



# **INTERNATIONAL BRAZILIAN JIU JITSU FEDERATION**

## **RULES AND REGULATIONS OF JIU-JITSU THE SPORTS CHARTER**

**J**iu-jitsu is an ancient martial art and a complete form of self-defense. The origins of Jiu-Jitsu are controversial. It was first attributed to India, then China, Japan, and finally to Brazil in the early 20th century where modern adaptations were applied to make it superior to all other styles of Jiu-Jitsu. Sport Jiu-Jitsu allows athletes to demonstrate their technical abilities as well as their physical and psychological preparation with the goal of rendering their opponent into submission and thereby ending the match. Sport Jiu-Jitsu is therefore an exciting spectator sport which is rapidly growing in popularity. Valid moves are awarded points and submission is achieved by the application of techniques that succeed in immobilizing the opponent in order to strangle or to apply pressure to the joints (locks) so that the opponent concedes the match. Illegal techniques include striking with the hands, feet, elbows or head, biting, hair pulling, twisting fingers or toes, sticking fingers in the eyes or nose, and striking the opponent's genitalia. A kimono (Gi) constructed of sturdy cotton fabric and fitted according to regulations is worn during competition. In "No-Gi" competition, the competitors wear shorts and shirts according to specific regulations.

Ethical behavior is what gives the sport credibility and safety and is essential for the promotion of Jiu-Jitsu. Because we endeavor for Jiu-Jitsu to become part of the Olympics Games, we must make every effort to ensure that Jiu-Jitsu is a viable, safe and modern sport with precise, clear and enforceable regulations. Well-organized competition is the lifeline of the sport. However victory will not be granted at any cost; fair play and sportsmanship are the guiding principles. These rules and regulations are the sports charter. They contain the information required for Jiu-Jitsu competitions and for all those involved: athletes, coaches, teachers, directors, officials and spectators. We share the responsibility to implement the rules and regulations in a fair and consistent manner and in doing so we will reach our goal of making Jiu-jitsu an Olympic sport.

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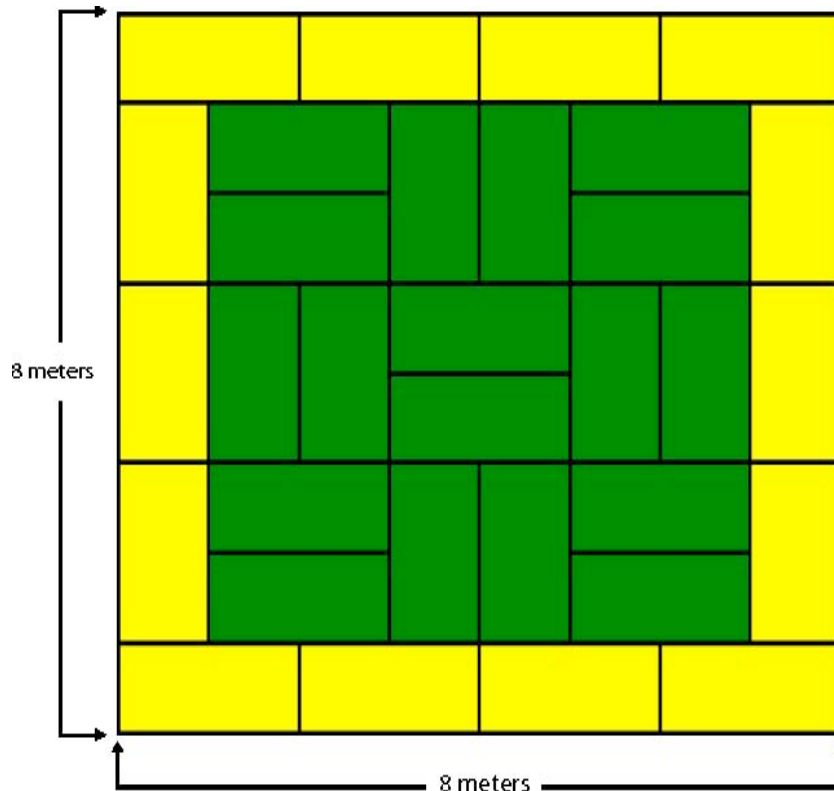
## ARTICLE 1 - OFFICIAL COMPETITION AREAS

The mat area will be surrounded by a protective barrier to keep other athletes, coaches and spectators from encroaching onto the competition mat and disrupting the competition. The distance between the protective barrier and the edge of the competition mat shall be at least 2 - 3 meters. There shall be a single officials table inside this barrier at the side of each competition mat where the time keeper and score keeper shall be seated. There shall be a small waiting area at the edge of each mat designated for the two competitors who will compete next following the current match.

Finally, there will be a designated area within the confines of the security barrier to provide space for organizers, referees, medical personnel, security personnel and the competition disciplinary committee. Only personnel who have an official function in the competition are allowed inside the competition area. Any other unofficial persons found to be inside the dedicated competition area may be disqualified (competitors) or removed from the competition (coaches).

## CONFIGURATION OF COMPETITION AREAS

Each competition area must be composed of a minimum of 8 x 8 meters (64 square meters). For championship matches, a competition area of 10 x 10 meters (100 square meters) may be provided if space allows. The mat area will be divided into two distinct areas distinguished by their color. The inner competition area shall contain at least 18 tatames (mats 2 meters in length by 1 meter in width) of a single color, and the outer safety area will be comprised of 14 tatames of any other single color but different than the competition area. When two or more mat areas are adjoining, a common safety area may be used. Additional safety mats can be used outside the mat area of at least 1 meter or as deemed necessary.



## ARTICLE 2- EQUIPMENT and OFFICIALS

### OFFICIAL'S TABLE

Each designated mat area shall have its own official's table that directs and coordinates the conduct of each match. The official's table is reserved for time keepers, score keepers and announcers.

#### A. Chairs and tables

The official's table is placed in front of each competition area for the best visibility of the match and has chairs for the score keeper, timer and note taker or announcer. Adjacent to the official's table is a chair reserved for the Technical Director. No one may obstruct the view of the referee, officials and spectators. Persons at the official's table are not permitted to converse with the competitors or their coaches during the match.

**B. Score board:** For each competition mat there are two scoreboards, one for each competitor, or a single electronic board situated on the table in a position easily viewed by the referee, score keeper and spectators.

**C. Stopwatches:** Stopwatches or timing clocks are compulsory for each mat to keep track of the duration of the matches. If an electronic timing clock is used a manual timer must be used simultaneously to ensure accuracy.

**D. Time Signal:** A loud bell or electronic beeper and/or visual device (belt) should be used to clearly signal the end of the match.

#### E. Brief Description of Official Duties:

1. The **Technical Director** oversees the referees, implementation of the IBJJF rules and the general operation of the competition.

2. The **Time Keeper** provides an accurate timing of each match and starts and stops the match according to the referee's instructions.

3. The **Score Keeper** tabulates all points according to the referee's instructions.

The scorekeeper must pay particular attention to the hands signals of the referee and the corresponding wrist bands. The yellow wrist band awards points or penalties to the corresponding athlete which will be indicated on the score yellow board, the white wrist band awards point and penalties to the corresponding athlete and will be indicated on the white score board.

4. The **Note Taker** takes notes of each match so that in the event of a scoring disagreement, the notes may resolve the issue.

5. The **Announcer** calls the names of competitors, belt and weight divisions and other announcements as required.

6. The **Gi Inspector** verifies that the competitors' Kimono (Gi) or (No Gi ) is correct for material, color, position of patch's, condition and fit and meets any other the requirements.

7. The **Weigh-in Official** verifies that each competitor is the correct weight for his/his division and verifies the personal identity and age of the competitor according to his/her category.

8. The **Disciplinary Committee** is comprised of the Technical Director and 2 senior referees. This committee, in extraordinary circumstances for championship matches, may over rule an incorrect decision by a referee.

9. **Security and Medical staff** will be designated as required and supervised by the Technical Director of the competition.

## **ARTICLE 3 - REFEREEING**

### **AUTHORITY**

#### 3.1 – Referee’s Authority

3.1.1 – The referee is the highest authority in a match.

3.1.2 – The referee’s ruling on the result of each match is uncontestable.

3.1.3 – The referee’s ruling on the result of a match may only be changed under the following circumstances:

- If the score on the board has been misread;

- If the athlete declared as the winner submitted his/her opponent using an illegal hold previously unnoticed by the referee.

3.1.4 – To change the ruling on a match result, the following conditions should be observed:

- The referee can consult the event’s director of refereeing, but the final decision as to whether to change a result is the referee’s decision.

( - The director of refereeing should consult the event’s center table regarding how the bracket has progressed and )

The decision to overturn the results may only be authorized if the bracket has not progressed to the next stage.

In no case shall a videotape recording be used to reverse a referee’s decision.

#### 3.2 – Refereeing Format

3.2.1 – The organizers of the tournament may opt to appoint three referees for a single match whenever they deem it necessary. ie semi finals or finals.

- In this case, two corner referees shall be seated in chairs placed at opposing corners of the match area.

- The corner referees bear / have the same powers as the center referee – and all or any points, advantage points or penalty points awarded must be confirmed by at least two of the three referees.

- Should there be a consensus between the corner referees and the center referee, the corner referees shall remain seated in the chairs at the corners of the match area.

- Should there be a conflict of opinion with the center referee, the corner referees should stand up and signal for points, advantage points or penalty points to be awarded or subtracted, using gestures predefined in this rule book.

- Should there be a discrepancy between all three referees on points to be awarded for the same move, the intermediary decision shall count (eg, when one referee awards a guard pass, the second awards an advantage point and the third asks that points be subtracted, the advantage point shall be recorded on the scoreboard).

- In the event of a match ending in a draw, the center referee should maintain his/her position with the players at the center of the mat, the corner referees should remain in their seats, they will then determine the result of the match by signaling with their arms which of the two athletes they consider to have won the bout, the center referee will then make the final decision awarding the match to the athlete based on mutual agreement with the corner referees.

Competitors must follow the rules and regulations when competing or observing matches.

Competitors must show sportsmanship, etiquette and respect to the referees, all other officials and competitors. Disrespectful or foul language and physical gestures will not be tolerated. Failure to abide by the rules can lead to instant disqualification and medals may be withheld. Such disqualifications are not subject to review by the disciplinary committee. Coaches, teammates and spectators are bound by the same rules of conduct. Disrespect and abuse of the referee and or failure to respect his/her decisions, can lead to eviction from the competition venue. No coach's, teammate, parent or spectator can cross the safety barriers and steps onto the mat area.

## **SITUATIONS NOT COVERED BY THE RULES**

Any decision that cannot be determined by the rule manual will be left to the referee's discretion. The referee may briefly consult with another referee and/or the Technical Director before rendering a final decision. The time keeper and scorers for each match assist the referee with regard to timing and sequence of the events. In cases where a referee shows he is incapable to continue because of obvious errors, the Technical Director has the authority to replace him. The referee shall remove himself at any time where his objectivity may be questioned. For example, one of the competitor's is a student of the referee, a friend or family member. The referee shall not referee any matches in the division he is also competing in.

## **UNIFORM OF THE REFEREE**

The referee shall wear a black collared shirt or T-shirt and black pants and socks, or otherwise conform to the dress code of the competition organizer. The referee will wear a colored armband on his right arm.

## **PRIMARY FUNCTIONS OF THE CENTRAL REFEREE**

### **3.3 – Referee Duties**

3.3.1 – It is the referee's duty to summon the athletes into the match area to initiate the match.

3.3.2 – It is the referee's duty to do a final check to be sure requirements – such as attire, hygiene, etc. – are being met. Should an athlete not meet any of the requirements, it is the referee's duty to determine whether the requirement can be met within a designated amount of time.

3.3.3 – It is the referee's duty to position the athletes in the match area prior to the match.

- Points awarded to the athlete on the referee's right shall be signaled using the referee's right arm, distinguished from the left arm by a green and yellow armband, indicating the points should be marked on the green and yellow section of the scoreboard.

- Points awarded to the athlete on the referee's left shall be signaled using the referee's left arm, which does not bear an armband, and the points will be marked on the uncolored section of the scoreboard.

3.3.4 – It is the referee's duty to position the athletes according to the color of their gi's.

- Should both athletes be wearing gis of the same color, the first athlete summoned shall be positioned on the referee's right and be provided a green and yellow belt for identification, to be worn in addition to the belt already fastened around his/her waist.

- Should one athlete be wearing a white gi and the other a blue or black gi, the athlete in blue or black shall be positioned on the referee's right.

- Should one athlete be wearing a black gi and the other athlete a blue gi, the athlete in blue shall be positioned on the referee's right.

3.3.5 – It is the referee's duty to call a start to the match.

3.3.6 – It is the referee's duty to intervene in a match when he/she deems it necessary.

3.3.7 – It is the referee's duty to make sure the athletes fulfill their obligation to compete within the match area.

- When 2/3 of the athletes' bodies are outside the match area in a stabilized position on the ground, the referee should call a stop to the match and, noting the position of each athlete, restart the match at the center of the match area with the athletes in positions identical to those they were in at the moment of stoppage.

- When 2/3 of the athletes' bodies are outside the match area standing or in a non-stabilized position on the ground, the referee should call a stop to the match and restart the two athletes on their feet at the center of the match area.

- When an athlete has a submission hold in place in the outlying safety area, the referee should not interrupt the match.

- When an athlete has a submission hold in place and the opponent defends legitimately by moving to outside the outlying safety area, the referee should call a halt to the match and restart it in the center of the match area with the athletes in the standing position. In this case, when the referee deems it clearly apparent the athlete under attack initiated the movement that led to exiting the match area, he/she shall signal for 2 (two) points to be added to the score of the athlete performing the submission hold, as described in item 3.1.1

3.3.8- It is the duty of referees overseeing under-12-years-old-division matches to protect the athlete's spinal column by positioning themselves behind the child when lifted off the ground by the opponent, as in the case of a triangle or closed guard.

3.3.9 – It is the referee's duty to signal every or any penalty, advantage or point scored by each athlete.

3.3.10 – It is the referee's duty to caution or disqualify athletes.

3.3.11 – It is the referee's duty to call for medical attention in the match area.

3.3.12 – It is the referee's duty to call an end to the match upon reaching regulation time.

3.3.13 – It is the referee's duty to announce the result of the match.

3.3.14 – It is the referee's duty to raise the arm of the winner of the match and only that of the winner, even in the event of two athletes from the same academy coming to an agreement designating the result of the match.

Additionally it is the referee duty to ensure the safety of the players at all times, he /she must be alert to chokes causing unconscious, joints locks that may cause danger to the players, illegal techniques, and playing out of bounds.

## **Other Duties:**

### **1. Safety of the competitors is the primary responsibility of the referee**

The Central Referees are active participants in the matches they officiate, moving constantly to be in the best position to prevent accidents, positioning themselves between the competitors and potential sources of injury (tables, unpadded floors, and so forth), paying close attention to the match, and otherwise anticipating safety threats to the competitors. The referee may stop a match and award a submission victory when there is a correctly and completely applied joint lock that will result in immediate, serious injury and the opponent caught in such a lock is not applying a credible defense. The referee acts in the safety of the athlete and the decision is final.

**Example 1:** If the competitors are moving outside the competition area, the referee will ensure he is in a position to protect the athletes from going off the mat area, even if a lock is applied.

**Example 2:** During children's matches the referee must ensure he is in position to protect the children and will stop the match if there is any risk of danger of injury.

### **2. Fair and consistent application of the rules**

The referee must ensure the fair and consistent application of the IBJJF rules. The referee must know and understand the rules and make every effort to apply them in a consistent manner.

### **3. Ensure an atmosphere of sportsmanship and discipline prevails**

The referee must work to ensure an atmosphere of sportsmanship prevails at the competition. Referees must be attentive, courteous and professional at all times. They should be prepared to briefly explain the rules and their application to competitors who may not understand a decision. Referees should never engage in arguments, disputes or heated discussions with competitors or their coaches, friends or spectators. Referees like competitors must set an example for the sport.

In high-speed rapid situations the referee must pay attention to which athlete initiated the attack and where it ended, awarding points or penalties based on the sequence of events.

## **Position of competitors**

### 3.4 – Competitors

#### **Gi Colors**

Only all Blue, all White or all Black Kimonos (Gi) are approved. No mixed colors or other patterns (i.e. camouflage) are allowed. When the competitors' Gi is of the same color the referee will give one competitor a green and yellow belt to wear for identification. This competitor shall remain on the right hand side of the referee to begin and end the match. The competitor shall also wear his belt reflecting his rank in addition to the yellow and green belt. In No Gi competition, one or both competitors shall wear a colored band on his right ankle.

**Example 1:** If one competitor is wearing a blue or black Gi and the other is wearing a white Gi, the one with the colored Gi will stand on the right hand side of the referee.

**Example 2:** If one competitor is wearing a black Gi and the other competitor is wearing a blue Gi, then the competitor wearing the blue Gi will stand to the right side of the referee. There are no exceptions.



## **MATCH COMENCEMENT**

Before beginning the match the referee will quickly examine the competitor's clothing and physical condition. Competitors with torn or bloody kimonos, wearing a rash guard under the Gi, or with visible sores or skin infections will not be allowed to compete.

The referee will take a moment to verify that the mat and the official's table (timer and score keeper) is in order before starting the match. The referee shall stand in the middle of the mat facing the official's table. The referee shall confirm that both competitors are ready and are in the correct position facing each other. The competitors shall shake hands and begin the match from the standing position.

Once the competitors are in position after shaking hands or bowing, the referee will start the match from the standing position by saying **"COMBATE"!** (**Combat**).

During the course of the match the referee or persons at the scoring table (scorekeepers, Times Officials) cannot converse with the competitors. Only the referee may give verbal commands and instructions to the competitors. The competitors may not to speak to the referee, unless it is to concede the match or to inform the referee of an injury.

## **LOCATION**

During the match the referee will ensure the competitor's safety and direct the competitors to compete in the center of the mat. If the competitors move into the safety area of the mat while the match is still standing the referee will call **"PAROU"** (**stop**) making the required gesture and immediately making the **"T"** signal to stop the time, the competitors will return to the center of the mat. The referee will then restart the match saying **"Combat"** and making the gesture. When competitors move off the mat while ground fighting the Referee will call **"PAROU"** and make the gesture, then immediately make the **"T"** signal to stop the time. The competitors will hold their position without moving. The competitors will then be instructed to move towards the center of the mat and, when both competitors indicate their readiness, the match shall be restarted from the same position. The same situation will happen when 2/3 of a competitor's body is on the safety area at the edge of the mat. In case the referee is unable to physically move the competitors back to the center of the mat, the competitors will instructed to stand and walk back to the center and continue from the same position. The referee will then make the gesture and call **"COMBATE"** to restart the match. The competitors must accept the directions given by the referee. Failure to do so constitutes a technical foul and leads to a sequence of penalties. The referee will not allow any interference from outsiders during the match. Only the medical team side referees or the Technical Director will be allowed on the mat.

If the position is unable to be defined i.e. the final position and sequence is difficult to reset the match will restart standing.

## ARTICLE 4

### 4.4 – Referee Gestures and Verbal Commands

4.4.1 – Referees shall use an array of gestures and verbal commands to communicate with the athletes and table officials during the match. Hereunder the gestures and verbal commands are listed according to match circumstances.

Match Circumstances	Gesture	Verbal Command
Summon athletes to match area	Arms raised to shoulder height and bent at 90-degree angle with palms of hands facing inwards, motioning by extending arms and returning to initial position	
Start of match	Arm extended forward and then dropping to point vertically toward the ground	COMBATE (com-ba-tchee)
Match stoppage, end of match, and timeout	Arms open and raised at shoulder height	PAROU (pa-row)
1st Warning for lack of combativeness	Elbows pointing forward at chest height with hands holding forearms followed by arm corresponding with athlete being warned pointing diagonally towards ground	LUTE (lu-tchee)
2nd Warning Further warning for lack of combativeness	Elbows pointing forward at chest height with hands holding forearms	LUTE (lu-tchee)
<b>Penalty</b>	Arms parallel at chest height making circular motion in the air followed by arm corresponding with penalized athlete being raised to shoulder height with clenched fist.  Awarding of two points to the competitor who is not penalised,	-----

Disqualification	Arms over head with forearms crossed and fists clenched followed by arm corresponding with disqualified athlete pointing to athlete's belt and raising the arm of the winning competitor	-----
Advantage	Arm corresponding with athlete to be awarded advantage point extending parallel to mat with hand open and palm facing downwards at shoulder height	-----
2 (two) points: takedown, sweep, and knee on belly	Hand of arm corresponding with athlete to be awarded points raised and pointer and middle fingers extended.	-----
3 (three) points: guard pass	Hand of arm corresponding with athlete to be awarded points raised and pointer, middle, and ring fingers extended.	-----
4 (four) points: mount and back mount	Hand of arm corresponding with athlete to be awarded points raised and pointer, middle, ring, and pinkie fingers extended.	-----
Point deduction	Hand of arm corresponding to the athlete to be deducted points waved with open palm at shoulder height.	-----
Announcement of match result	Arm of winning athlete raised while facing judges' table and the arm of losing athlete held downwards.	-----
Direct athlete to re-adjust gi	Arms crossed downwards at waist height and indicating with extended arm pointing towards athlete's belt.	-----
Direct athlete to re-tie belt	Hands at waist level simulating tightening of knot on imaginary belt and indicating by extending arm and pointing to athlete's waist.	-----

## **TIME**

Match time limits are as per Article 12 Match duration.

The timekeeper will determine the end of the match and immediately notify the referee with an auditory and/or visual signal. Points, advantages and penalties can only be awarded for events that occurred within the match time limit. The only exception is when a serious foul has been committed after the match has ended. If the referee has inadvertently awarded points after the time has been called the time keeper will advise the referee and the points will be removed.

**Exception 1:** In the case of a properly executed takedown that is in progress (in midair) when time expires, the competitor will still be awarded two points.

**Exception 2:** An advantage will be awarded if time expires when a competitor has achieved a scoring position but 3 seconds have not passed or while attempting a submission lock that was not completed. This must be awarded before the winner is announced.

**Exception 3:** If the match is a draw, the referee will determine who was the most dominate competitor (based on submission attempts, attempts to execute techniques, time spent in the top guard position or based on showing technical superiority) and will then award an advantage at the end of the match to decide the winner.

## **MATCH CONCLUSION**

At the end of the match the referee and the competitors will return to the starting position. The referee shall require the competitors to straighten their kimonos, shake hands and then present the winner to the official's table and audience with a raised hand.

## **DISTANCE OF SPECTATORS**

The referee must ensure that no persons can risk or harm the competitors or interfere with the match. This includes photographers, spectators, coaches and staff. All persons must remain behind the safety barrier and at least two meters away from the edge of the mat or as determined by the event organizers.

## CHAMPIONSHIP MATCHES WITH THREE REFEREES

In championship matches and wherever possible there may be three referees.

The two side referees shall sit outside the mat area at the corners facing each other with both feet placed on the ground. The side referees have equal authority as the central referee who directs the match.

All referees can call points, advantages and penalties. However, a side referee may only signal a score, advantage or penalty after it is apparent that the central referee will not make the call. The side referees must not preempt the central referee. The side referees shall signal their intentions by standing and maintaining the appropriate gesture until a common decision has been determined. Side referees must also ensure the scoreboards reflect the score given by the central referee. The central referee may stop the match by calling “**PAROU**” if he wishes to confer with the side referees to determine a match point.

A discussion is required only if one side referee sees something not visible to the other two referees. In case of a draw the central referee can ask the side referee for their judgment.

After points are scored the central referee shall visually cross check with the side referees.

When one or both of the side referees disagrees with a call of the center referee, the following criteria are applied.

1. Awarding points, penalties and advantages. “Majority rule applies”

**Example:** If one side referees calls an advantage but the central referee and the other side referee make no call. The side referee shall sit down and no advantage shall be awarded according to “majority rule”.

2. When three referees are divided on a call, the decision will fall between the three calls.

**Example:** The central referee awards 3 points for a guard pass while one of the side referees awards an advantage and the third referee awards no points or advantages.

The call will be an advantage, as this is the decision that falls between the two extremes.

If the athletes are competing in close proximity to the side referee he must remove himself and his chair promptly so as not to endanger the athletes.

## ARTICLE 4 - SCORING

The scorekeeper will record the referee's gestures on the scoreboard.

The table will have two official scoreboards (one for each competitor) or one electronic board with white, yellow and red cards for scoring points, advantages and penalties, respectively. The referee's gestures will reflect the points scored by the competitors. Therefore, score keepers must be familiar with the gestures of the referee and have knowledge of the rules. Scores must read exactly what the referee dictates and can only be altered under the direction of the referee.

### SCOREBOARD

The scoreboard is made up of the following points for the corresponding positions.

4 points: Mount, back control, back mount (white cards)

3 points: Passing the guard (white cards)

2 points: Takedowns, sweeps and knee on the belly (white cards)

1, 2...: Penalties (red cards)

1, 2, 3. Advantages (yellow cards)

4	3	2	1	1
mount ----- back control	Passing the guard	Take downs ----- sweeps ----- knee on the belly	penalties	advantages

## HOW TO READ THE SCORE BOARD

**If no submission occurs**, the referee first looks for the points given to each competitor to decide the winner.

**When points are scored**, the competitor with the highest number of points wins.

**When the point scores are even**, the referee will then look at the advantages given. The competitor with the most advantages will win.

**When both points and advantages are even**, the referee will then look at the number of penalties. The competitor with the least number of penalties will win. If the number of penalties is even or no scores are recorded, the referee will decide the winner. There can be no draws.

## ARTICLE 6 – MATCH CONCLUSION

There is never a draw. Matches will be decided by:

6.1- SUBMISSION

6.2 - POINTS

6.3- ADVANTAGES

6.4- PENALTIES

6.5- DISQUALIFICATION

6.6- REFEREE STOPPAGE / UNCONSCIOUSNESS / INJURY / WITHDRAWL

6.7 - REFEREE DECISION

6.1 SUBMISSION: A submission occurs when a technique forces an opponent to admit defeat as indicated by:

6.12: Tapping with the hand against his opponent or the floor in a visible manner.

6.13: Tapping with his feet on the ground (if he is unable to use his hands).

6.14: Requesting verbally to the referee that the fight be stopped.

6.15: Requesting that the fight be ended if the competitor is injured or is physically unable to continue.

6.17: The referee may award a submission victory in a situation where there is a correctly applied joint lock that will result in serious injury and where the opponent caught in the lock is not applying a credible, technical defense. The referee acts for the safety of the competitor and the decision is final.

6.18: If a competitor who is caught in a submission hold vocalizes in any way (yells, screams or calls "Ai") this is considered a submission and the match will be awarded to the other competitor

6.19: If a competitor correctly applies a submission hold and his opponent intentionally moves off the mat to avoid the submission, the referee shall stop the match and award the victory by submission.

Example a competitor caught in a triangle carries the person outside the competition area to avoid the submission.

6.10 : The referee may end the fight when one of the competitors is injured or the medical staff decide he is unable to continue. The victory will be given to the opponent as long as the injury was not caused intentionally by conduct worthy of disqualification.

6.11 :When the competitor requests that the match be stopped because he/she is experiencing muscle or stomach cramps, it will be considered a submission.

## **6.20 POINTS**

6.21: Positive Points are awarded in ascending order.

Points are awarded for the successful application of specific techniques that result in positions of dominance and control.

6.22 :With the exception of takedowns where the opponent lands with his /her back or side on the ground, points are awarded once positions are stabilized, the adversary is unable to move, or voluntarily stops moving, in other words **the athlete accepts and stops defending the position.**

6.23 :Positions must be controlled for a minimum of three (3) full seconds. The point is awarded on the fourth second. If the position is not maintained under control for three seconds, an advantage shall be awarded. The competitor cannot score additional points when he simply returns to the same position where he has received points previously without a visible defense from the opponent.

**Example 1:** For knee on the belly, no new points will be given if the competitor simply removes his knee and then replaces it on the belly. The opponent must actively escape the position and the competitor must compete to secure the position before new points can be awarded.

**Example 2:** If a competitor has been awarded points for the back control, he cannot receive additional back control points unless the opponent is able to escape from the position and the competitor is able reestablish back control. No points are awarded if the competitor simply readjusts his position intentionally and the opponent is unable to escape the position.

6.24 : When the proper defensive counter for a submission hold results in the players exiting the match area , the referee will call “ Parou ” and “Time ” stop the match awarding two points to the athlete applying the submission hold and restart the match from the standing position.

## **6.25 :DEFENDING A SUBMISSION ATTEMPT**

No points will be awarded for the competitor who attains a scoring position while still caught defending a submission attempt. Points will only be awarded after the submission has been successfully defended. and stabilized the position for 3 (three) seconds.

In the case of takedowns where the opponent lands on his/her back or side – and once the attacking hold has been released – points be awarded immediately.

**Example 1:** When one competitor passes the guard and is mounted on his opponent but is in a guillotine choke, the points for the pass and mount will be awarded only after the guillotine attempt has been successfully defended. If the position is reversed before the position is held the competitor will receive an advantage for both moves.

**Example 2:** When a competitor is passing his opponent’s guard and the opponent whose guard is being passed is attempting a choke, the points for the pass will only be given after the submission attempt has been successfully defended.



## C) ADVANTAGES

When there is a draw in the number of points the athlete with the most advantages shall be declared the winner.

### **Definition:**

Almost completes a point scoring technique or a submission, an advantage given only after a point scoring movement or submission attempt that put the opponent in a **dangerous situation** has been completed.

An advantage is awarded when the competitor nearly, but not successfully, completes any of the fundamental points or submission techniques i.e. sweep, take down, mount, back control, guard pass, knee on belly or submission attempt. Advantages are awarded only after the attempted technique or submission fails.

### **Definition:**

Advantages will be awarded during standing fights or on the ground if the athlete attempts a submission or point scoring showing aggressiveness and initiative, trying takedowns, other finalizing moves during the fight that forces his opponent to be on the defensive . Or showing that he dominates the match most of the time by putting his opponent on the defensive and in a dangerous position.

Advantages will be awarded during ground fighting, if the athlete attempts a technique and puts his adversary on the defensive forcing his opponent to exert energy to escape the technique.

### **EXAMPLES:**

Advantages from a submission attempt: When a competitor applies a submission attempt that requires his opponent to make a clear effort to defend the attack and put him in a **dangerous situation** or otherwise be submitted, he shall be awarded an advantage when the submission attempt has been successfully defended.

**Example:** If a competitor is in the guard position and attempts to choke the opponent but is unsuccessful; the opponent must visibly defend the submission attempt for the athlete to receive an advantage. (I.e. He must be in danger of being submitted)

**Advantages from a takedown:** When there is a visible loss of balance in which the adversary nearly completes the takedown. For example, a competitor lands on one or both knees or uses his hand on the mat to prevent a takedown. This visible loss of balance during an attempted throw will result in an advantage.

**Advantages from a sweep:** The athlete must show his intention to get on top and attempt to stabilize the position.

**Advantages from Mount:** An advantage will be awarded when a competitor is free of the legs and is in the mount position but is unable to fully stabilize his opponent for three seconds.

**Advantages from Back Control:** If back control has not been properly completed (feet placed in the thigh position) for 3 seconds an advantage will be awarded. An advantage will also be awarded for crossing the legs, achieving a body triangle or if the competitor's legs are wrapped around one of the opponent's legs while attempting to achieve the back control position. The advantage is awarded only after the attempt to achieve a back control position has been lost.

### **Advantages from Guard**

**Example 1:** Passing the Guard: To receive an advantage for a near guard pass, the passing competitor must be free of his opponent's legs and in a position of control but not able to maintain this position for 3 seconds.

**Example 2:** Guard Attacks: If the person underneath attempts any submission technique that forces his opponent to visibly exert energy to defend then an advantage will be awarded.

**Example 3:** When both athletes pull guard simultaneously an advantage shall be awarded to the first athlete to sit forward and assumes the top position.

### **Advantage for half guard**

Advantages are awarded any time half guard is achieved providing the top athlete is able to maintain a stable, dominant chest-to-chest top position for 3 seconds.

It will not be considered an advantage if the bottom athlete pulls his opponent directly to the half guard position to start an attack, and remains active and moving in the bottom position unless the top athlete is free of the legs shows control and base in the half guard position then it is considered an advantage.

A reverse or inverted half guard position is not considered as an advantage the top athlete must be facing the opponent in a chest-to-chest position.

**Special situation:** If the majority of the match is fought in the guard and no points are scored, the competitor who played from the top position will earn an advantage for being on the offensive and trying to dominate and pass his opponent's guard, forcing his adversary to exert energy to regain or retain the position e.g. half guard, almost immobilizing, etc.

### **Specific Cases where Advantage Points are not Awarded**

Achieving half-guard does not warrant an advantage point for an athlete who was previously in mounted position or side control *and then was taken back into half guard by his opponent.*

Athletes who suffer a takedown from the opponent and manage to roll to top position shall no longer be awarded an advantage point by the referee.

Athletes who begin a sweep movement but deliberately do not seek to complete the movement, in order to retain their defensive position, shall not be awarded an advantage point for the sweep.

## D) PENALTIES

Penalties are divided into two categories; “**Technical Fouls**” and “**Serious Fouls**”. Penalties for the different types of Technical Fouls accumulate on the scoreboard. Serious fouls result in immediate disqualification.

### **TECHNICAL FOULS (Non Serious Fouls)**

- 1) Competitors may only assume the guard or half guard position after having taken hold of the opponent’s Gi or otherwise having contact with the opponent (wrist, neck or foot control in No Gi competition).
- 2) Competitors may not refuse to engage their opponent nor may they intentionally move to the edge of the mat or off the mat to avoid engagement, interrupt the match, or waste time.
- 3) Competitors may not remove their belt or any part of their Gi during a match.
- 4) Competitors may not insert their fingers inside the cuff of the Gi sleeves or pants or grip the opponent’s belt with two hands (to stall). Feet cannot be used inside the Gi.
- 5) When an athlete intentionally removes his/her own gi or belt, causing the match to be stopped.
- 6) In the No-Gi Jiu-Jitsu modality, when an athlete grabs hold of his/her uniform or that of his/her opponent in any way.
- 7) When an athlete places a hand or foot on the front of his/her opponent’s face.
- 8) When an athlete intentionally places his/her foot in his/her opponent’s belt.
- 9) When an athlete intentionally places a foot on the opponent’s lapel without gripping the same side of the lapel with his/her hand.
- 10) When an athlete places a foot in the lapel behind the opponent’s neck, with or without gripping it.
- 11) When an athlete uses his/her own belt or the opponent’s belt to assist in a choke or any other circumstance in a match while the belt is untied.
- 12) When an athlete without using the gi strangles his/her opponent using both hands, or applies pressure to the opponent’s windpipe using the thumb.
- 13) When an athlete blocks the passage of air to his/her opponent’s nose or mouth using his/her hands.
- 14) When an athlete takes more than 20 seconds to tie his/her belt during a match stoppage.
- 15) When an athlete speaks to the referee during a match.

7) Stalling: Non-Combativity: When one competitor shows no attacking action or stops in a position that does not allow the fight to progress. **Does not apply to defending a submission attack.**

Competitors may not stall the match while on the ground or standing by holding the opponent or refusing to engage the opponent in such a way as to slow the match and allow time to pass to his/her advantage. Competitors must constantly engage and improve upon their positions. Noticing this, the referee will set a 20 seconds mark. If after 20 seconds has passed and stalling continues the referee will say “**LUTE**” making the appropriate gesture. At the end of the 20 seconds if the competitor has not made any clear attempts to improve his position and shown visible signs of engagement, the referee will again call “**LUTE**”, make the same

gesture, and penalize the competitor with one penalty point and award an advantage to the other competitor. If he continues not to attack the referee will stop the fight saying “**PAROU**”, the competitors will stand up. The referee will call “**LUTE**” showing the gesture and then proceed to penalize to give the competitor a third penalty by rolling his hands making the gesture awarding the competitors two (2) points. At this point, both competitors will restart in the standing position in the center of the mat. A fourth offence for stalling even in a different position will result in disqualification.

### **TECHNICAL FOULS: SEQUENCE TO AWARD PENALTIES**

**1st Offence:** The referee will give a verbal warning.

**2nd Offence:** After signaling the color of the penalized competitor, the referee will make a rolling motion with his closed hands one over the other and penalize the offender with one (1) penalty point and award an advantage to the opponent.

**3rd Offence:** After signaling the color of the penalized competitor, the referee will make a rolling motion with his closed hands one over the other and award two (2) points to the opponent and the offender will receive one (1) penalty point.

**4th Offence:** The referee will say “**PAROU**” and both competitors shall return to the standing position at the start of the match. The referee then lifts his arms and crosses them, forming an “**X**”, after which he points to the belt of the disqualified competitor and raises the arm of the other competitor.

### **SPECIAL SITUATIONS - TECHNICAL INFRINGEMENTS**

This classification “technical infringements” constitute an immediate loss of or an awarding of points or disqualification based on the following situations.

**NOTE: An immediate awarding of a penalty and two points** occurs against an athlete, who moves outside the mat area with the intention to avoid a sweep, which the referee considers would be completed.

Example: In the case of X guard, in order to avoid the sweep, which the referee believes, could have been completed, i.e. the top athlete avoided the sweep by running out of the mat area two (2) points will be awarded to the competitor who applied the sweep and a penalty against the athlete. The match will be reset in the standing position.

1. When a competitor correctly applies a submission and the competitors roll outside the competition mat area and into an area that ever poses a risk of injury, or is out of bounds the referee shall stop the action. The referee shall then award two (2) points to the competitor who applied the submission and resume the match in the center of the mat with both competitors standing.
2. If the opponent caught in the submission is determined to have intentionally moved out of the playing area to avoid the submission, the referee shall stop the match and award the victory by submission to the other competitor.
3. When the fighter has his Gi jacket or pants ripped during the fight, the referee will give him 1 minute to change to a different Gi. If the fighter does not change it in a set time (1 minutes or referees discretion) he will be disqualified. If the Gi or competitor does not meet the required hygienic or Kimono specifications and the competitor is unable to find a replacement Gi the athlete will be disqualified. The athlete will be eligible to compete in the Absolute with an approved Gi.

4. An Athlete must make contact and have some control before they sit on the floor, they cannot start from a standing position with one knee on the floor.

### **E) SERIOUS FOULS RESULTING IN DISQUALIFICATION**

Serious fouls are characterized by dangerous and unsportsmanlike conduct and lead to immediate disqualification. Unless specifically noted, a competitor that is guilty of committing a Serious Foul will not be allowed to compete in any other category or division during the same competition.

- 1) The use of foul language, cursing, disrespectful physical gestures or other immoral acts of disrespect towards the referee, officials or any other competitors or spectators.
- 2) Biting, hair pulling, twisting or bending fingers, putting fingers or palms into the eyes or nose of the opponent with intent to injure or gain an unfair advantage.
- 3) Intentionally seeking to injure genitalia or the use of fists, feet, knees, elbows, or heads with the intention to hurt or gain unfair advantage.
- 4) The fighter must wear underwear beneath the pants. Failure to wear underwear will result in disqualification. The offender may return to the competition in other categories or divisions once he has put on underwear.
- 5) If a competitor correctly applies a submission technique and his opponent intentionally moves out of the playing area to avoid the submission, the referee shall stop the match and award the victory by submission. The offender may return to the competition in other categories or divisions.  
Example: If a competitor is in a triangle position and walks his opponent to the outside of the mat area to escape. This is considered a Serious Foul and will lead to disqualification.  
Example: When a competitor runs outside the mat to escape a standing guillotine choke
- 6) When a competitor kicks forcefully with the knee or foot to release an opponent's grip or kicks to prevent an opponent passing the guard without applying a correct technique.
- 7) Competitors may not wear any metallic object on the mat (e.g. metal knee braces)
- 8) Competitors may not intentionally fall backwards if their opponent has back control from a standing position; this is regarded as a slam.
- 9) Competitors may not strike with their head nor use it as a ram. It is not permissible to dive headfirst into the opponent's chest or groin when he is in the guard position.
- 10) Competitors may not commit any action, which is intended to intentionally endanger, or injury the opponent that is against the spirit of Brazilian Jiu-Jitsu.
- 11) Refusal to follow the referee's instructions will result in a penalty allocation.
- 12) Competitors may not display or use any gestures or signs during or at the end of the match that shows a lack of sportsmanship
- 13) Application of any illegal technique. See Article 8 RESTRICTIONS -"**ILLEGAL TECHNIQUES.**"
- 14) When an athlete has committed 3 **TECHNICAL FOULS**" or when the athlete breaks any rule of the Articles above
- 15) A competitor must not demonstrate disrespectful, belligerent and aggressive behavior towards the referee or technical director and coach's can be evicted from the venue for the same.

16) Intentionally seeking to injure the eyes or face.

17) In No-Gi Jiu-Jitsu, when an athlete applies creams, oils, gels or any slippery substance to any part of the body.

#### 6.60 : **REFEREE STOPPAGE – UNCONSCIOUSNESS / INJURY / SICKNESS/ WITHDRAWAL**

Matches may also end by any of the following circumstances: The referee must take into account the best interest of the competitors and may end the contest if in his opinion it is the athlete should not continue. Providing no “Serious Fouls “have been committed the match will be awarded to the remaining competitor.

6.61: Where a doctor or medical examiner advises the referee that the athlete should not continue the match, the competitor must withdraw from the competition.

6.62 : A competitor may voluntarily withdraw from a match or any scheduled match and forfeit the victory if he is unable or unwilling to continue for any reason

6.63 : A competitor loses consciousness as the result of any valid technique applied by his opponent.

Note : Athletes who lose consciousness during a match because of head trauma or become unconscious from a choke will not be allowed to compete again in the same competition and should be directed to undergo treatment from medical staff or referred to the nearest hospital.

6.64 : An athlete will not continue if he is sick during the contest. ie. vomits

6.65: An athlete will forfeit the match if he does not appear for his match. He will be given a maximum of 3 calls at two-minute intervals to come to the contest area

6.66 : Providing no illegal technique deemed a “**SERIOUS FOUL**” caused the bleeding the match will continue under the following circumstances. Whenever blood is present the medical examiner shall immediately be called. If the bleeding is not stopped after two occasions the referee will stop the match and award the opponent the victory.

6.67 : Minor Injuries: A competitor may be given up to 3 minutes to treat a minor injury such as a dislocated finger. If the injury recurs causing three interruptions to the match the referee will declare the opponent the winner.

6.68 : When the athlete requests that the match be stopped because he/she is suffering from muscle or abdominal cramps, the opponent will be declared the winner.

6.69: If an athlete starts bleeding while in a submission attempt, the match can be stopped if deemed necessary by the referee.

#### 6.70: **REFEREE DECISION**

6.71 : In the event of a match where both athletes have the same number of points , advantage points penalties or there is no score , it is the duty of the referee or referees to declare the winner.

6.72: To determine the winner , the referee should take note of which athlete displayed greater offensive attacks during the match or came close to achieving possible points – or submission scoring positions

## ARTICLE 7- DEFINITIONS AND POINTS

### POINT SCORING SYSTEM

7.1 The athlete with the most points at the end of the match or in the event of injury of both players will be awarded the winner from the points allocation below.

7.2 - Takedowns	(2 points)
7.3 - Knee on Belly	(2 points)
7.4 - Sweep	(2 points)
7.5 - Passing the guard	(3 points)
7.6 - Mount	(4 points)
7.7 - Back control	(4 points)

**Definition:** Points are based on positional dominance over the opponent achieved through strategy and the application of specific techniques. If there is no submission the positions designated below established during the match are translated into points, which will determine the winner. Except for takedowns all positions must be stabilized and controlled for 3 seconds, the points are awarded on the 4th second.

Points are awarded in ascending order i.e. you will not receive points if you go directly from mount to knee ride unless there is a visibly defense, you cannot release the position just to return to the same position.

#### 7.20 : TAKE DOWNS: 2 Points

Defintion:

To be awarded a takedown, a competitor must begin in the standing position with both feet on the ground. A takedown is defined as any kind of knocking down, trip or throw causing the opponent to land on his/her **BACK or SIDE**. If a competitor is thrown and lands on his back or side, the competitor executing the takedown is immediately awarded two (2) points (do not wait 3 seconds). A continuous movement such as a double leg that starts standing will be considered a takedown providing the opponent lands on his back or side.

7.21: If the competitor is thrown to the ground and does not land on his back or side, but lands face down (i.e. snap down technique) then the thrower must control his opponent on the ground going to the opponents back or side for 3 seconds hooks do not need to be in place and at least one of the opponents knees must be on the ground in order to be awarded the 2 points for the take down otherwise an advantage will be awarded for a visibly loss of balance.

7.22: A take down that is completed outside of the competition area and in the security area will be valid as long as the competitor that applied the takedown stood with **both feet inside the mat area**. In this case, if the athletes lands in a stabilized position, the match shall be restarted at the center of the match area in the same position as when the match was stopped.

7.23: If a competitor has one or two knees on the ground and is taken down to his back or side, his opponent will be awarded two (2) points providing the competitor executing the takedown had both of his feet on the ground when the takedown began.

7.24: When the competitor attempts a double or single leg takedown and the opponent executes a counter takedown, the competitor who attempted the takedown will not receive points, but the one who executed the counter takedown will receive two (2) points.

7.24: When the competitor attempts a double or single leg takedown and the opponent executes a counter takedown, the competitor who attempted the takedown will not receive points, but the one who executed the counter takedown will receive two (2) points.

7.25 : For any takedown attempt where the athlete delivering his/her opponent back down or sideways to the ground in guard or half guard and is immediately swept by the opponent he /she shall be awarded two points for the takedown and the opponent shall be awarded two points for the sweep.

7.26: When a competitor throws his opponent and ends up in a bottom position, the competitor that executed the throw will receive two (2) points.

7.27: When a competitor pulls guard in response to a takedown attempt by his opponent, i.e. single leg attack providing the competitor who initiated the attack puts the opponent back or side on the ground in a continuous movement within 3 seconds it will be considered a takedown two (2) points shall be awarded. If the competitor is held off the ground for more than three seconds it is not considered a takedown.

7.28: When an athlete has a grip on his /her opponents pants and the opponent pulls guard open or closed, the athlete with the grip on the pants shall immediately be awarded two points for the takedowns if the opponent lands with his /her back or side on the ground.

7.28: If after a takedown attempt the opponent lands in the seated position, the two points shall only be considered after the position has been stabilized for 3 (three) seconds.

### 7.30 : **KNEE ON THE BELLY (Knee ride): 2 Points**

Definition:

Points for knee ride are awarded when the competitor on top and facing his opponent's head and chest, puts his knee on his adversary's stomach or chest, controlling and stabilizing his opponent not allowing him to move and the **position has been accepted** by the opponent and controlled for three (3) seconds 2 points will be awarded. Note that the scoring competitor's other foot must not be on the mat and the knee off the ground with the leg in the direction of the head.

7.31 :If the athlete underneath is partially controlled but it is less than three seconds an advantage will be awarded.

### 7.40 : **THE SWEEP: 2 Points**

Definition:

Two (2) points for a sweep are awarded when the competitor has his opponent in guard (in between his open or closed legs) or in the half guard (having one of his opponent's legs between his) and is able reverse this position by opening his legs and executing a technique that succeeds in reversing/inverting the competitor's position coming to the opponents back, lateral, longitudinal, guard or half position assuming the top position maintaining and stabilizing this position for 3 seconds.

7.41 : A sweep is only completed that begins from inside the guard or half guard position.

7.42: When the competitor executing the sweep advances his position to the back or side of his opponent during the attempted sweep and controls the position for three seconds, he will be awarded 2 points for the sweep.



7.44 : Sweep to sweep, The top position controlled by the bottom player for three seconds, 2 points shall be awarded.

Athletes in defending a sweep deliver their opponent back down or sideways on the ground shall not be awarded the takedown points or advantage point.

#### 7.50 : **PASSING THE GUARD:** 3 Points

Definition;

Note 1: Guard is defined by the use of one or more legs to block the opponent from reaching lateral or longitudinal control over the athlete on bottom.

Note 2: Half-guard is the guard where the athlete on bottom is lying on his/her back or side and has one of the top-positioned athlete's legs trapped, blocking him/her from achieving lateral or longitudinal control over the bottom-positioned athlete for 3 (three) seconds.

Note 3: The position of the top athlete's legs determines whether it is half-guard or reverse half-guard, according to the following examples:

Example 1: In half-guard with his/her right leg trapped, his/her left leg is positioned alongside the right leg of the opponent playing guard.

Example 2: In reverse half-guard with his/her right leg trapped, his/her left leg is positioned alongside the left leg of the athlete playing guard.

7.51 : Guard pass - Three (3) points are awarded for passing the guard when the competitor in the top position that is above his opponent or in a position between his legs, is able to pass both of his opponent's legs and move to his opponent's side, head or mount. The competitor must be able to establish a chest-to-chest perpendicular or longitudinal position over his opponent's trunk or midsection (lateral, posterior or anterior chest) controlling and stabilizing and controlling his opponent not allowing him to move for three (3) seconds.

If the competitor whose guard is being passed avoids the pass attempt in a continuous motion by coming to his knees, standing up, or rolling over onto his knees (turtles), the competitor attempting the guard pass will be awarded an advantage.

7.52 : If a competitor quickly takes his opponent down and moves directly to side control without having to pass through a guard position then the competitor will only receive 2 points awarded for the takedown. No points for a guard pass will be awarded.

7.53 : If an opponent rolls to turtle to avoid the pass and the competitor is able to return him onto his back in a continuous motion controlling the position and passing the legs not allowing him to move for three seconds then 2 points will be awarded for the pass.

**NOTE:** For guard pass points to be awarded, a visible guard must have been passed. Simply falling or tumbling into a side control position does not constitute a guard pass.

## 7.60 THE MOUNT: 4 Points - Front Mount, Back Mount, Side Mount

Definition:

When a competitor sits on top of his opponent's torso between the hips and shoulders with at least one knee on the ground and maintains this position for 3 seconds. The opponent may be lying flat on his stomach, side or back. The mounted competitor may also be on top of one of his opponent's arms, but never on top of both arms.

Should the athlete have one of the opponent's arms trapped under his/her leg, he/she shall only be awarded points for the mount if the leg trapping the arm does not extend beyond the opponent's shoulder ie triangle position.

It will be considered a mount if he has one knee and one foot on the ground. No points will be awarded if the feet, shins or knees of the competitor on top are on his opponent's legs. The S mount and mounted triangle position are not considered a mount the competitor must return to the proper position for points to be obtained. The mount position must be maintained and controlled for (3) seconds.

**NOTE:** If a competitor applies a triangle while in the guard and then rolls to a position on top of his opponent, it will be considered a sweep and not a mount providing the position is controlled for three (3) seconds.

To receive additional points for the mount the competitor must then adjust his top position to satisfy the criteria for the mount as described above.

**NOTE:** If an opponent turns from front mount to back mount and both positions have been stabilized and controlled for (3) seconds four points will be awarded for each position.

### 7.70 : BACK GRAB or BACK CONTROL: 4 Points

Four (4) points for back control will be awarded when a competitor assumed control of his opponent's back by taking hold of his neck or under the arms, wrapping his legs around his opponent's waist with his heels on the inside of his opponent's thighs and maintains control of this position for 3 seconds. The points will not be awarded if both heels are not positioned on the inner part of the opponent's thighs. Back control points will be awarded if the competitor has one leg over one arm of his opponent but not if the legs are over both arms.

Triangle back control or crossed legs receive an advantage point only if proper position was not maintained and controlled for (3) seconds.

When both athletes are standing the athlete defending a back mount position where by the opponent has one or two hooks in place and no foot on the ground shall not be awarded the takedown - related two points or advantage if he is able to take the opponent of his back in the standing position.

## 1 – ACCUMULATING POINTS (Positive points)

Cumulative points are awarded when two consecutive scoring positions are achieved. Points for both positions will be scored only after the final position has been maintained for 3

seconds. If the final position is not secured for a full 3 seconds and advantage will be awarded for both positions. The hand is raised and lowered for the awarding of points.

The referee will award the points for the techniques in the order that they occurred.

**Example 1:** Passing from half guard to mount. Three points are awarded for the guard pass and 4 (four) points for the mount. If the mount position is not maintained and stabilized for three seconds an advantage is given for each position.

**Example 2:** Knee ride to mount. Two points are awarded for the knee ride and then 4 (four) points of the mount.

**Example 3:** From guard – When a competitor executes an arm drag from guard and is able to get to his opponents back or side and holds for 3 seconds then proceeds to back control with hooks in. Two (2) points will be awarded for the sweep and four (4) points for the back control. If the movement is an arm drag straight to back control without holding the back or side back position first before proceeding to back control he will be awarded an advantage for the sweep and 4 points for back control.

## **2 – ACCUMULATING PENALTIES (Negative points)**

**Technical fouls (Non Serious fouls)**, including stalling, are cumulative. An example is given below.

**1. First offence:** Intentionally removing his belt or Gi.

**Referee response:** Verbal warning

**2. Second offence:** Competitor sits down on the floor without obtaining a grip on his opponent.

**Referee response:** After signaling the color of the penalized competitor, the referee will make a rolling motion with his closed hands one over the other and penalize the offender with one (1) penalty point and award an advantage to the opponent.

**3. Third Offence:** Fingers inserted inside the sleeve or pants cuffs.

**Referee response:** After signaling the color of the penalized competitor, the referee will make a rolling motion with his closed hands one over the other and penalize the offender with one (1) penalty point and award two (2) points to the opponent.

**4. Fourth Offence:** The competitor runs around the mat to avoid contact with the opponent.

**Referee response:** Disqualification

## **ARTICLE 8 – RESTRICTIONS**

In all belt, weight and age categories the referee has the authority to stop a match when any competitor is in immediate danger of serious bodily harm from a submission technique that is not properly defended. The referee will then award the victory to the competitor applying the submission.

Cervical locks or neck cranks are not allowed in any category.

Athletes under 18 years of age (Juveniles) are only allowed to compete in the open class if they are in the middleweight or heavier divisions.

Wrestling shoes or any type of shoes, headgear, metal knee braces, plastic or metal groin protectors/cups, shirts under the Gi (except for women) and any other type of equipment that can alter the outcome of a match in any way are not allowed in competition.

In children's divisions between 4-15 years, when a competitor is executing a triangle and the opponent stands up, the referee must stand in a position to protect both competitors to reduce the risk of cervical injury. The match will be immediately stopped if a child is put in a dangerous position such as an arm bar submission that could result in injury.

Children will be warned during the match of any technique that is deemed illegal.

## ILLEGAL TECHNIQUES

<b>4 to 12 YEARS OF AGE</b>	<b>13 to 15 YEARS OF AGE</b>	<b>16 to 17 YEARS OF AGE AND ADULT WHITE BELT</b>	<b>ADULT TO SENIOR 5 BLUE &amp; PURPLE BELTS</b>	<b>ADULT TO SENIOR 5 BROWN &amp; BLACK BELTS</b>
Slam	Slam	Slam	Slam	Slam
Spinal lock	Spinal lock	Spinal lock w/o choke	Spinal lock w/o choke	Spinal lock w/o choke
Bicep lock	Bicep lock	Bicep lock	Bicep lock	
Heel hook	Heel hook	Heel hook	Heel hook	Heel hook
Leg lock Straight knee bar	Leg lock Straight knee bar			
Calf crunch	Calf crunch	Calf crunch	Calf crunch	
Straight foot lock	Straight foot lock	Straight foot lock	In straight foot lock, turning in the opposite direction of foot under attack	In straight foot lock, turning in the opposite direction of foot under attack
Wrist lock	Wrist lock			
- Crossing outside foot inwards across opponent's crotch (straight foot lock, X- guard and 50-50 guard)	- Crossing outside foot inwards across opponent's crotch (straight foot lock, X- guard and 50-50 guard)	- Crossing outside foot inwards across opponent's crotch (straight foot lock, X- guard and 50-50 guard)	- Crossing outside foot inwards across opponent's crotch (straight foot lock, X- guard and 50-50 guard)	- Crossing outside foot inwards across opponent's crotch (straight foot lock, X- guard and 50-50 guard)
Forearm choke	Forearm choke			
Frontal guillotine choke	Frontal guillotine choke			
Kanibasami (scissor takedown)	Kanibasami (scissor takedown)	Kanibasami (scissor takedown)	Kanibasami (scissor takedown)	Kanibasami (scissor takedown)
Can opener	Can opener	Can opener		
Pulling opponents head with both hands in Guard				
Figure-four foot lock	Figure-four foot lock	Figure-four foot lock	Figure-four foot lock	In figure-four foot lock, applying outward pres- sure on the foot
Omoplata	Omoplata			
Bending fingers backwards	Bending fingers backwards	Bending fingers backwards	Bending fingers backwards	Bending fingers backwards
Triangle (pulling head)	Triangle (pulling head)			

## **ILLEGAL TECHNIQUES**

### **FROM 04 THROUGH 12 YEARS OF AGE:**

SLAM FROM THE GUARD  
BICEPS LOCK / CRUSH  
WRIST LOCK  
PULLING THE HEAD IN THE TRIANGLE CHOKE  
CERVICAL LOCKS (ANY KIND)  
NECK CRANKS  
EZEQUIEL CHOKES  
OMOPLATA (SHOULDER LOCK)  
FRONTAL GUILLOTINE  
SCISSORS TAKEDOWN  
HEEL HOOK  
MATA LEAO WITH FOOT (Figure 4 with Foot – Toe hold)  
FOOT LOCKS (ANY KIND)  
KNEE LOCK, LEG LOCK  
CALF LOCK / CRUSH

### **FROM 13 THROUGH 15 YEARS OF AGE**

SLAM FROM THE GUARD  
BICEP LOCK/CRUSH  
WRIST LOCKS  
TRIANGLE PULLING THE HEAD  
CERVICAL LOCK (ANY KIND)  
FRONTAL NECK CRANK  
EZEKIEL CHOKES  
SCISSORS TAKEDOWN  
HEEL HOOK  
MATA LEAO WITH FOOT (Figure 4 with Foot – Toe hold)  
FOOT LOCKS (ANY KIND)  
KNEE LOCK, LEG LOCK  
CALF LOCK/CRUSH

## **AGE 16 TO 17 WHITE AND BLUE JUVINILE BLUE BELTS, AND ADULT WHITE BELTS THROUGH TO SENIOR DIVISIONS**

SLAM FROM THE GUARD

CERVICAL LOCKS (only without chokes)

BICEPS LOCK/ CRUSH

WRIST LOCK

FOOT LOCK

MATA LEAO WITH FOOT (Figure 4 with Foot – Toe hold)

SCISSORS TAKEDOWN

HEEL HOOK

CALF LOCK / CRUSH

KNEE LOCKS (KNEE BARS / LEG LOCK)

### **FROM ADULT THROUGH TO SENIOR DIVISIONS (BLUE & PURPLE BELT)**

SLAM FROM THE GUARD

CERVICAL LOCKS (without chokes)

BICEPS LOCK / CRUSH

SCISSORS TAKEDOWN

CALF LOCK/CRUSH

HEEL HOOK

KNEE LOCK (KNEE BARS / LEG LOCKS)

MATA LEO WITH FOOT (Figure 4 with Foot – Toe hold)

### **FROM ADULT THROUGH TO SENIOR DIVISIONS (BROWN AND BLACKBELT)**

SLAM FROM THE GUARD

CERVICAL LOCKS (without chokes)

SCISSORS TAKEDOWN

HEEL HOOK

## **ARTICLE 9- HYGIENE REQUIREMENTS**

Personnel hygiene of the athlete must be of the highest standard. Any contestant that does not comply with the following requirements will be disqualified.

- A. The Gi must be clean, washed and dry with no holes or any unpleasant odors.
- B. Toe and fingernails must be clean and cut short.
- C. Competitors with long hair or long beards must tie their hair securely to keep it from interfering with their opponent or themselves during the match.
- D. Competitors are not permitted to paint their hair with spray and may be disqualified for doing so.
- E. Competitors with open sores or other infectious skin lesions are not permitted to compete.
- F. The referee and Gi inspector have the right to refuse entry to any competitor who does not comply with lines A through E and will designate the opponent as the victor by default.

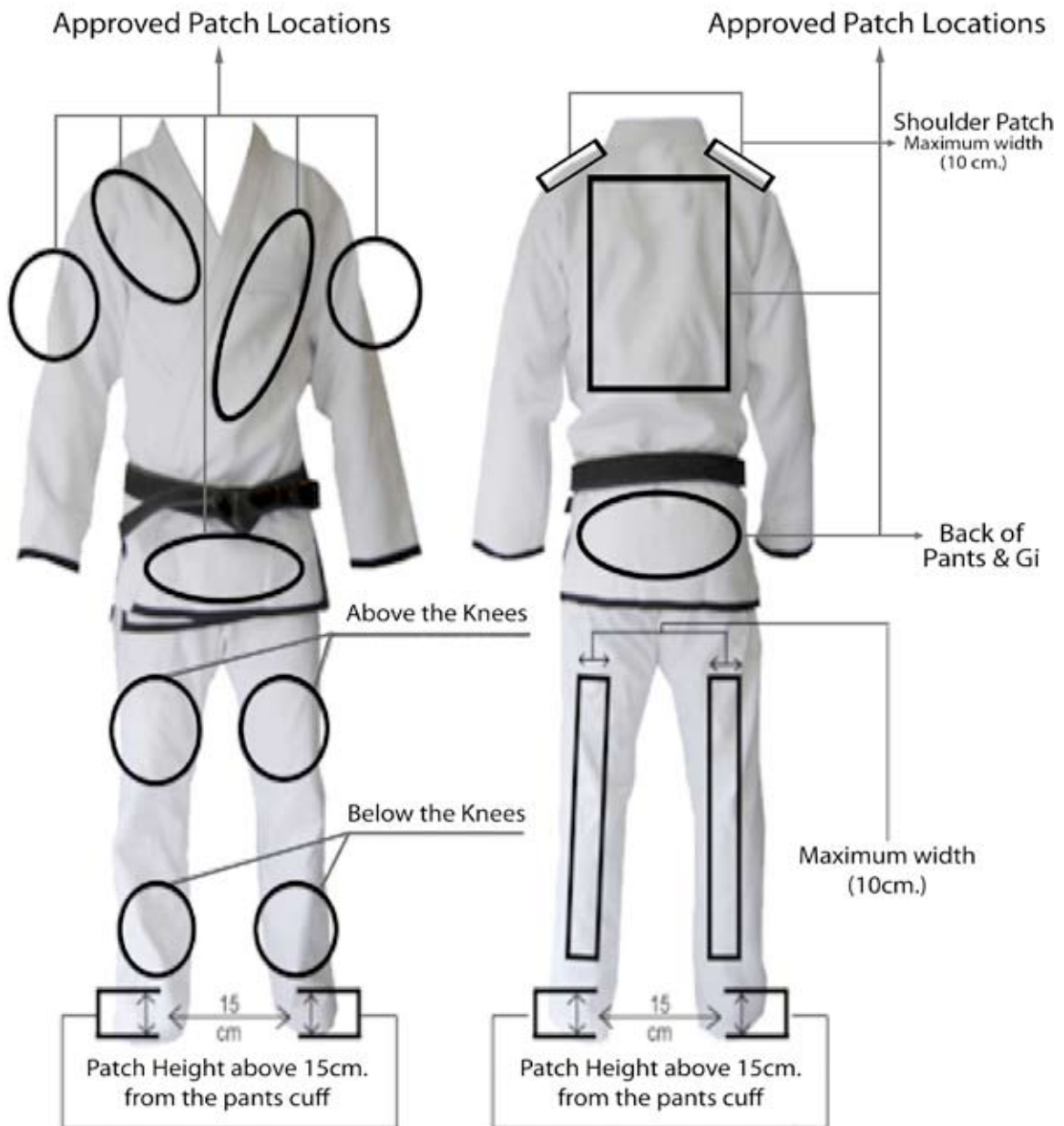
## **ARTICLE 10– Kimono (Gi) SPECIFICATIONS**

- A. The Gi must be constructed of single or double weave cotton fabric and in good condition. The material may not be excessively thick or hard or slippery to the point where it will obstruct the opponent.
- B. Gi colors may be all black, all white or all blue. No combined colors or other colors are permitted. Pink Gi is acceptable for women.
- C. The Gi jacket must be of sufficient length to reach the upper thighs. Sleeve cuffs must reach four fingers from the wrist with the arms extended in front of the body. The sleeve material should hang from the arm from shoulder to wrist according to the official measures of the IBJJF.
- D. The belt must be at least 4cm in width with the color clearly corresponding to the appropriate rank. The belt must be tied around the waist with a double knot tight enough to secure the jacket closed. The belt must be in good condition.
- E. Competitors are not permitted to compete with torn Gi jackets or pants, or a Gi that is that not the proper length. T-shirts are not permitted underneath the Gi except for female competitors.
- F. Under wear must be worn under the pants. Failure to do so results in disqualification.
- G. The Gi must comply with the requirements of the Gi checking tool, sleeves to be of sufficient length and width, and pants to be of sufficient length four fingers from ankle, the lapel must meet the required thickness and length.
- H. Placement of patches must follow the specifications below.
- I. Manufacturers trademarks or labels not to exceed 20cm.
- J. Shoulder Marking embroidery or patch's from collar to jacket sleeve not to exceed 10cm.
- K. Athletes who change Gi for a new match are obligated to have the Gi checked before going back on the mat. Failure will lead to disqualification.
- L. Gi pants length is four fingers from the ankle; there must be sufficient grip around the knees with patches in approved positions only.
- M. In the female division, the use of thong-type undergarments is not permitted; only trunk-type undergarments are allowed.
- N. In the men's black belt divisions, the event's organizers may demand that athletes have two gis of different colors to distinguish between the two athletes in a match.
- O. – Athletes should use 4- to 5-cm wide belt colored according to the athlete's rank, with a black tip – except for black belts, where the tip should be white or red. The belt should be worn over the top, wrap around the waist twice, and be tied using a double knot. Once tied, each end of the belt should hang 20 to 30 cm in length

The referee and Gi inspector have the right to refuse entry to any competitor who does not comply with lines A through M and will designate the opponent as the victor by default.

## OFFICIAL PLACEMENT AREAS FOR PATCHES

Competitors with patches that do not comply will be instructed to remove the patches or change their Gi. They will not be allowed to compete until the Gi conforms to the regulations. Small brand labels are allowed.





## **Front**

## **Back**

### **Placement Restrictions**

1. Patches must not cover the knees. They must either be above or below the knees.
2. Minimum patch height at bottom is 15cm above the pants cuff.
3. Maximum patch width is 10cm (for back patches on the pants).

### **GI INSPECTION**

The Gi checker and the referee have the authority to order competitors to change their Gi in the shortest time possible. The Gi Inspector will verify the competitor's identities prior to their first match and check the following.

- Nails are trimmed and short
- The Gi is correctly fitted cotton Gi (kids) and a single or double weave only for adults
- The Gi meets the specifications of the official IBJJ measuring tool.
- The Gi is all one color (all black, all white, or all blue)
- Gi is clean and hygienic
- Color of the belt is appropriate for the competitor
- No groin cups
- No ear guards / eye glasses / goggles
- No shoes
- No jewelry, no ear rings, piercings, or watches
- No metal knee braces
- Competitors must wear underwear
- No shirts allowed under the Gi (except females)

### **NO GI COMPETITION**

The function of the No Gi Inspector is to verify the competitors' identify prior to their first match and to check the following.

- Nails are trimmed and short
- Competitor is wearing all black shorts and rash guard corresponds with the belt color
- Rash guard is clean and hygienic
- No groin cups are allowed
- No ear guards are allowed
- No shoes
- No jewelry, no ear rings, piercings, watches, etc
- No metal knee braces
- Competitors must wear underwear

In No-Gi Jiu-Jitsu modality, athletes should abide by these requirements:

#### **Men:**

Shorts primarily black with up to 30% of their rank color (belt), with no pockets or with pockets entirely stitched shut, and reaching at least halfway down the thigh and at most to the

knee. Men are permitted the use of shorts or trunks of elastic fabric (clings to body), so long as they are worn under the regulation shorts.

Shirt of elastic fabric (clings to body) at a length that covers the shorts' waist band, of black or white color, and displaying at least 10% of the color of the rank (belt) to which the athlete belongs. Shirts that are 100% the color of the rank (belt) the athlete belongs to are also acceptable.

### Women:

Shorts primarily black with up to 30% of their rank color (belt), without pockets or with pockets entirely stitched shut, and reaching at least halfway down the thigh and at most to the knee. Shirt of elastic fabric (clings to body) at a length that covers the shorts' waist band, of black or white color, and displaying at least 10% of the color of the rank (belt) to which the athlete belongs. Shirts that are 100% the color of the rank (belt) the athlete belongs to are also acceptable.

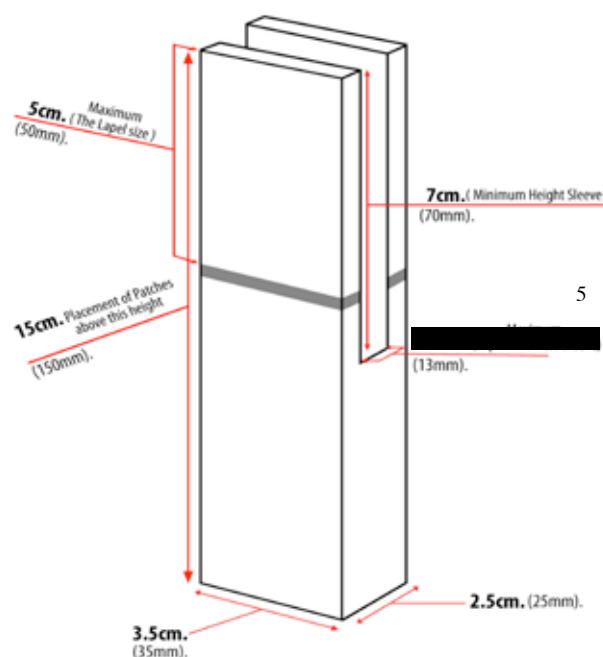
## GI CHECKING TOOL

### Functions of the Gi checking tool

1. Check size and thickness of the lapel: The Gi checker will hold the tool horizontally and insert the tool so that the lapel is inside. The width of the lapel must exceed 5cm. The thickness of the lapel must not exceed 1.5 cm.
2. Check the sleeve height: The Gi checker will hold the sleeve. The competitor's arms are raised forward and the sleeve fabric must hang at least 7cm from the forearm and elbow. The sleeve cuff must reach the wrist.
3. Check patch height: The bottom margin of the patches on the lower leg must be at least 1.5cm from the bottom of the pants cuff in the front and back.

### Gi Checking Tool

(not to scale)



## **ARTICLE 11 - AGE CATEGORIES**

INFANTS	- 4, 5, 6 years
KIDS	- 7, 8, 9 years
CHILDREN	-10, 11, 12 years
TEENAGERS	- 13, 14, 15 years
JUNIORS	- 16 and 17 years
ADULTO	- 18 to 29 years
MASTER	- 30 to 35 years
SENIOR I	- 36 to 40 years
SENIOR II	- 41 to 45 years
SENIOR III	- 46 to 50 years
SENIOR IV	- 51 to 55 years
SENIOR V	- 56 ... years

## **ARTICLE 12- MATCH DURATION**

INFANTS (4, 5 and 6 years old)	2 minutes
KIDS (7, 8 and 9 years old)	3 minutes
CHILDREN (10, 11 and 12 years old)	4 minutes
TEENAGERS (13, 14 and 15 years old)	4 minutes
JUNIORS (16 and 17 years old)	5 minutes

**ADULT: (18 – 29 years)**

- A. WHITE 5 minutes
- B. BLUE 6 minutes
- C. PURPLE 7 minutes
- D. BROWN 8 minutes
- E. BLACK 10 minutes

**MASTER: (30-35 years)**

- A. BLUE 5 minutes
- B. PURPLE 6 minutes
- C. BROWN 6 minutes
- D. BLACK 6 minutes

**SENIOR: (over 35)**

- A. BLUE 5 minutes
- B. PURPLE 5 minutes
- C. BROWN 5 minutes
- D. BLACK 5 minutes

**ARTICLE 13- TEAM POINTS**

Awarded according to the competitor's results

- A) First place competitor: 9 points
- B) Second place competitor: 3 points
- C) Third place competitor: 1 point

No points awarded for single entry winners

**ARTICLE 14- WHEN THERE IS A TIE BETWEEN TEAMS IN A TOURNAMENT**

- A) Most number of gold medals
- B) Most number of silver medals
- C) Higher belt rank champion
- D) Heavier weight of champion

## **ARTICLE 15- BRACKETS**

The athletes in each division shall be sorted into brackets.

The brackets will serve as a single elimination system, where the losing athlete from each match is eliminated and the winner goes through to the next stage of the brackets.

The only exception to the simple elimination system is when there is a bracket of three (only three athletes make up the bracket). In a bracket of three, the winner of the first match goes through to the final and the losing athlete faces the third competitor in the bracket. The athlete who wins the second match – regardless of whether it is the same athlete to lose the first match – goes through to the final to face the winner of the first match.

## **ARTICLE 16- SPECIAL RULES AND REGULATIONS**

1. In case both competitors are accidentally injured and unable to continue points or advantages will determine the result. At the completion of a match or an early stoppage, no points, advantages or penalties have occurred; the referee will award an advantage using the following criteria. The referee will decide which was the most dominate competitor and will award an advantage to determine the winner. The referee will assess which competitor delivered the better performance in accordance to the rules. Victory will be accorded to the fighter deemed to be the most dominant and who fought hardest to pursue victory by submission or points during the match. The referee's decision is final and absolute. The final outcome of the match cannot be a draw. If no decision can be reached the result will be will made by a coin toss.

2. In the course of the match if the two competitors roll outside the mat area and no recognizable ground position can be reestablished, the match shall be restarted in the standing position.

3. For final championship matches there will be a maximum rest period equivalent to the length of two matches (e.g. 20 minutes for adult black belts) on request only. For normal match's there will be a rest period equivalent to the match duration corresponding to the belt.

4. Competitors will be allowed a single opportunity to make weight. They can check their weight prior to the match on the checking scales outside the competition area.

5. When only two competitors are in the same bracket and one competitor does not show up, the remaining competitor will be awarded the win. The competitor who did not appear will not receive a medal or classification.

6. Application of a straight Foot Lock: When a competitor applies a straight foot lock the legs should not be crossed in front of the body (reaping) which applies pressure to the knee joint. When a competitor applies a foot lock they must fall onto their shoulder towards the outside position the same side as the leg being attacked. In other words, if they are attacking the opponent's left leg they must fall onto their right shoulder. Both legs may be crossed to the outside position (leg triangle). If in the course of defending the foot lock the competitors roll out of the mat area they will be stood up and brought to the center of the mat to resume the match. Two points will be awarded to the athlete who initiated the attack.

If both athletes are applying a foot lock as they roll out of the pat area two points will be awarded to each athlete. Application of a foot lock to the wrong side will be deemed illegal.

7. In case a competitor is attempting to pass the guard and then attempts a foot lock but is not successful if the other competitor is able to assume the top position he will receive 2 points (sweep) after he defends the attack and keeps the position for at least three seconds. The competitor that attempted the submission will receive an advantage for the submission attempt.
8. If a competitor weighs in with one Gi and changes it for the next fight or is requested by the referee to change the Gi, they must recheck the Gi and their weight with the Gi Inspector or they will be disqualified.
9. Body triangle / Crossed feet in back control. It is permissible for a competitor to apply pressure causing the opponent to tap providing, they do not apply pressure to the feet with their hands i.e. using a toehold. (White, Blue, Purple Belts).
10. Athletes proven to hold a black belt in judo are forbidden from taking part in any championship as a white belt. Judo black belts must wear BJJ blue at adult levels and purple belt at master and senior levels.
11. Choking with the belt is permissible providing it is still worn by the competitor.
12. If two athletes pull guard at the same time the first athlete to sit up will receive an advantage. If an athlete pulls guard and the other athlete goes inside the guard and is swept and the position is held for 3 seconds then 2 points will be awarded.
13. Children's Match's – safety is the most important aspect in all competition but particular care must be made in children's matches.  
Unlike Adult match's warnings and instructions can be given during the match to ensure the children's safety. The referee must ensure he is always in a position to protect the children and stop the match at any time for ensure their safety.  
Example 1: Triangle if one child stands up the referee must position himself so the other child will not be slammed on the floor.  
Example 2: Restricted Moves:  
Where a child may be pulling on the head to complete a triangle, which is a restricted move the child will be told not to do so. Before any restricted moves are initiated a warning can be given by the referee.  
A coach can be present to corner the children during the match.

## **SPECIAL THANKS**

We would like to extend our appreciation to all the people that contributed to this manual, which is a modern adaptation of that created 20 years ago by the teachers and Great Masters Carlos Gracie and Helio Gracie when they founded the Jiu-Jitsu Federation of the State of Guanabara. Many contributed with this manual, which we would like to name such as: Dr.Ecio Leal and Master Pedro Hemeterio. We have as contributors to this new version Master Alvaro Barreto, Master Mansor, Master Carlos Robson Gracie, Master Osvaldo Alves, Master Flavio Behering, Prof. Jose Herique Leao Teixeira, Assed Naked Hadad, Master Royler Gracie, Fernando Guimaraes, Mr. President of the LERJJI Silvio Pereira, Prof. Carlos Gracie Jr. and Professor Alvaro Mansor Guarconi.

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