



CONTACT JU-JITSU RULE BOOK

**General competition guidelines &
competition format manual**



This Handbook was produced with the friendly support of JJIF (Ju-Jitsu International Federation). It contains the rules for Contact Ju-Jitsu and was approved in March, 2026.

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The official version of the rules is only the English version of the rulebook.

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SECTION 1

GENERALITIES

SECTION 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 techniques, throwing techniques and ground techniques. The goal is to defeat your opponent by TKO (Technical Knockout), 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 “FULL CONTACT” are designed for experienced and adult athletes only, as it includes the possibility of Knock Outs by head impact.





SECTION 2

CATEGORIES AND WEIGH-IN

SECTION 2

CATEGORIES AND WEIGH-IN

Age and weight categories are defined in the JJIF Sport Code. However, due to the specific nature of the Contact disciplines, the following age restrictions apply. The weigh-in of all competitors shall be performed according to the JJIF sporting code . The athlete himself must attend the control. During the control, the name, the age , the nationality , and the weight category for which the athlete had been entered shall be verified. This weigh-in will take place in the presence of a referee or by weight-in officers appointed by the Organization Committee to ensure the athlete



Full Contact				HIF (Head Impact Free)					
Male		Female		Male			Female		
U21	Adults/ Masters	U21	Adults/ Masters	U18	U21	Adults/ Masters	U18	U21	Adults/ Masters
-56 kg	-56 kg	-45 kg	-45 kg	-48 kg			-40 kg		
-62 kg	-62 kg	-48 kg	-48 kg	-52 kg	-56 kg	-56 kg	-44 kg	-45 kg	-45 kg
-69 kg	-69 kg	-52 kg	-52 kg	-56 kg	-62 kg	-62 kg	-48 kg	-48 kg	-48 kg
-77 kg	-77 kg	-57 kg	-57 kg	-62 kg	-69 kg	-69 kg	-52 kg	-52 kg	-52 kg
-85 kg	-85 kg	-63 kg	-63 kg	-69 kg	-77 kg	-77 kg	-57 kg	-57 kg	-57 kg
-94 kg	-94 kg	-70 kg	-70 kg	-77 kg	-85 kg	-85 kg	-63 kg	-63 kg	-63 kg
-94 kg	+94 kg	+70 kg	+70 kg	-85 kg	-94 kg	-94 kg	-70 kg	-70 kg	-70 kg
				+85 kg	-94 kg	-94 kg	+70 kg	+70 kg	+70 kg



SECTION 3

COMPETITION DRESS CODE

SECTION 3

COMPETITION DRESS CODE

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

Additionally, contestants shall also wear a red 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.



HEAD IMPACT FREE



FULL CONTACT

SECTION 3

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:

- a) Mouth Guard (Gum Shields) to protect the teeth are are **mandatory in Full Contact rules and recommended only in HIF.**
- b) Groin Guard (Jock Strap) Soft Cup Type (For MALE Competitors)
- c) Chest protector as innerwear (For FEMALE Competitors OPTIONAL)
- d) Shin and instep protectors (Slip-on Type) in Red or Blue as per Belt
- e) JJIF Contact Gloves (**Head Impact Free**) In Red and Blue as per Belt color (Open Palm Grappling Type Gloves of **minimum 4 oz** weight with elastic straps, NO bandaging wrapped on the hands.)
- f) JJIF Contact Gloves [**Full Contact**] In Red and Blue Color as per Belt (Open Palm Grappling Type Gloves of **minimum 6-8 oz** weight with elastic straps with NO bandaging wrapped on the hands.)
- g) Head protector [Helmet] for the full contact



SECTION 4

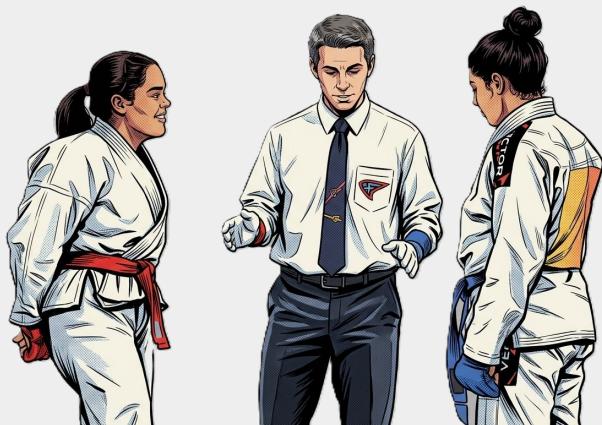
REFEREE UNIFORM

SECTION 4

REFEREE UNIFORM

Referee Uniform must be according to the JJIF Referee Rules.

It is recommended that the Mat Referee 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.



* image from JJIF Referee Rules book 2023

SECTION 5

DURATION OF A BOUT

SECTION 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 (Extra round).

It is essential that between two successive bout events, a minimum recovery time of 10 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.



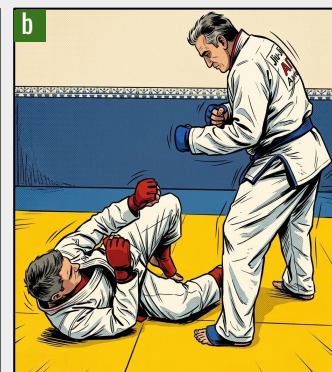
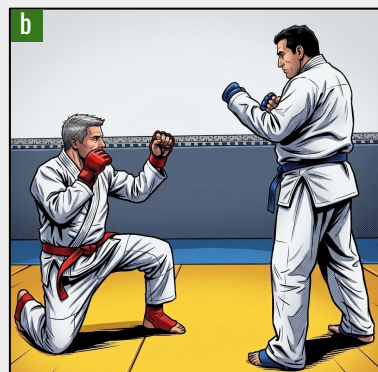
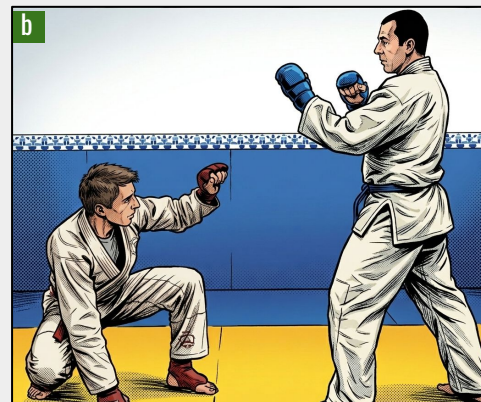
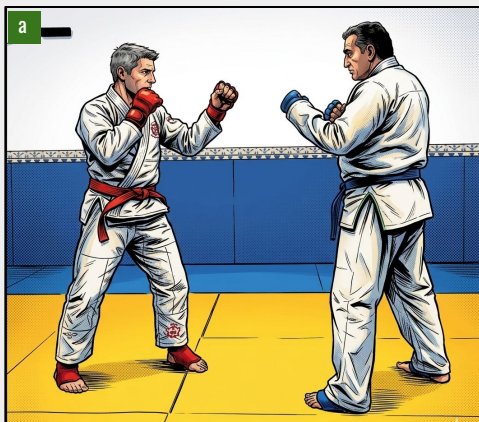
SECTION 6

COURSE OF THE MATCH

SECTION 6

6.1 POSITIONS OF PARTICIPANTS

- a) **STANDING** - position of a competitor is defined as when he touches the contest area with his feet only (stands on feet).
- b) **LAYING or GROUND** - a competitor's position is defined as when he touches the ground with any part of his body other than his feet.
*If an athlete places his knee on the torso of an opponent who is in the Ground position (e.g., Knee on belly), both competitors shall be considered to be in the Ground position.



SECTION 6

6.2 COURSE OF THE MATCH

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 shall be seated in their designated positions around the contest area

The mat referee calls the competitors to enter the tatami. Competitors start the bout by facing to each other in the middle of the competition area, approximately two meters apart. The competitor with the Red Belt 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

When the Mat Referee announces a reprimand, penalty or 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 oral dialogue between the fighter and the coach.

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 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.



SECTION 6

6.3 APPLICATION OF FIGHT AND STOP

1. The MR shall announce Fight to **START** the match and to restart the match after stop
2. The MR shall announce **STOP** to the match in the following cases:
3. If one or both competitors leave the fighting area completely in standing or ground position.
4. If the contact in standing or in ground position is lost and the competitors will not continue by themselves.
5. During a submission hold if a competitor taps, shows other sign of submission, screams or if one of the competitors is unable to tap.
6. To give one or both competitors a warning or penalty.

7. When opponent can't fight back or defend himself.

8. Loses a fight because of a TKO.

9. If one or both competitors are injured, unconscious or are taken any other case when the MR finds it necessary (e.g. to reset the Gi or to deliver judgments) any other case when one of the SRs/VRs finds it necessary and therefore claps their hands.

10. If protective gear such as a Helmet or Mouth Guard falls, the Referee should stop when he finds it necessary.*

11. in case of challenge situation MR should stop the fight in a neutral position

12. Fight has finished.

*no need to stop the match immediately in ground position, since head strikes are prohibited in the ground (don't break the flow)

SECTION 7

RESULT AND EVALUATION OF A MATCH

SECTION 7

RESULT AND EVALUATION OF A MATCH

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

1. TKO/KO (Technical Knock Out/ Knock Out)
2. Submission
3. Active domination
4. Victory by Decision
5. Victory by the penalty
6. Victory by medical stoppage



SECTION 7

RESULT AND EVALUATION OF A MATCH

7.1 TKO / KO

HEAD IMPACT FREE

TKO: Technical Knock Out:

When the opponent kneels down after a liver-shot, front-kick, low-Kick or another strong attack on the body forcing him to kneel.

When the opponent cannot fight back and gets too many strikes, the referee must stop the fight and declare a Knock Down

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

FULL CONTACT

TKO by Knock Out: The athlete gets Knocked down and cannot recover within the count of 5 seconds*

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 technique or another strong attack forcing him to fall down. Knock Down is as well considered when the opponent cannot fight back and gets too many strikes, the referee must stop the fight.

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

SECTION 7

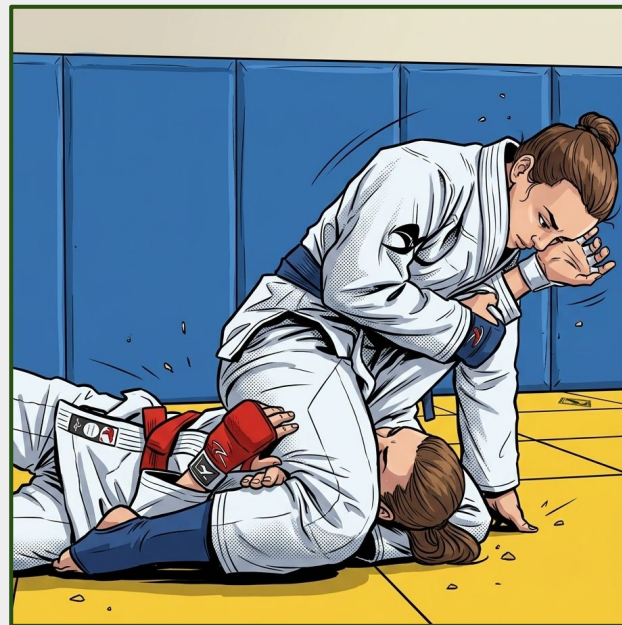
RESULT AND EVALUATION OF A MATCH

7.2 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.

Legal submission techniques include arm locks (armbar, Kimura, Americana, Omoplata, shoulder locks, biceps slicer, wrist locks), leg locks (straight foot lock, kneebar, toe hold, calf slicer), choke techniques (rear naked choke, triangle choke, teepee choke, guillotine choke, D'Arce choke, anaconda choke, cross collar choke, bow and arrow choke, loop choke, Ezekiel choke, arm triangle choke, forearm choke), and kidney compression from closed guard (body scissor submission).

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



SECTION 7

RESULT AND EVALUATION OF A MATCH

7.3 Active Domination

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

1. by leaving the mat (not able to stand his/her ground)[1]
2. by passivity
3. by self-harming actions (mobobe)
4. by delaying the fight[2]

[1] Does not include stepping out the mat due to an impact of an opposing technique

[2] 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

A competitor avoiding the fight will be:

1. Warned first time.
2. The second time he receives an official penalty (minus one point from the total score under 10:9 scoring system)
3. The third foul will lead to declaring the opponent winner by disqualification

Fouls and penalties progression

WARNING	»	FOUL	»	DISQUALIFICATION
(1 st time)		(2 nd time)		(3 rd time)

SECTION 7

RESULT AND EVALUATION OF A MATCH

7.4 Victory by Decision

The three Judges count every effective punch or kick, every effective throw or take-down, and every submission attempt & other effective ground techniques. The most active fighter will win the fight at the end of the fight



The Decision will be held in a 10:9 System.

Score	Advantage Level	Definition
10 - 9	Slight Advantage	A close round where one athlete had a marginal edge at some point.
10 - 8	Big Difference	A clear gap in capacity and performance level between the two athletes.
10 - 7	Total Dominance	Total mismatch; the opponent has no chance. Referees usually stop these fights to protect the athlete.

SECTION 7

RESULT AND EVALUATION OF A MATCH

7.4 Victory by Decision

Criteria Points

Effective striking is defined as legal punches, kicks, knees, and elbows delivered to the permitted target areas of the body, which visibly impact the opponent and produce a measurable physical or tactical effect.

- Elbows and knees are permitted only to the body.
- Straight punches and kicks to the head are allowed only when both athletes are in a standing position.
- When one of the athletes is in a grounded position, strikes to the head are not permitted.
- Any strikes delivered by a standing athlete to a grounded opponent must target the permitted target areas of the body.
- A grounded athlete is also allowed to strike a standing opponent, but only to the permitted target areas of the body

Effective takedowns and throws are defined as legal techniques that bring the opponent from a standing position to the ground position and establish a top control position for a minimum of three (3) seconds. During this control period, the attacking athlete must demonstrate the ability to maintain positional dominance and may continue offensive actions, including strikes to the body or submission attempts

Effective ground techniques are defined as legal technical actions performed in the ground position that result in positional advancement, positional dominance, or create a legitimate submission or offensive opportunity.

Effective ground techniques include, but are not limited to: guard pass, knee on belly, mount, back mount, back control, sweep/reverse, submission attempt.

The three Judges count every effective punch or kick, every effective throw or take-down, and every submission attempt and other effective ground techniques. The most active fighter will win the fight at the end of the bout. The decision will be held under the 10:9 scoring system.

In case of a split decision, the Chief Referee has the right to intervene, request the opinion of the Mat Referee, and express their own assessment regarding the outcome of the bout before the final decision is announced.

SECTION 7

RESULT AND EVALUATION OF A MATCH

7.5 Victory by the penalty

Further information can be found in 7.5 and 7.6.

7.6 Victory by medical stoppage

- 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

The injured athlete of this bout cannot continue the tournament

If one of the contestants is unable to continue, the MR and the SRs will make a decision after the following clauses:

1. When the cause of the injury is attributed to the injured contestant, the injured contestant shall lose the match
2. When the cause of the injury is attributed to the uninjured contestant, the uninjured contestant shall lose the match
3. When it is impossible to attribute the cause of the injury to either contestant, the uninjured contestant shall win the match



SECTION 8

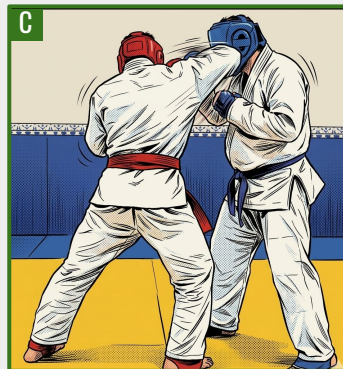
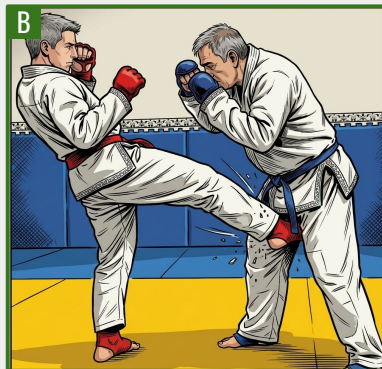
FORBIDDEN TECHNIQUES

SECTION 8

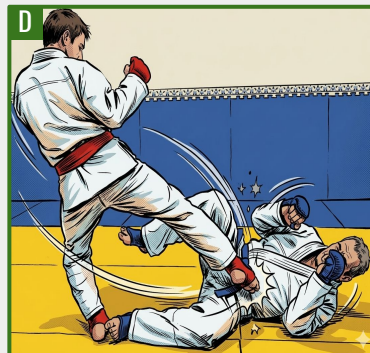
8.1 FORBIDDEN TECHNIQUES

The following actions are prohibited:

- A. Strikes to the head of an athlete in ground position
- B. Strikes to the groin, throat, including grabbing the trachea, spine or spinal column, back of the head
- C. Elbow/Knee/Open hand strikes to the head,



- D. Kicks from standing position to a grounded athlete
- E. Attacks directed against the natural range of motion of a joint (lateral kicks to the knee) Lateral attack to the knee

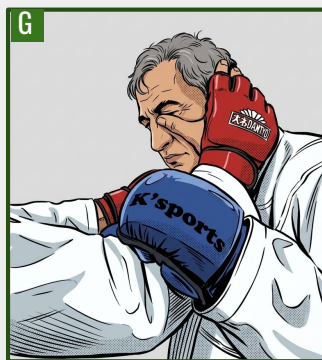
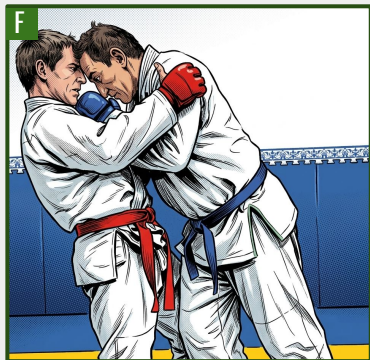


SECTION 8

8.1 FORBIDDEN TECHNIQUES

The following actions are prohibited:

- F. Headbutts to the head
- G. Finger strikes to the eyes
- H. Scratching or clawing



- I. Biting
- J. Small joint manipulation (fingers locks)
- K. Pulling the hair or equipment (helmet, gloves)
- L. Scissors takedown (Kani-Basami)

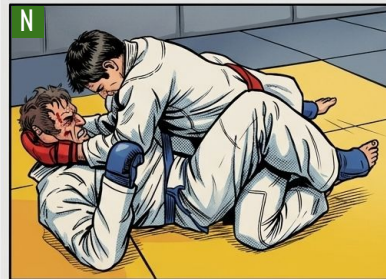
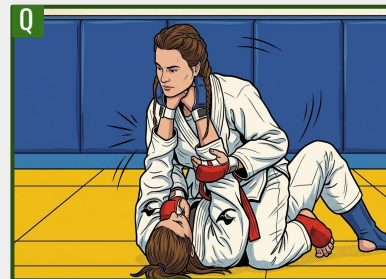
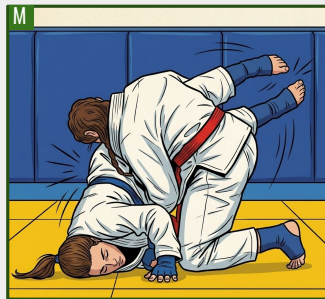


SECTION 8

8.1 FORBIDDEN TECHNIQUES

The following actions are prohibited:

- M. Throws onto the opponent's head
- N. Neck cranks and rotational or hyperextension force applied to the spine without choke attempt
- O. Slam
- P. Leaving the fighting area under submission in non-technical way
- Q. Strangling opponent with bare hands

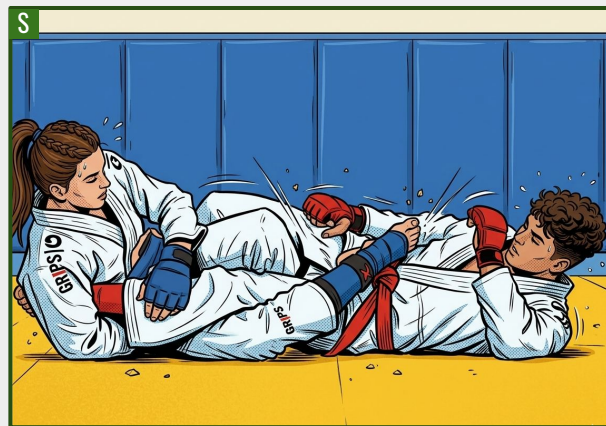
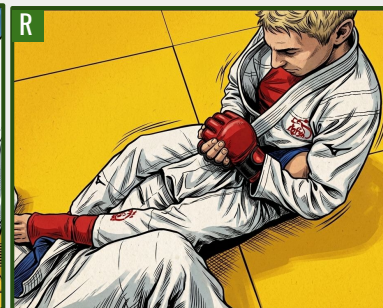
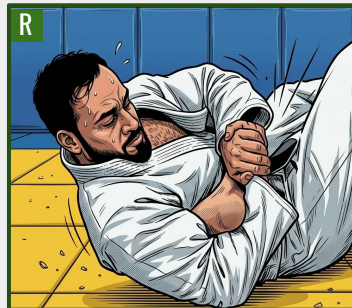
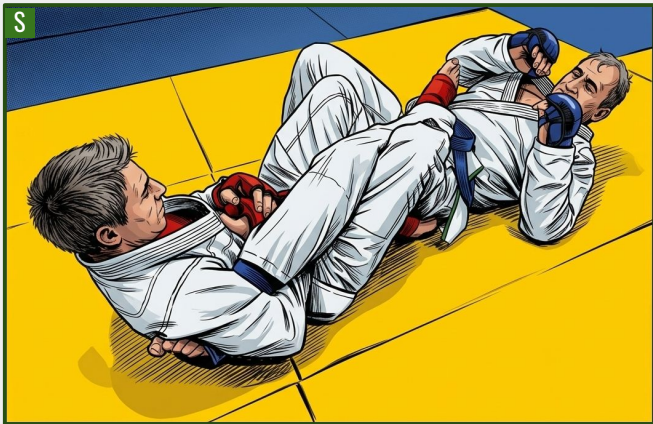


SECTION 8

8.1 FORBIDDEN TECHNIQUES

The following actions are prohibited:

- R. Heel hook
- S. Knee reaping during leg locks or when it trapped and other lateral attacks to the knee.
- T. Unsportsmanlike conduct or disregard MR instructions



SECTION 8

8.1 FORBIDDEN TECHNIQUES

FULL CONTACT

On the ground there are no head shots allowed at all.

Elbows and knees **to the head** are not allowed.

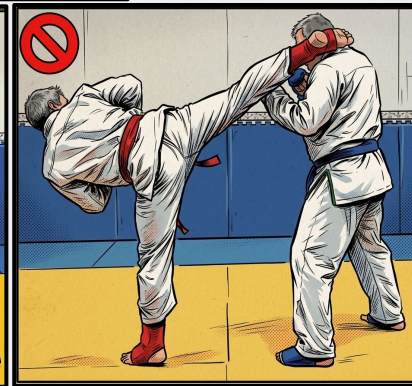
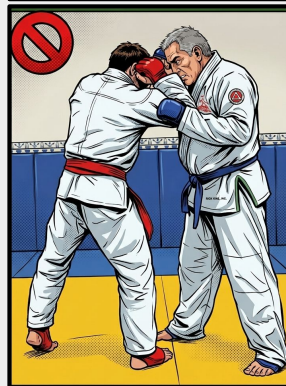
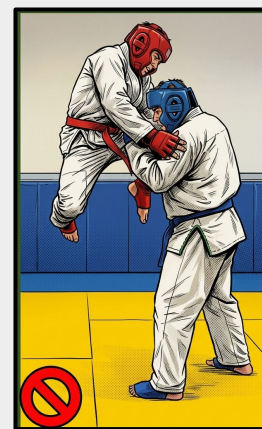
HIF (HEAD IMPACT FREE)

There are no head shots allowed at all.

Not standing and Not on the ground.

Elbows are not allowed in standing

U 18 age division: Elbows are not allowed at all, knees are not allowed in ground position.



SECTION 8

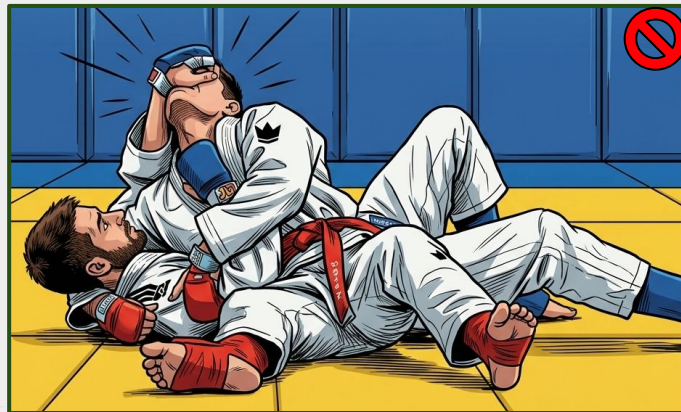
8.2 FOULS: WARNING > PENALTY > DQ

Next forbidden actions will lead to the foul (warning):

- Unintentional illegal Technique that didn't injured the opponent*
- Put your hand in the face (eyes, nose, mouth) of your opponent.
- Going out/pushing out
- Speaking to the referee (without medical/safety/uniform reasons) or someone else
- Disregard for personal defense (Mubobi)
- Passivity (not showing any activity with the aim of getting victory)
- Wasting time (removal of any part of the uniform or equipment)

Fouls and penalties progression:

WARNING » **FOUL** » **DISQUALIFICATION**
(1st time) (2nd time) (3rd time)



SECTION 8

8.3 DISQUALIFICATION SITUATIONS

- Any intentional use of forbidden techniques will lead to immediately disqualification.
- When a competitor injures the opponent with any forbidden technique, even if it's not intentional, it means immediate disqualification.
- Disrespectful, unsportsmanlike, rude and unethical behavior towards a rival athlete, any other participant, or to any referee or member of the audience will lead to immediate disqualification and can be sanctioned beyond the competition.

Disciplinary Major Fouls

1. Punishable by automatic 'disqualification'. Athletes who are observed by the referee to have committed a disciplinary major foul will be automatically disqualified without discussion.
2. When an athlete uses profanity or obscene gestures in regard to his opponent, the center table, the officials, the referee or the spectators, before or after the match.
3. When an athlete shows hostility towards an opponent, the center table, the officials, the referee or the spectators, before or after the match.
4. When an athlete bites, pulls hair, strikes or apply pressure to genitals or eyes, or intentionally uses a traumatic blow of any kind (such as punches, elbows, knees, head butts, kicks, etc.)
5. When an athlete shows disrespect towards an opponent or the spectators verbally or in gestures during a match or victory celebration.
6. When one or both athletes fail to take the match seriously and engage in play or fake fighting.
7. When an athlete displays an attitude that is inappropriate or unsportsmanlike for a competition, or engages in any other form of misconduct before or after the match.
 - If a competitor commits a Severe Disciplinary Foul:
 - They lose all fights, medals, and qualification points in ALL disciplines and categories.

SECTION 9

COMPETITION AREA

SECTION 9

COMPETITION AREA

The entire Contest area/Competition Area or field of play (FOP) must be composed of protective mats that are safe for the athletes to compete on, with two different colors to distinguish the fighting area and its surrounding safety 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.

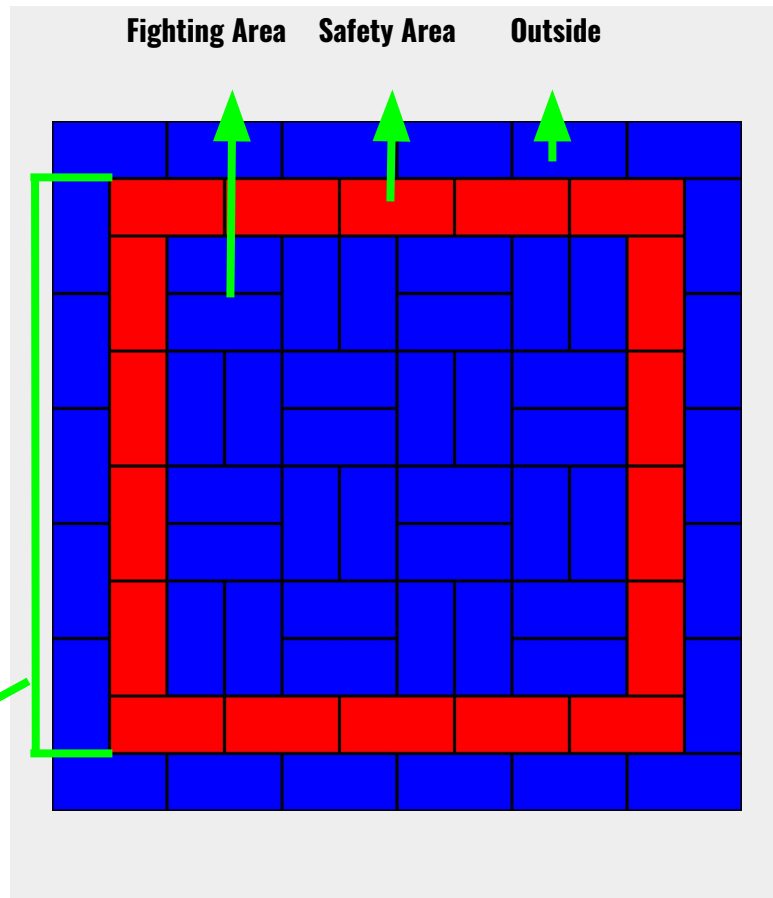
A throw that started in the Contest area is counted even if it ended at the safety area.

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 most of the bodies.

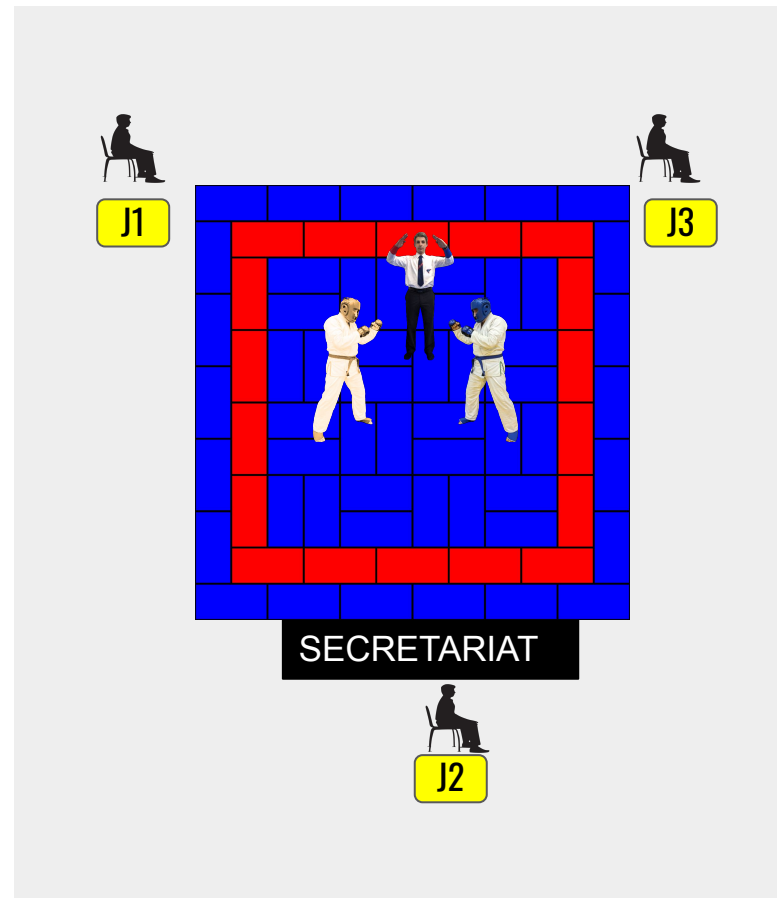
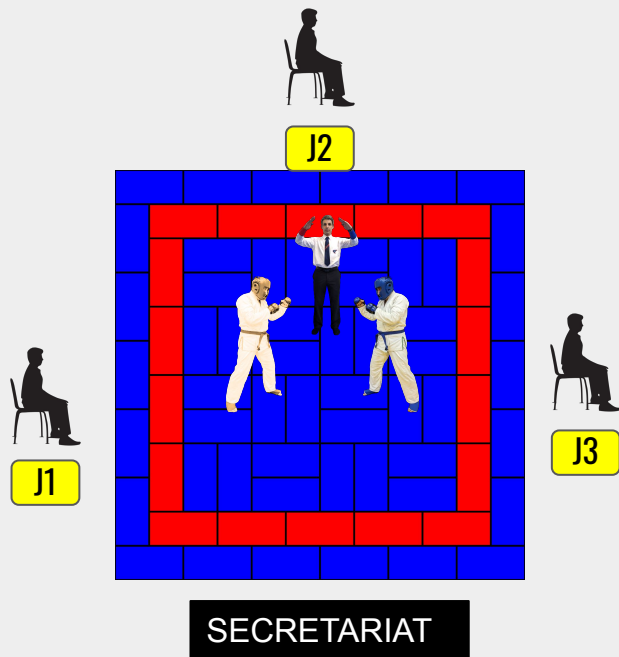
Fighting Area + Safety Area = Competition Area/Contest Area

(outside mats are not included)



SECTION 9

COMPETITION AREA



SECTION 10

BRACKETS AND SEEDING

SECTION 10

BRACKETS AND SEEDING

The bracket format and seeding are determined by the organizing committee in accordance with the JJIF Sporting Code and the official competition regulations.

FULL CONTACT

- 2 athletes – best of three.
- 3 athletes – round robin
- 4 or more athletes – single elimination

HIF (Head Impact Free)

- 2 athletes – best of three.
- 3-5 athletes – round robin
- 6 athletes – combined pool
- 7 or more athletes – double elimination starting from the round of 16



SECTION 11

OTHER SITUATIONS

SECTION 11

OTHER SITUATIONS

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





SECTION 12

PARTICIPATION REQUIREMENTS & LIABILITY

SECTION 12

PARTICIPATION REQUIREMENTS AND LIABILITY

Combat sports involve inherent risks of serious injury. By entering, athletes acknowledge these dangers and voluntarily accept full responsibility for any physical harm. The waiver (appendix) is a mandatory prerequisite for participation to ensure all parties understand the nature of full-contact match play. Signing the document exempts the Federation from liability regarding accidents during the event. It confirms that you are competing at your own risk, prioritizes athlete accountability, and is essential for the legal and professional security of the competition

12.1. Nature of the Risk - The participant acknowledges that the activities involved in this competition are physically demanding and involve full-contact combat. These activities carry a significant risk of injury, including but not limited to:

- Cuts, bruises, and soft tissue damage.
- Broken bones and ligament tears.
- Permanent disability or, in extreme cases, death.

12.2. Voluntary Assumption of Risk - By registering for the event, the participant (or their legal guardian) confirms they have read the rules of competition and are physically fit to compete. The participant knowingly and freely assumes all such risks, both known and unknown, even those arising from the negligence of others, and assumes full responsibility for their participation.

12.3. Release and Indemnity - The participant hereby releases, waives, and discharges the Federation, its officials, referees, and event staff from any and all liability for any loss, damage, or injury suffered during the event. Furthermore, the participant agrees to indemnify and hold harmless the organizers against any legal claims or costs arising from their conduct or participation in the match.

12.4. Mandatory Documentation - No athlete shall be allowed to weigh in (Section 2) or enter the competition area (Section 9) without a signed and dated "Liability Waiver and Risk Assumption" form on file. For participants under the age of 18, this document must be signed by a parent or legal guardian.

APPENDIX

FURTHER RULES AND CLARIFICATIONS

APPENDIX

SCORE SHEET FOR JUDGES

The three Judges count every effective punch or kick, every effective throw or take-down, and every submission attempt & other effective ground techniques. The most active fighter will win the fight at the end of the fight.

The Decision will be held in a 10:9 System.



Event name:			#	
 Contact Ju-Jitsu Score Card	RED NAME:		BLUE NAME:	
	COUNTRY:		COUNTRY:	
Effective Techniques	MAIN TIME	EXTRA TIME	MAIN TIME	EXTRA TIME
Punch				
Kick				
Takedown				
Attempt				
Guard Pass				
Knee on Belly				
Mount/Back Mount				
Back control				
Sweep/reversal				
Submission attempt				
Knock Down				
TKO				
KO				
Warning				
1st Official Warning				
2nd Off. Warning (-1)				
3rd Off. Warning (DQ)				
Sub-total				
Total Score				
Winner	PTS - SUB - DQ - KO/TKO		PTS - SUB - DQ - KO/TKO	
Mat Referee:			Referee:	

APPENDIX

COACHES

Only **one coach** is permitted to accompany and verbally instruct an athlete from the boundary of the match area.

- The coach is to **remain seated** in a designated chair or booth unless issuing a video replay challenge.
- Coaches **may not use mobile phones** or any other electronic devices.
- Coaches **may not take photos or videos** while coaching.
- Coaches must be dressed according to the regulations in the affiliated document (JJIF Sporting Code). In certain events, a special dress code may be established (e.g. Beach Games).
- Coaches are role models, and as such, their **behavior** must reflect the martial arts code and personal integrity.
- If the coach exhibits offensive behavior towards the athletes, referee, event staff, audience, or anyone else, the MR may decide to dismiss the coach from the FOP for the remaining duration of the match.

- A challenge may be submitted only to dispute a penalty given to your athlete or a violation committed by the opponent. It must be submitted immediately after the penalty is announced or if the Mat Referee fails to notice the opponent's violation. (JJIF Sporting Code).



APPENDIX

REFEREE SIGNS



BOW TO REFEREE

The competitors start facing each other in the middle of the competition area. The competitors will be instructed to bow first to the referee.

BOW TO EACH OTHER

After competitors bow to the referee and then to each other.



SHAKE HANDS

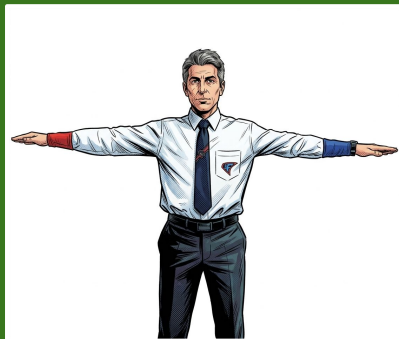
The MR shall command “shake hands!” while gesturing for both athletes to join hands, showing mutual respect before the match begins.



FIGHT

The MR shall say “fight!” to start the match and to resume the match after instructing the athletes to stop.

REFEREE SIGNS



STOP

The MR shall say "stop!" to either pause or completely end the match.

MEDICAL TIME

The referee forms a T with both their hands. This gesture alerts the medical staff to an injury that requires treatment, and stops it when they leave.



PENALTY

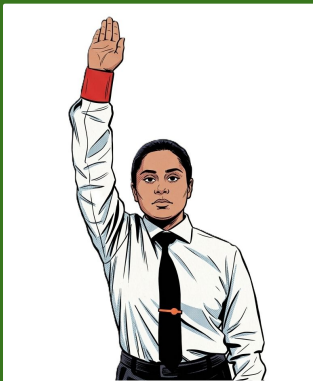
The arm corresponding to the offending athlete is raised with a clenched fist above shoulder height to indicate a penalty.
(second warning = minus one point)



DISQUALIFICATION

To indicate a disciplinary or technical disqualification, the MR will cross arms with clenched fists overhead and then point at the disqualified athlete before announcing the winner.

REFEREE SIGNS

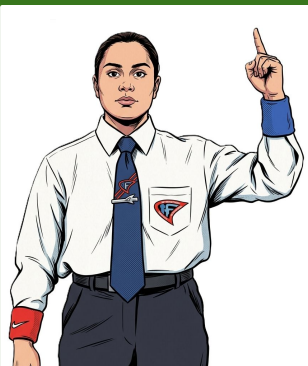


SUBMISSION

To show that an athlete has successfully achieved a submission.

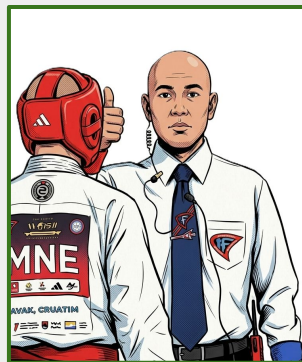
WARNING

The athlete made first penalty, the referee points towards the competitor to be penalized, with their index finger raised.



RADIO COMMUNICATE

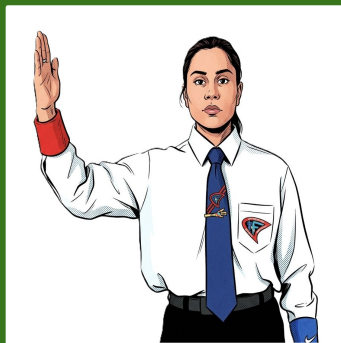
To show that the VRs are communicating with the MR.



KNOCKDOWN

The referee counting to allow athletes to recover.
(count of 5 second)

REFEREE SIGNS

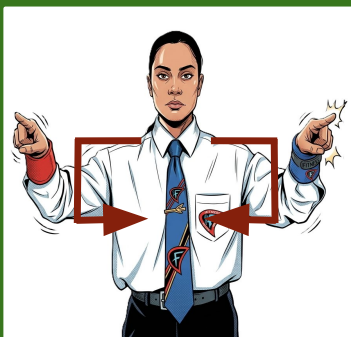


ANNOUNCE WINNER

The referee indicates the winner rising at 45-degree angle, straight hand with open palm.

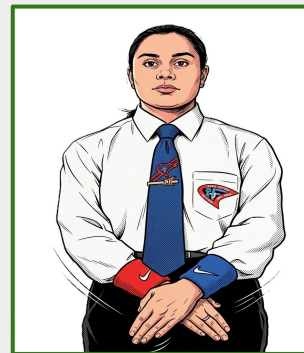
COACH CHALLENGE

The MR makes a big rectangle gesture in front of their body with their index fingers. If the review is requested by a coach (challenge).



RESET THE GI

The referee crosses their hands in front of their body with open palms, turning towards the athlete that failed to reset their equipment on time.



UNNECESSARY REMARKS

The referee puts their extended index finger in front of their mouth. When athletes exhibit bad or aggressive behavior.

APPENDIX

WAIVER EXAMPLE



Waiver of Participation

WAIVER OF PARTICIPATION



Event: _____

Full name of participant _____

Nationality _____

Discipline: Contact Ju-Jitsu

- You realise martial arts & contact sports include a risk of bodily harm or worse
- You will not look to hold the organiser accountable for any costs or claims related to injury or accidents that occurs during the event you register for
- You accept that the organiser may use your personal data to contact you about business offers and future events.

By accepting this waiver you agree to the listed items and that you read and understand them.

Risk of bodily harm

I hereby assume full responsibility and liability for all damages, injuries and losses that I may sustain or incur while participating in or watching the event.

I realize that serious injury is commonplace in combat sport events such as the one I am hereby entering and that death is a possibility. I also realize that if I am injured, I might be disfigured, disabled and/or rendered unable to work again. By entering into this competition I agree to and fully accept and assume liability for any and all injuries that I may incur expressly give up and waive any and all claims that I or anyone acting on my behalf or through me might have against the organizer, its board members, the promoters, operators, sponsors, officials, participants, non-participants, or volunteers for any injury regardless of its nature, effect or affect on me as a result of my participation and/or presence at the event.

I authorize, and agree to hold harmless, whatever medical personnel that may be present at the tournament/event to take any action necessary, should I become injured.

I represent that I am in good health; that I am not presently, nor will I participate while under the influence of any drug or medication; that no one affiliated with this tournament has encouraged me to enter or made any representations regarding my fitness or ability to participate; that I have read and understood every provision of this release; and that I am legally competent to and freely enter into this waiver, release and assumption of risk agreement.

Disputes

The organizer hereby expressly reserves the right, in its sole and absolute discretion, with or without cause to deny a potential athlete/competitor's registration/application for permission to compete in the event. The terms athlete and/or competitor may be used interchangeably. If any dispute arises out of, or is in any way related to your participation in this event, by entering your registration application, you are hereby expressly waiving and giving up your right to the filing of a lawsuit in city, state, or federal court and a trial by jury. The word "dispute" as used above refers to anything, including claims for injury (which you have already waived) that may have occurred or you claim did not occur at the event.

Signature _____

