losers by the Mat Referee.

1.7.5 Victory by Intentional Evasion of a fight by the opponent.

Evasion of a fight is defined as when:

- A contestant intentionally exits the limits of the contest area during bout either from standing or laying positions so as to evade an attack;
- Falsely turning to Tournament doctor for medical aid with the deceptive aim to rest, recover, etc.;
- Use of grips only for defending, without any real attempts to attack;
- Intentional "dragging out the time" – disarranging uniform or protective gear of participant, time wasting in adjusting of uniform or gear, etc.

Contestants who are removed from any final Bout for the evasion of fight, are deprived of medals.

1.8 Evaluation of Contestants combating near the limit of the Contest Area.

A contestant is deemed to be “Outside of the Contest area” position as under:

- When one of the contestants in “standing” position has stepped over the limit of the contest area with both feet;
- When the body of one of the participants in laying (ground] position moves over the limit of the contest area.
- In the course of a bout “outside of the area” position is as determined by the Mat referee, and if in any disputable moments - it is by the majority decision of the Side referees and the Mat Referees

If any contestant is found to be in the “outside of the Contest area” position, they are then moved back to the middle of the contest area by command of the Mat referee and they are then ordered to resume combat from standing position. Contestants are NOT to stop the bout any anytime without the specific command of the Mat Referee, even if they are at the limit edge of the Contest Area

Any technique which started in an “outside of the area” position shall not count as a valid technique

A throw that started in the Contest area is counted in case even if ended “outside of the area”.

Submission Holds, Locks, Imitation strikes and choke holds, which started in the contest area are permitted to be executed and are considered valid even if concluded outside the area, provided one of the contestants is still touching the surface of the contest area with any part of his/her body.

8. Prohibited / forbidden techniques

In a Contact Ju-Jitsu contest, it is totally prohibited for any contestant to execute any of the following forbidden and illegal techniques:

- Throw an opponent on his head; pile driving or spiking the head or a suplex throw or execute a throw grabbing the head with both hands (without grabbing a hand or uniform of the athlete being attacked);
- Perform any dangerous throws such as the Kani Basami (flying scissors throw]

- intentionally hold or suppress an opponent's eyes or hold the mouth or nose
- scratch, bite, pinch, gauge, fish hook any part of the body;
- twist or bend the neck or backbone backwards;
- press the head, body and throat with the elbows and knees;
- clutch, press on or set arms and feet against groin and to the face (between eyebrows and mouth)
- Grab or twist the fingers, hair, ears;
- perform "lever" on the knee or ankle or bending the leg against the angle of its natural bend;
- perform painful or suffocating motion with a jerking motion;
- wrap the belt end I around any part of a rival's body
- intentionally creep away to exit the contest area or to push out a rival;
- Strike the genitals, groin and anal region, spine, vital organs, the parietal area (back of the head), and the joints against the natural bend;
- perform pokes and strikes with the fingers, palm, edge of a palm, open glove, head butt into face or eyes;
- Strike the head with a knee or elbow or foot from "laying" ground position;
- kick an opponent whilst in the "laying" ground position.
- Pounding the opponents head to the Mat
- An intentional high and hard body slam
- Striking the opponents open face with elbow Strikes
- Choking an opponent neck with bare hands, fingers or by using only the forearm
- Striking an opponent when his Protective Gear is removed or has come off

In case referees do not notice the execution of any prohibited technique by one of the contestants, the opponent is allowed to give a signal by voice or gesture that such a forbidden technique is being applied to him. False or deceptive alarms by any athlete are prohibited and are punished as a forbidden action.

The following actions are also considered as forbidden actions:

- Refusing to comply with the Mat Referees orders or commands
- Clutching the edge of the mat whilst in the contest area limit;
- Intentionally disarranging the uniform, taking off or throwing away any part of the protective gear or uniform, or tying the belt or trying to bring the uniform into order, without the Mat Referee's specific permission;

- Chatting between the contestants or with the coach or others during the bout

9. Reprimands and warnings

Depending on the degree of seriousness of violation of the Competition Rules, the Mat Referee shall sequentially issue to offender the first caution (oral reprimand), the first penalty, the second penalty and then the disqualification subject to consensus. It is mandatory for the penalized or reprimanded athlete to bow to Mat referee upon receiving each reprimand or penalty or even disqualification.

The Mat Referee has a right to issue “oral caution or reprimand” to a contestant for executing any actions or technique, which might lead to breach of the rules.

The number of oral reprimands is not fixed and does not impact the outcome of a combat.

A penalty is issued to a contestant by the Mat Referee for any considerable breach of the Competition Rules or for repeated violation after getting the “oral reprimand”.

- Violation of the Rules, which deserve an oral reprimand, or a penalty or which might result in disqualification / removal of a participant from a bout or from the tournament are as under:
 - Tardiness in presenting oneself at the Contest area after summons;
 - All types of evasions of fight (according to these Rules) and other forbidden actions
 - Any breach of discipline or code of conduct;
 - Chatting with the other contestant or a coach during the bout;
 - Shouting tips, accompanied by unethical behaviour of any representative, coach or other participants of the team, situated near the area,
 - Refusal to Comply with the Mat Referee Orders
 - Unethical Behaviour

For tardiness in presenting oneself at the contest area for over than 30 sec. after the first summons a participant gets reprimand, for over 1 min. late – 1st Penalty.

For being late for more than 1 minute the 2nd Penalty is issued. For being late over 2 minutes, the contestant is Disqualified from the bout by consensus of the Mat Referee and Side Referees.

In case participant, who is being subjected to a submission or choke or a pin, intentionally creeps outside the contest area’s limits, he is then immediately punished for intentional exit outside of the contest area’s limits with first, second penalty or withdrawal from a combat.

10. Announcement of a bout results

Announcement of a bout result winning by knockout, submission, choke hold techniques or in terms of obvious predominance is announced as follows: In this bout the winner the fighter with red or blue belt (last name and Winner's Nation).

In case of withdrawal, disqualification, refusal or nonappearance of an opponent the outcome of the bout is announced as follows: In this bout preterm winner is fighter with red or blue belt (last name and winner's Nation).

In case of winning by referees' decision: In this combat the winner by referees' decision is fighter with red or blue belt (Last name and winner's Nation).