

# CONTACT JU- JITSU COMPETITION RULES

Version 4.2 *Project Phase*

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## Responsible

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## History of this document

Version	Changes	Effective from
1.0	Initialization	September 1 <sup>st</sup> , 2015
2.0	Changes by the congress 2018	May 1 <sup>st</sup> , 2019
3.0	Adaption from Contact Ju-Jitsu committee Safety measures	June 1 <sup>st</sup> 2020
3.1	Typo Errors and all references to Simulation Strikes Removed	15 <sup>th</sup> May 2021
2022 / 2023 Evolving Project Contact 2017 and Contact 2023		
4.0 Contact 2023	Contact Ju-Jitsu Rules 2023 Head Impact Free and AIMAG	February 2 <sup>nd</sup> 2023
4.1	World Cup 2023 Rules	22 <sup>nd</sup> May 2023
4.2	Event and seminar experience included	1 <sup>st</sup> June 2023



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## 1 Generalities

The contest of Ju-Jitsu is a competition between two 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 Committee.

Contact Ju-Jitsu is a dynamic Ju-Jitsu competition style that uses striking technics, throwing technics and ground technics. The goal is to defeat your opponent by TKO (Technical Knockout, as there are no strikes allowed to the head), submission or decision based on dominance.

The 2023 "HEAD IMPACT FREE" rules are the safe progression from JJIF fighting system to full contact fights.

The rules set "CONTACT JU- JITSU 2017 AIMAG evolution" are designed for experienced and adult athletes only, as it includes the possibility of Knock outs by head impact.

## 2 Categories

The categories defined in the JJIF Sporting Code 3.2 shall be applied.

### 3 Competition Dress Code<sup>1</sup>

All Contact Ju-Jitsu competitors shall be attired in a JJIF homologated Ju-Jitsu Gi in white color or in blue color, which must be clean and in good condition as described in the JJIF Sporting Code

Additionally, contestants shall also wear a red/white or blue JJIF approved protective gear as detailed hereunder.

The Uniform Control Referees must ensure that all the competitors are attired in the requisite uniform and protective gear per approved JJIF standards before entering the contest area.

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

#### 3.1 Mandatory protective and safety gear

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

<p>Mouth Guard (Gum Shields) to protect the teeth are not mandatory but are recommended</p> 	<p>Groin Guards (Jock Strap) Soft Cup Type (For MALE Competitors)</p> 
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<sup>1</sup> During the Project Phase and test events different colors of Gi and equipment can be accepted by the organizing committee. The competitors must wear red and blue belts to determine the judging.

<p>Chest Protectors as innerwear (For FEMALE Competitors OPTIONAL)</p> 	<p>JJIF Shin and Instep protectors (Slip OnType) in Red or Blue as per Belt</p> 
<p><b>AIMAG 2017 rules</b></p> <p>JJIF Contact Gloves: In Red and Blue Color as per Belt (Open Palm Grappling Type Gloves of <b>minimum 6-8 oz</b> weight with elastic straps with NO bandaging wrapped on the hands.)</p> 	<p><b>HEAD IMPACT FREE rules</b></p> <p>JJIF Contact Gloves: In White and Blue Color as per Gi color (Open Palm Grappling Type Gloves of <b>minimum 4 oz</b> weight with elastic straps with NO bandaging wrapped on the hands.)</p> 
<p>Head Protectors in Red and Blue to Match the Belt</p> 	<p>No head guard</p>

## 4 Referee Uniform

Referee Uniform must be according to the JJIF Referee Rules.

It is recommended that the Mat Referee and Side Referees must also wear thin latex gloves (disposable surgical gloves) in skin color or black color whilst officiating in the contest area as protection when in contact with the athletes.

## 5 Duration of a bout

The duration of a Contact Bout for Adult Athletes is three (3) minutes:

If, after 3 minutes of fighting, the competitors are equal in all areas, then the Mat Referee will add one (1) minute extra time to determine the winner.

It is essential that between two successive bout events, a minimum recovery time of 15 minutes shall be given to the competitors.

The time starts immediately after the first announcement of the Mat Referee using his voice command "Fight".

The time is stopped only whenever the Mat Referee tell the table to stop the time (in case of injury, when a kimono is broken, or in several other possible situations). In all other cases, the time continues.

An athlete is entitled to a maximum medical attention per bout of 2 minutes Only. If any athlete may need more than two (2) minutes of medical time, they will lose the bout as they are considered unable to fight anymore due to medical reasons.

## 6 Weigh-In

The weigh-in of all competitors shall be performed according to the JJIF sporting code

## 7 Bout Rules

### 7.1 Positions of participants

- STANDING – position of a competitor is defined as when he touches the contest area with his feet only (stands on feet).
- LAYING or GROUND– a competitor's position is defined as when he touches the contest area with any part of his body other than his feet.

### 7.2 Course of the Bouts

The Mat Referee shall be situated in the center of the contest area and will lead the fight and makes sure that the fighters will fight according to the rules.

The judges will take place at the scoring tables.

When the Mat Referee announces a reprimand, penalty or any disqualification, the subject competitor shall bow in acceptance towards him.

If one competitor must exit the contest area to secure medical attention (for medical assistance and control), the remaining competitor stays at his position turns around. The competitor is not allowed to talk to his coach during this

time. His coach can give him advice, but there cannot be any dialogue between the fighter and the coach.

The mat referee and calls the competitors to enter the tatami. Competitors start the bout by facing each another in the middle of the competition area, approximately two meters apart. The competitor with the Red Belt, Red/Black Gloves, and Red/Black Shin protection stays on the Mat Referee’s right side. At the sign of the Mat Referee, the competitors will make a standing bow first to the referee 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 only when the Mat Referee announces STOP TIME to the table. In all other cases, the time keeps running.

As long as the competitors are active, they can move between standing and ground technics. When they are not active, the MR will decide to get the fight going again in Standing position in the center of the mat. A warning for passivity shall be given to the fighter blocking the progression of the fight.

If the referee needs time to confirm the result at the end of the bout he shall send the athletes to their before the result gets announced, both competitors shall bow to each other and then bow to the Mat Referee.

## 7.3 Result and Evaluation of a Bout

The fight can be ended when one of the fighters wins by

1. TKO (Technical Knock Out),
2. Submission
3. Active domination
4. Decision.
5. Disqualification through penalty
6. Injury or doctor's decision

### 7.3.1 TKO

AIMAG 2017 rules	HEAD IMPACT FREE rules
<p>TKO by Knock Out: The athlete gets Knocked down and cannot recover within the count of 5 seconds</p> <p>TKO by 2 times Knock Down (KD): A Knock Down is an effective technique forcing the competitor to stop fighting. When the opponent kneels down after an allowed atemi technique or another strong attack forcing him to kneel. Knock Down is as well considered when the opponent cannot fight back and gets</p>	<p>TKO: Technical Knock Out:</p> <p>When the opponent kneels down after a liver-shot, front-kick, low-Kick or another strong attack on the body forcing him to kneel.</p> <p>When the opponent cannot fight back and gets too many punches, the referee must stop the fight and declare a Knock Down</p>

too many punches, the referee must stop the fight.

A fighter who loses a fight because of a TKO **can NOT** continue fighting in the next fight.

A fighter who loses a fight because of a TKO **can** continue fighting in the next fight.

### 7.3.2 Submission

Submission by chokes or locks: A competitor who is in a lock or being choked gives a signal of surrender (Tapout or Verbal Tapout) or loses consciousness<sup>2</sup>.

Escaping the contest area under a severe submission attack is regarded as submission as well (not valid for technical correct escapes).

### 7.3.3 Active Domination

Is to win if the opponent is not able to keep up or avoiding the fight

- by leaving the mat (not able to stand his/her ground)<sup>3</sup>
- by passivity
- by delaying the fight<sup>4</sup>

A competitor avoiding the fight will be

1. warned first time.
2. The second time he receives an official penalty (minus one point)
3. The third foul will lead to declaring the opponent winner

### 7.3.4 Victory by Decision:

- The three Judges count every effective throw or take-down, every effective punch or kick and every submission attempt. The most active fighter will win the fight at the end of the fight. The Decision will be held in a 10:9 System.

### 7.3.5 Victory by the penalty See 7.5 and 7.6

### 7.3.6 Victory by medical issue from the opponent

- Suppose medical attention time exceeds the permissible cumulative time of 2 minutes per bout. The opponent will be declared the winner.
- The Doctor decides stoppage of a fight<sup>5</sup>.

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<sup>2</sup> A competitor who lost consciousness is not allowed to continue fighting in the tournament

<sup>3</sup> Does not include stepping out the mat due to an impact of a opposing technique

<sup>4</sup> Intentionally disarranging the uniform, taking off or throwing away any part of the protective gear or uniform, untying the belt or trying to bring the uniform into order without the Mat Referee's specific permission

<sup>5</sup> The injured athlete of this bout cannot continue the tournament

## 7.4 Illegal Techniques

- Strikes to the genitals, groin and anal region, spine, vital organs, and the parietal area (back of the head)
- Kicks and knee techniques from standing to ground / kneeling position are not allowed (Drop Kicks)
- Headbutts are not allowed

AIMAG 2017 rules	HEAD IMPACT FREE rules
<p><b>On the ground</b> there are no head shots allowed at all.</p> <p>Elbows and knees <b>to the head</b> are not allowed.</p>	<p>There are no head shots allowed at all. Not standing and Not on the ground.</p> <p>Elbows are not allowed.</p>

## 7.5 Disqualification situations:

- Any intentional use of forbidden techniques will lead to immediately disqualification.
- When a competitor injures the opponent with any forbidden techniques, it means immediate disqualification.
- Heel hooks, both inside and outside.
- Knee reaping and outside twisted Foot locks
- It is not allowed to apply any lock on the spine at all. A lock applied in such a way that it puts stress on the spine will lead to disqualification.
- It is not allowed to make slams higher than the belt in standing position and higher than the shoulder line in ground position<sup>6</sup>.
- It is not allowed to make intentional kicks to the knees. An intentional kick to the knee will lead to disqualification.
- Throw an opponent on his head; pile driving or spiking the head or a suplex throw or execute a throw by headlock. (Grabbing the head with both hands without grabbing a hand or uniform of the athlete being attacked);
- Grab or twist the fingers, hair, and ears.
- Scratch, bite, pinch, gauge, fish hook any part of the body.
- for refusal to perform tournament rituals, greeting a rival or incorrect performance of a greeting;
- Disrespectful, rude and unethical behavior towards a rival athlete, any other participant, or to any referee or member of the audience will lead to disqualification and can be sanctioned beyond the competition.

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<sup>6</sup> Example: That means that when a competitor lifts the opponent higher than his belt to escape an armbar and slams him on the tatami, it will lead to disqualification. Slams where the opponent's body does not exceed the height of the competitor's belt are allowed and are seen as a way to escape the armlock.

## 7.6 Fouls: warning -> Penalty -> DQ:

- Unintentional illegal Techniques
  - Put your hand in the face (eyes, nose, mouth) of your opponent.
  - Refusing to comply with the Mat Referees' orders or commands.;
1. A competitor committing a light foul will be warned one time.
  2. The second time he receives an official penalty (minus one point)
  3. The third foul will lead to disqualification

## 7.7 Competition Area:

The referee can replace the fighters in the same position in the center of the mat when he has to stop the fight for leaving the competition area.

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

Any technique that started “outside of the area” position shall not be valid.

Submission Holds, Locks, 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 their body.

## 7.8 Other situations:

Situations not covered by these rules will be by the Referee / Organizing committee. These decisions are final.