



JU-JITSU FIGHTING RULEBOOK

General competition guidelines &
competition format manual

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INTRODUCTION

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

The copyright (especially for the photographs) belongs to JJIF.

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

Text passages in italics are additional, age-category specific rules (e.g. for U16).

For the purposes of these Regulations, references to 'he', 'him', or 'his' shall be deemed to include 'she', 'her', and 'hers'.

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GENERALITIES

In Ju-Jitsu Fighting System Two Competitors compete against each other in a sportsmanlike competition of Ju-Jitsu.

The objective of the fight is to win by Full-ippon (scoring a perfect technique in Part 1, 2 & 3) or to win by outscoring one's opponent.

The Ju-Jitsu Fighting System is composed of three Parts:

- Part 1: Punches, strikes and kicks (further summarized as Atemis).
- Part 2: Throws and takedowns (further summarized as takedowns), as well as locks and strangulations (further summarized as submission holds).
- Part 3: Holding or pinning techniques (further summarized as Osae-komi) and submission holds.

Further restrictions, rules, guidelines, adaptations in organization, format, and protocol for different event formats, and special weight or age categories can be found in the JJIF Sporting Code (SC) as well as the Appendix. In case the Appendix of this Rulebook and the SC contradict each other the ruling in the SC is valid.

SECTION 01

COMPETITION APPAREL & PERSONAL REQUIREMENTS

SECTION 01: COMPETITION APPAREL & PERSONAL REQUIERMENTS

Competitors must be sure to follow the regulations for competition apparel and personal requirements as listed in the SC.

If Competitors do not abide by these rules, they will not be allowed to start the match. Once a Competitor has been notified that their presentation does not conform with the specified requirements, there will be an opportunity to change within 2 minutes. A Shido for "Wasting time" will be given.



- 1.1** The Competitors must wear a white Gi that follows the regulations specified in the SC.

The Gi must be approved by the JJIF.

If the nation or competitor has a sponsor from another brand, a request for approval must be submitted to the JJIF as soon as possible via mail@jjif.sport

Before official and final approval is granted, temporary approval may be issued for upcoming competitions.

- 1.2** Female Competitors are required, male Competitors are allowed, to wear a white (or black) leotard or rash guard under their Gi jacket. It is allowed to wear a hijab.

- 1.3** Competitors are required to wear soft, short, and light hand protections and soft foot & shinbone protections matching their belt color (red or blue) which must be approved by JJIF.

The protections must be made of soft foam and must be 1-2 cm in thickness. Protectors must be in the right size and in good order.

- 1.4** It is strongly recommended to use a jockstrap and mouthguard in all age categories.

Competitors in categories **U18 and younger must use mouthguard** and male Competitors a jockstrap.

- 1.5** Female Competitors may wear a soft chest protection.

- 1.6** Additional protective gear (e.g. shoulder support braces, knee prosthetics) must be soft and thin enough not to hinder the opponent's grip.

- 1.7** Competitors are not allowed to wear anything that may injure or endanger anybody.

- 1.8** All protective gear must be worn under the Gi.

- 1.9** The Competitors must have short fingernails and toenails.

- 1.10** Long hair must be tied together with a soft hairband.

- 1.11** Any additional requirements set by the SC or specific to the event must also be followed.

SECTION 02

CATEGORIES & TIME

SECTION 02: CATEGORIES & TIME

- 2.1** The categories are set up, as defined in the SC.
- 2.2** The match duration is:
- 3 minutes for Adults, U21, U18 & U16
 - 2 minutes for Teams, Masters, U14 and younger.
- 2.3** Between two matches a Competitor should have a recovery time of 5 minutes and 10 minutes before medal fights of the category.
- 2.4** Additional regulations can be found in the SC.
- 2.5** Age categories:

Masters	Older than 34 years
Adults	Older than 18 years
U21	18 / 19 /20 years old
U18	16 / 17 years old
U16	14 / 15 years old
U14	12 / 13 years old
U12	10 / 11 years old
U10	9 years and younger



Competitors are assigned to the age categories according to the age they will reach the present year (from 1st of January to 31st of December).

A Competitor may compete in more than one age division within the same event (including across different disciplines).



2.6 Weight categories for children in youth events:

Male			Female		
U10	U12	U14	U10	U12	U14
-22 kg	-25 kg	-32 kg	-20 kg	-22 kg	-25 kg
-25 kg	-28 kg	-36 kg	-22 kg	-25 kg	-28 kg
-28 kg	-32 kg	-40 kg	-25 kg	-28 kg	-32 kg
-32 kg	-36 kg	-44 kg	-28 kg	-32 kg	-36 kg
-36 kg	-40 kg	-48 kg	-32 kg	-36 kg	-40 kg
-40 kg	-44 kg	-52 kg	-36 kg	-40 kg	-44 kg
-44 kg	-48 kg	-56 kg	-40 kg	-44 kg	-48 kg
+44 kg	-52 kg	-62 kg	+40 kg	-48 kg	-52 kg
	+52 kg	-69 kg		+48 kg	-57 kg
		+69 kg			+57 kg

FOR YOUTH (U10 → U14):

For children categories (U14, U12 and U10) JJIF recommends the use of the following weight divisions to the JJNOs.

2.7 Weight categories for individual Competitors:

FOR U16 → Adults:

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

Competitors may not be registered in more than one weight category, i.e. the category in which they belong or the one immediately higher.

Male				Female			
U16	U18	U21	Adults	U16	U18	U21	Adults
-40 kg				-32 kg			
-44 kg				-36 kg			
-48 kg	-48 kg			-40 kg	-40 kg		
-52 kg	-52 kg			-44 kg	-44 kg	-45 kg	-45 kg
-56 kg	-56 kg	-56 kg	-56 kg	-48 kg	-48 kg	-48 kg	-48 kg
-62 kg	-62 kg	-62 kg	-62 kg	-52 kg	-52 kg	-52 kg	-52 kg
-69 kg	-69 kg	-69 kg	-69 kg	-57 kg	-57 kg	-57 kg	-57 kg
-77 kg	-77 kg	-77 kg	-77 kg	-63 kg	-63 kg	-63 kg	-63 kg
+77 kg	-85 kg	-85 kg	-85 kg	+63 kg	-70 kg	-70 kg	-70 kg
	+85 kg	-94 kg	-94 kg		+70 kg	+70 kg	+70 kg
		+94 kg	+94 kg				

SECTION 03

REFEREES & SECRETARIAT

SECTION 03: REFEREES & SECRETARIAT



3.1. Referees



- 3.1.1.** The main referee in JJIF Fighting System is the Mat Referee (MR) who stays within the match area and conducts the match.
- 3.1.2.** The MR gives the decision for scoring, penalties, or corrects wrongly given scores or penalties.
- 3.1.3.** The MR is supported by one (1) Video Referee (VR) situated next to the Secretariat. Two (2) video cameras are used, located at opposite corners of the mat.
- 3.1.4.** The Table Referee (TR) oversees the Secretariat.
 - 3.1.4.a.** The TR announces the points and penalties to the table crew.
 - 3.1.4.b.** The TR starts the injury-time when the medical personnel start treatment on the mat.
 - 3.1.4.c.** The TR informs the MR about the expiry of the fighting time, Osae-komi time, and injury time.
- 3.1.5.** Actions that lead to an injury or Full-ippun shall always be reviewed by the VR.
- 3.1.6.** Actions that lead to a direct Hansoku-Make must be reviewed by the Head Referee (HR) of the competition, who should confirm the Hansoku-Make decision.

- 3.1.7** Referee decisions may be challenged according to the regulations in the SC.
- 3.1.8** When video refereeing cannot be used, the MR is assisted by two (2) Side Referees (SRs).
 - 3.1.8.a.** The SRs must place themselves on opposite sides in the safety area following the course of the match as best possible and award their points.
 - 3.1.8.b.** Points are recorded by considering the points awarded by the majority of the three (3) Referees.
- 3.1.9** The HR, MR and the VR are always in contact by a separate intercom audio channel.
- 3.1.10** MR and VR (or SRs) are supported and supervised by the HR, who evaluates the MR's and the VRs' (or SRs') work and keeps a record.
- 3.1.11** The Mat Supervisor shall make the final decision in the case of a disagreement between the MR and the VR.
- 3.1.12** The Mat Supervisor is also responsible for leading and guiding the refereeing team to ensure the highest standard of officiating throughout the competition.
- 3.1.13** The Mat Supervisor is responsible for a maximum of one or two tatamis and shall remain close to the assigned tatami(s). An exception applies during the finals, where the Mat Supervisor shall be seated next to the VR.
- 3.1.14** It is the Referees' duty to intervene in a match when they deem it necessary.
- 3.1.15** It is the MR's duty to keep the Competitors within the boundaries of the fighting area.
- 3.1.16** It is the MR's duty to monitor Coaches conduct and take measures according to the SC.
- 3.1.17** Referees on the same match should all be from different countries, (or different clubs if it is a national competition), if possible.

3.2. Secretariat

- 3.2.1. The Secretariat consists of at least one table crew, who is working together with the TR.
- 3.2.2. The table crew is placed so the MR is facing them at the beginning of the match.
- 3.2.3. The table crew are responsible for the operation of the electronic scoreboard. If paper records are needed a second table crew will be in charge of them.



The Secretariat



The Table Crew

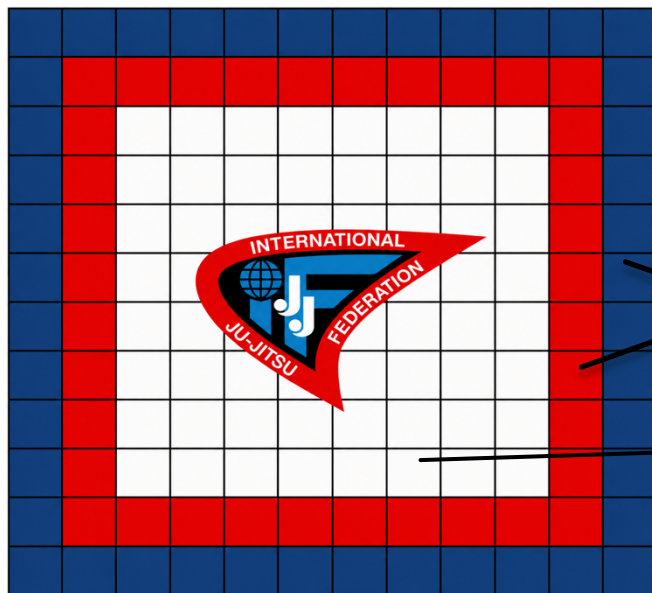
SECTION 4

COURSE OF THE MATCH

SECTION 04: COURSE OF THE MATCH



4.1 Competition area – FIELD OF PLAY



The Field of Play must be set up by following the additional regulations listed in the affiliated document (JJIF Organization and Sporting Code).

The Competition Area must be covered by mats, in different colors dividing the areas:

- The area outside the Fighting Area is called the Safety Area.
- The Fighting Area plus the Safety Area are called the Match Area

Safety area

Fighting area

MATCH AREA



4.2 Setting up the fight

The MR calls the Competitors to the center of the Fighting Area, standing about 2 meters away from each other.

The Competitor wearing red equipment stands to the right side of the Mat Referee.

The MR asks them to bow first to him and then to each other; the Competitors then take their positions, waiting for the MR's signal.

4.3 After the MR announces **Hajime** to start the match.

4.4 A JJIF Fighting System match is composed of three Parts:

- The match starts in Part 1 and restarts from Part 1 if the match was stopped by "Mate". The match also resumes in Part 1 if the grips in Part 2 & 3 are lost or broken.

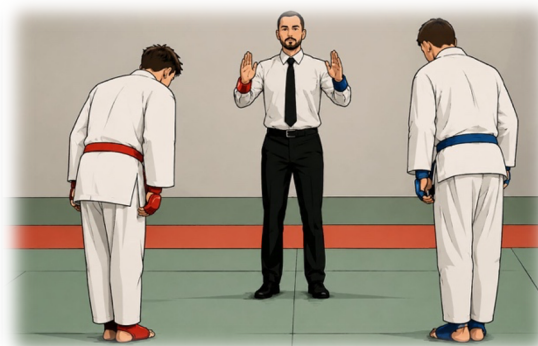
Scores in Part 1 are achieved by performing Atemis.

- Part 2 starts when a grip is established by one Competitor and continues until either both Competitors have both knees on the ground or one Competitor is in a sitting or lying position. Atemis are forbidden in Part 2, except when performed simultaneously with the initial grip.

Scores in Part 2 are achieved by performing takedowns as well as submission holds in standing position.

- Part 3 begins as soon as both Competitors have both knees on the ground or one Competitor is in a sitting or lying position and ends when the conditions of Part 1 or 2 apply again. Atemis are forbidden in Part 3 and takedowns are not scored.

Scores in Part 3 are achieved by performing Osae-komi or submission holds.



Before the fight begins, the MR instructs the competitors to bow to the referee...



...and then to each other

4.5. The Competitors must actively attempt to score points in all Parts.

4.6. Active Competitors may change between the Parts.

4.7. After **Mate** the Competitors must immediately reset their Gi and protective gear and return to their starting positions.

If a Competitor's Gi and protective gear are not reset, the MR may use the **Reset the Gi** referee sign to give 15 extra seconds to reset the Gi and protective gear.

If this happens on multiple occasions within one match, the Competitor will be punished with Shido for "Wasting time".

4.8. Techniques that start outside the Fighting Area cannot be scored. The MR should stop any fighting outside the Fighting Area and instruct the Competitors to return to the center of the mat and face each other in a standing position.

4.9. If a Competitor enters the safety area with both feet only for a short moment and returns to the Fighting Area immediately, the match should not be stopped.

4.10. At the end of the match, the MR announces the winner and orders the standing bow first to each other and then to the Referee(s).

SECTION 05

APPLICATION OF HAJIME, MATE, SONOMAMA & YOSHI

SECTION 05: APPLICATION OF HAJIME, MATE, SONOMAMA & YOSHI



- 5.1. The MR shall announce **Hajime** to start the match and to restart the match after **Mate**.
- 5.2. The MR shall announce **Mate** to stop the match in the following cases:
 - 5.2.1. If one or both Competitors leave the Fighting Area completely in Part 1 and show no intention to move back inside.
 - 5.2.2. If the contact in Part 2 and Part 3 is lost and the Competitors will not resume fighting by themselves.
 - 5.2.3. When Osae-komi time has expired.
 - 5.2.4. During a submission hold if a Competitor taps, shows any other sign of submission, screams or if one of the Competitors is unable to tap.
 - 5.2.5. To give one or both Competitors a penalty in Part 1.
 - 5.2.6. If one or both Competitors are injured, unconscious or are taken ill.
 - 5.2.7. In any other case when the MR finds it necessary (e.g. to reset the Gi or to deliver judgments)
 - 5.2.8. In any other case when the VR (or one of the SR) finds it necessary.
 - 5.2.9. The fight has finished.



The MR announces Hajime to start or restart the fight



The MR announces Matte to stop the fight



The MR orders **Sonomama** to temporarily freeze the fight in Part 2 or 3...

5.3. Sonomama is used if the MR must temporarily stop the Competitors. In this case, the Competitors are not allowed to move until the fight is resumed. **Sonomama** will be announced:

5.3.1. To give one or both Competitors a warning or penalty in Part 2 or 3.

5.3.2. Any other time the MR finds it necessary to stop the fight and the Competitors are in Part 2 or 3.

5.4. After **Sonomama** the Competitors continue in the same position they were when the command was announced.

5.5. The MR announces **Yoshi** to restart the match after **Sonomama**.



... and **Yoshi** to resume the fight

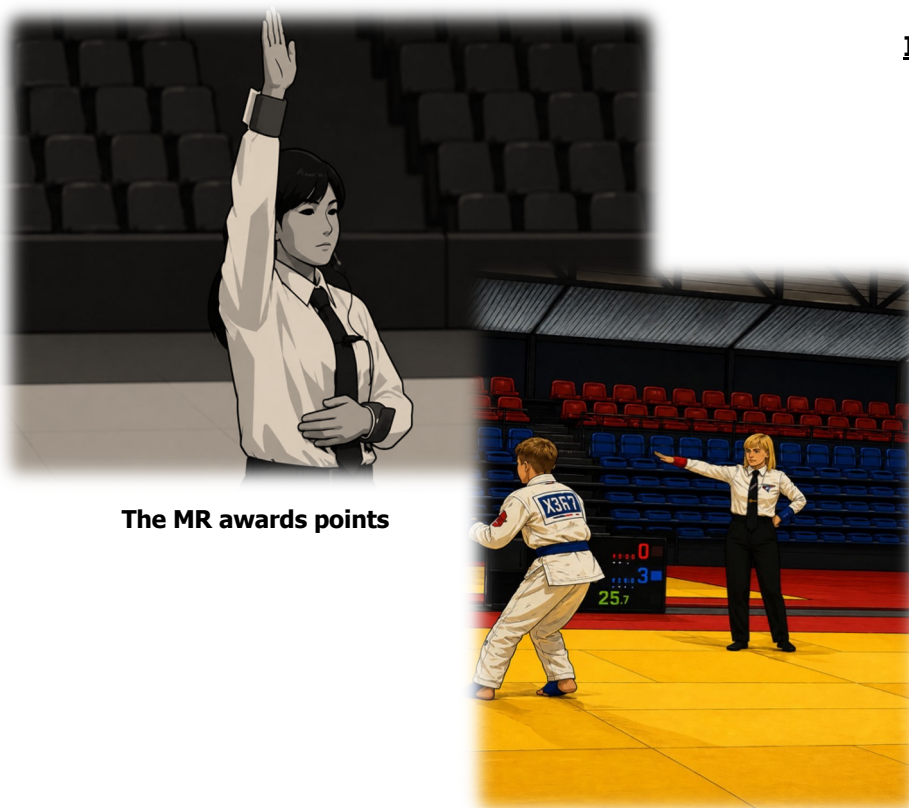
SECTION 06

POINTS

SECTION 06: POINTS

If the Referee Team consists of a MR and a VR:

- Points are awarded by the MR.
- The VR will intervene in the event of a challenge, an incorrectly awarded IPPON, a request from the MR regarding a specific action, or an incorrectly awarded penalty.
- If the score is changed by the VR, the MR shall indicate the Part in which the change occurred and announce the updated score.
- If the MR and VR cannot reach an agreement and the outcome of the match would be affected, the Mat Supervisor shall make the final decision.



The MR awards points

If the Referee Team consists of a MR and 2 SRs:

- Points are given by all Referees simultaneously and are awarded to a Competitor following the majority rule e.g. the points will be awarded to a Competitor when at least 2 referees (1 MR and 1 SR or 2 SRs) have awarded them points.
- If the referees give scores different from each other, the lower score of the same color will remain.

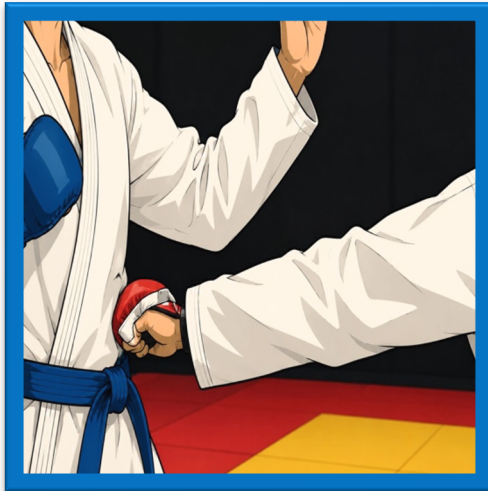


6.1. Part 1

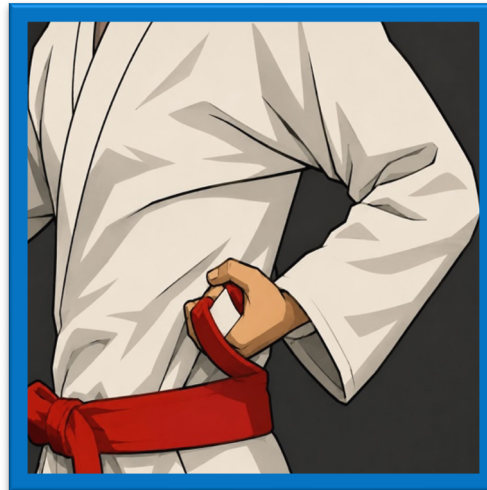
6.1.1. Atemis may be applied to:

- The upper body (front, back and side): above the belt and under the shoulder's line
- Head: only semi-circular movements

6.1.2. There are **3 criteria** that Atemis must fulfil to be scored:



1. He must touch the opponent with light contact.
U16 must touch the head as well.
U14 and younger can **NOT** target the head at all.



2. They must be applied with Hikite/Hikiashi.



3. They must be dealt dynamically, in good balance and control.

6.1.3. The following scores can be given in Part 1:

IPPON – 3 points	IPPON – 2 points	WAZA-ARI (1 point)
Ippon 3 points is awarded for a semi-circular kick "(Ura) mawashi-geri" to the head that satisfies all 3 criteria and is not blocked by the opponent.	Ippon is awarded for an Atemi that satisfies all 3 criteria and is not blocked by the opponent (and is not awarded 3 points Ippon).	Waza-ari is awarded for an Atemi that satisfies all 3 criteria but is partially blocked by the opponent. or an Atemi that hits and fulfills only one other criteria without being blocked.

6.1.4. Engagements in Part 1

- 6.1.4.a.** Part of the body that must be used to score: ALL AREAS COVERED BY PROTECTIVE GEAR (Exceptions: Yoko-Geri; Ura Mawashi-geri; Mae-geri).
- 6.1.4.b.** An engagement starts when both Competitors move towards each other and begin to apply Atemis techniques.
- 6.1.4.c.** Only one technique can be scored in each engagement.
- 6.1.4.d.** The priority when deciding which technique is scored shall be as follows:
1. First Ippon technique performed (it doesn't matter whether it is 2 or 3 points).
 2. First Waza-ari technique performed.
- 6.1.4.e.** If both hits land at the same time and would yield the same score (both Ippon - 2 or 3 points - or both Waza-ari), no points shall be given (simultaneous actions).
- 6.1.4.f.** Multiple penalties may be awarded during a single engagement.
- 6.1.4.g.** An engagement ends when:
- The Competitors move away from each other and the distance between them increases.
 - Both Competitors stop applying Atemi techniques.
 - The Competitors go to Part 2.

6.2. Part 2

6.2.1. The following scores can be given in Part 2:



IPPON – 3 points	IPPON – 2 points	WAZA-ARI (1 point)
Ippon 3 Points is awarded for: ▪ Submission holds that force a submission of the opponent. ▪ <i>Submission holds in Part 2 are not allowed in the age categories U16 and younger.</i>	Ippon is awarded for a takedown with full control and dynamic throughout the technique.	Waza-ari is awarded for a partially controlled takedown.

- 6.2.2.** If a Competitor is unable to tap, he may also tap verbally. In any case, if the MR thinks a Competitor is in danger, he must stop the match and award a Ippon 3 points to his opponent.
- 6.2.3.** A takedown where the opponent lands flat on the back, side, or abdomen, and/or chest against the tatami with Tori remaining in a position above or on the same level as his opponent may be scored in Part 2.
- 6.2.4.** Takedowns after which the opponent lands on his knees, on his elbows, on all fours or in a seated position will not score any points.
- 6.2.5.** All foot sweeps and takedowns, such as De-Ashi-Barai will score in Part 2 even without grip.
- 6.2.6.** If a takedown is countered by the opponent and both Competitors land in a way, that neither is in control simultaneous action shall be announced.
- 6.2.7.** If a takedown is applied after a Competitor picks up their opponent from Part 3 it is not subject for scoring.
- 6.2.8.** If a competitor attempts a takedown such as Tai-otoshi from kneeling position, there must be a step between the kneeling position and the attack, the foot should stay on the ground first before the attempt.
- 6.2.9.** Takedowns where the opponent lands in 2 steps (e.g., first in sitting position then lying down) can only be awarded at best with a Waza-ari.
- 6.2.10.** If Tori loses the grip during the projection, the maximum score can be only a Waza-ari.
- 6.2.11.** In case of "bridge defense", the best score that can be given is a Waza-ari if the opponent lies completely down on the back after the defense. If the opponent turns on the knees NO SCORE can be given.

6.3. Part 3



6.3.1. The following scores can be given in Part 3:

IPPON – 3 points	IPPON – 2 points	WAZA-ARI (1 point)
An Ippon 3 Points is awarded for submission holds (locks – strangulations) that force a submission of the opponent. <i>For age categories U16 and younger, if submission holds are executed in a technically correct way - with perspective of submission of the opponent – the Referee must stop the match and award the 3 points Ippon.</i> <i>Leg locks are not allowed in the age categories U16 and younger.</i>	Ippon is awarded for effective control techniques announced as Osae-komi held for 15 seconds.	Waza-ari is awarded for effective control techniques announced as Osae-komi held from 10 seconds till 14 seconds.

6.3.2. Osae-komi is announced if:

- The controlled person is lying on the floor. Control techniques can be applied when the opposing Competitor is on their back, side, or abdomen.
- The legs of Tori are free (in back-control Tori's legs are considered free).
- Uke is well encumbered and can't move freely and Tori has a good control over Uke.

OR

- Tori has a submission hold where he controls Uke's upper body (e.g. Sankaku-jime and Juji-gatame) and where they are in a higher position than Uke.

6.3.3. Osae-Komi time continues, even if:

- The controlled person can catch one leg of Tori (half guard).
- The Competitors move to back control on the ground (e.g. from a back mount or a mount) with Tori in control.
- The controlled person gets on a turtle position in case of a back mount with Tori in control.
- When the controlled person (Uke) touches outside the 2m of the Safety Area, but Tori still has any part of his body inside the Fighting Area.

6.3.4. Toketa will be announced, if:

- The controlled person can catch both legs of Tori (closed guard).
- The controlled person can turn his opponent (except in case of back-control).
- The controlled person can get on his feet or on his knees in an upright position.
- The controlled person gets on all fours position with the knees on the ground.
- (For Back Mount) The controlled person gets on all fours with the knees off the ground.
- Both Competitors leave the Fighting Area completely.



Turtle position

All 4 position



- 6.3.5.** If a Competitor is unable to tap during a submission hold, he may also tap verbally. In any case, if the MR thinks a Competitor is in danger he must stop the match and award a Ippon 3 points to his opponent.
- 6.3.6.** Osae-komi cannot be announced for a Competitor who is trapped in a submission hold. Toketa is announced if the controlled person applies a submission hold.
- 6.3.7.** Points for different control techniques and submission holds which are regarded as Osae-komi cannot be accumulated.
- An Osae-komi which is held longer than 10 seconds and ends up with a successful submission will not score a Waza-ari plus an Ippon.
- The MR will announce Mate for the Osae-komi and award a Ippon 3 points for the submission.
- 6.3.8.** If a submission hold that is also an Osae-komi technique does not result in a submission within 15 seconds, the MR will announce **Mate** and give a Ippon 2 points to Tori.



The Osae-komi sign

SECTION 07

PENALTIES / FOULS / PROHIBITED ACTS

SECTION 07: PENALTIES / FOULS / PROHIBITED ACTS



If a Competitor performs an action that fits multiple criteria for penalties the most severe penalty shall be given.

There are 3 types of fouls and corresponding penalties:

- Minor Fouls - are penalized with Shido, awarding 1 Waza-ari to the opponent.
- Major Fouls - are penalized with Chui, awarding 2 Waza-ari to the opponent.

If one Competitor accumulates 6 or more penalty points or 2 Chui this adds up to a Severe Foul (Hansoku-make).

- Severe Fouls - are divided between technical fouls and disciplinary fouls.
- The decision of direct Hansoku-make must be verified with the Head Referee

Severe Technical Fouls	Severe Disciplinary Fouls
are penalized with Hansoku-make and disqualification of the offending Competitor from the match.	are also penalized with Hansoku-make, but the offending Competitor will immediately be expelled from the tournament, losing all fights, medals, and qualification points of the entire event (in all disciplines and categories). The Head Referee/Competition Manager shall evaluate if the incident must be reported to Safeguarding or Ethics.

7.1. Minor Fouls

Minor Fouls are penalized with Shido, and the opponent is awarded 1 Waza-ari.

The following actions are regarded as Minor Fouls:



7.1.1. Mubobi

- Setting an action by which a Competitor endangers themselves.
- It is possible to issue Mubobi for one Competitor and give points for the other Competitor for the same action.

7.1.2. Leaving the Fighting Area

- In Part 2, purposely pushing the opponent outside the Fighting Area.
- In Part 3, during an Osae-komi or a submission hold, if Uke actively leaves the Fighting Area in a non-technical way and causes both Competitors to leave the Fighting Area.
- In Parts 1 and 2, going outside the Fighting Area with both feet. However: If a Competitor enters the safety area with both feet only for a short moment and returns to the Fighting Area immediately, there is no foul and the match should not be stopped. If a Competitor goes outside the Fighting Area to evade hard or uncontrolled techniques no penalty shall be given.

7.1.3. Grip & Punch

- Applying Atemi techniques in Part 2 or 3.
- However: If an Atemi is applied simultaneously with the initiation of the grip (going from Part 1 to Part 2), it may be scored.

7.1.4. Passivity

General Principle: The Rule of "Passivity" is designed to enable the Referee to guide the Competitors conducting an active Ju-Jitsu fight serving all 3 Parts.

The following example and guidelines shall give orientation but must not be enforced if the general Principles requirements are met.

Passivity Guidelines:

- All Parts: If one or both Competitors are not showing any activity with the aim of scoring points.

Performing no significant attacks with the intention of scoring points; pure blocking, false attacks or attacks without the intention of scoring points in Part 1, Part 2 or not attacking / seeking advantage from a neutral or superior position in Part 3 are considered passive actions.

- If one or both Competitors are going directly to Part 2 or 3 without being active in Part 1.

Active in Part 1 shall mean a genuine attempt at scoring in at least 2 engagements before going into Part 2 after Hajime.

Exceptions (only 1 engagement at least is mandatory):

- after a Passivity penalty FOR Part 2
- after applying at least two engagements and the fight being stopped: going out of the mat, kicking the legs etc.

Refusing to move in Part 2 and not being active enough in Part 1.

In such a case Passivity should be given if the Competitors do not progress to Part 2 within approximately 30 seconds. After such penalty is given the time will be reduced to approximately 15 seconds.

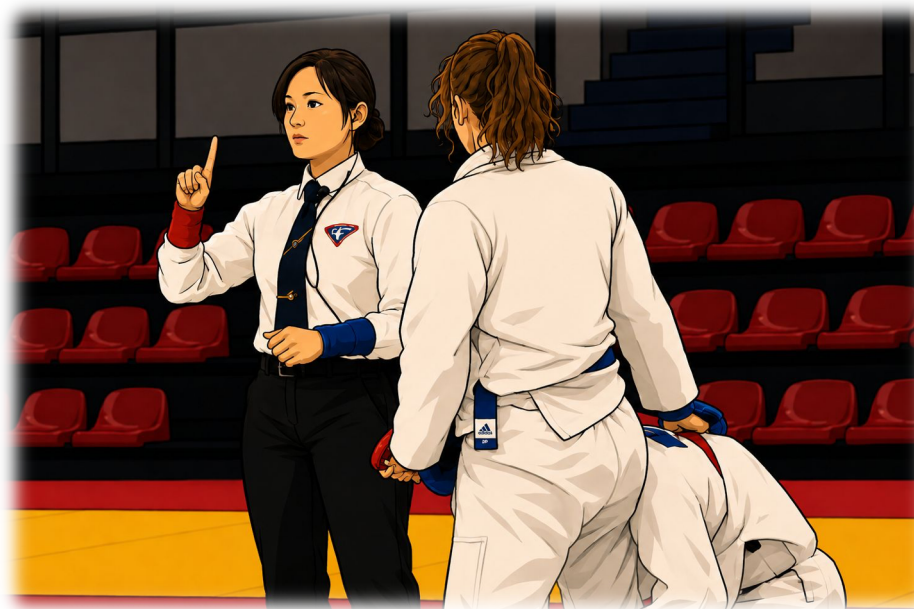
An active Competitor can move to Part 2 after unsuccessful attempts of scoring in Part 1 but cannot move to Part 3 directly. This is Passivity Part 2.

When in Part 2, an active Competitor cannot move to Part 3 intentionally after unsuccessful attempts to score (this will again be Passivity Part 2) but they can move to Part 1.

Going directly to Part 3 or applying a false attack with the sole purpose to get to Part 3.

Only blocking the opponent's attacks and movement, without the attempt of applying a technique.

To avoid any form of passivity, if a competitor steps out of the fighting area or pushes the opponent out, the MR shall announce "SONOMAMA" to freeze the fight. The MR then returns both competitors to the center of the fighting area, restoring them to the same relative position they were in before the interruption, imposes the appropriate penalty if applicable, and restarts the fight with "YOSHI".





- Going directly back to Part 2 or Part 1, while refusing to fight in Part 3.

When in Part 3, an active Competitor can move to Part 2 or Part 1 after unsuccessful attempts to score.

When a penalty for passivity is issued because a Competitor has skipped Part 1 or 2 or refused to fight in Part 3 the fight shall be resumed in the Part where the Passivity was issued for (e.g. if a fighter applies a false attack to skip Part 2, the fight shall resume in Part 2).

As an exception to the rule 7.1.4 Passivity:

A penalty for passivity shall not be given, if a Competitor seizes an opportunity (e.g. by catching a kick without being active in Part 1 before or by applying a flying armbar, standing up to pass the opponents guard...).

7.1.5. Wasting Time

- Not having the Gi and protective gear reset, when returning to the starting position on multiple occasions within one match.
- Not having the Gi and protective gear reset on time (15 seconds after the reset the Gi sign was shown).
- Wasting time on purpose (e.g. arranging the Gi, by taking the belt off, taking off the gloves etc.).
- If a Competitor comes unprepared to the tatami and delays the match.

The penalty will be issued after the standing bow, before the fight will be started by Hajime.

7.1.6. Forbidden Action

- Setting actions after **Mate** or **Sonomama**.
- Applying locks to fingers or toes.
- Putting their hand or foot in the opponent's face in Part 2 or 3.
- Strike with an unprotected part (slap, knee strike, elbow strike).

7.1.7. Applying Atemis under the beltline

7.2. Major Fouls

Major Fouls will be penalized with Chui, and the opponent is awarded 2 Waza-ari.

The following actions are regarded as Major Fouls:



7.2.1. Disregarding Referee's instructions

- To disregard the MR's instructions.
- To make any attempt of improving one's grip or position after Sonomama has been announced.
- The third instance of an identical Minor Foul (e.g. Passivity, Grip & punch, leaving the tatami...).

When a Competitor commits the second instance of a Minor Foul, the MR may give a warning that another identical foul will result in "Chui".

7.2.2. Unnecessary remarks

- To talk with anyone during the match (e.g. opponent, Coach, Referee, ...).
- To make unnecessary calls, remarks or gestures, dances, or victory celebrations that are unsportsmanlike towards the opponent, the Referees, the Secretariat, or anyone else, but are not severe enough to warrant immediate dismissal from the event (Severe Disciplinary Foul).
- Dismissive gestures for disapproval of the scoring.
- However, two exceptions are permitted:
 - Requesting a medical time by showing the sign or asking straight the MR.
 - asking to the Coach to request a challenge by showing a sign - the competitor is **NEVER** allowed to speak to his Coach.

7.2.3. Hard contact

- Applying an Atemi (e.g. kicking, pushing, punching, or hitting the opponent's body) in a hard way.

If an Atemi is harder than light-contact, the Atemi will be considered as being Hard Contact.

If the "Hard Contact" only occurred because the opponent moved into the technique and failed to protect themselves (Mubobi) no Chui for Dangerous Technique shall be issued.

It is possible for Mubobi and Dangerous Technique to apply simultaneously.



7.2.4. Uncontrolled Techniques

- Applying an uncontrolled attack that is not stopped even if it misses the opponent.

An uncontrolled horizontal Atemi (e.g. Uraken, Haito or Roundhouse kick) that is not stopped means that the Atemi passes the mid-line of the opponent.

An uncontrolled vertical Atemi (e.g. overhead Tetsui) that is not stopped means an Atemi that passes the shoulder line.

- Applying a hard or violent takedown.
- Applying a takedown causing the opponent to land on his face or head or neck.
- *For Age Categories U14 and younger:*
 - *Performing an Atemi to the head of the opponent.*
- *For Age Categories U16 and younger:*
 - Performing locks or strangulations in Part 2 or any leg locks.
 - Compressing the opponent's kidneys or ribs in the guard.

7.2.5. Throwing out

- Any throws or takedowns that force the opponent to land outside the safety area more than 2 meters far from fighting area.

7.2.6. Straight to the head:

- Applying a straight Atemi towards the opponent's head. The penalty applies even if the attack misses the opponent.

7.3. Severe Fouls

All **Severe fouls** are penalized with **Hansoku-make**.

If a Competitor is penalized with **Hansoku-make**, he loses the match (score set to 0), and the opponent's score is set to 50.

If both Competitors are punished with **Hansoku-make**, there will be a rematch:

- There is no break between match and rematch.
- Points, ippons and penalties will not be carried over to the rematch.

7.3.1. If a Competitor commits a **Severe Disciplinary Foul**:

- He is expelled from the entire event.
- He loses all fights, medals, and qualification points in ALL disciplines and categories.

7.3.2. The following actions are regarded as Severe Disciplinary Fouls:

- 7.3.2.a. Performing an action with the sole intent to injure the opponent.
- 7.3.2.b. Showing unsportsmanlike behavior that goes beyond what is covered under Unnecessary Remarks (e.g. faking injury with the intention to get the opponent penalized for a valid action, swearing, racist, hateful, or otherwise indecent, offensive words, or gestures).
- 7.3.2.c. When an Competitor bites, pulls hair, strikes or applies excessive pressure to genitals or eyes.
- 7.3.2.d. When a Competitor shows disrespect towards an opponent or the spectators verbally or in gestures during a match or victory celebration.
- 7.3.2.e. When one or both Competitors fail to take the match seriously and engage in play or fake fighting.
- 7.3.2.f. When a Competitor displays an attitude that is inappropriate or unsportsmanlike for a competition or engages in any other form of misconduct before or after the match.
- 7.3.2.g. Showing behavior or performing actions not listed above, that go against the Budo spirit.

7.3.3. The following actions are regarded as **Severe Technical Fouls**:

- 7.3.3.a. Accumulating 6 or more penalty points in one fight.
- 7.3.3.b. Accumulating 2 CHUI's.
- 7.3.3.c. Performing an action that may injure the opponent.
- 7.3.3.d. Techniques that cause bleeding (but not due to re-opening of an existing wound) must be evaluated by the MR and SRs/VR to determine based on the situation if; "Mubobi" (Shido), "Dangerous Technique" (Chui) or "Action that may injure the opponent" (Hansoku-make) applies.
- 7.3.3.e. Applying Forbidden Techniques:
 - Applying locks on the neck or spinal column.
 - Applying Kani-basami.
 - Strangling the opponent with barre hands.
 - Applying a combination of takedown (including attempts) with a submission hold, in a such a way that even if the opponent follows along, there's substantial risk for harm.
 - However, it is allowed to take an opponent down with a submission hold:
 - If the submission hold is resolved by the opponent going to the ground (e.g. kote-gaeshi).
 - If during the preparation of the submission hold in part 2 the opponent goes to part 3 (e.g. flying armbar).
 - Applying twisting knee locks.

7.4. Overview table

	U10 - U14	U16	U18 / U21 / Adults / Masters	Techniques
1	S	S	S	Atemis to the legs
2	S	S	S	Locks on fingers or toes
3	S	S	S	Putting one's hand or foot in the opponent's face in part 2 or 3
4	C	✓	✓	Atemis touching the head of the opponent
5	C	✓	✓	Atemis targeted the head
6	C	D	✓	Armlock (juji-gatame; ude garami; ude gatame; ...)
7	C	D	✓	Choking techniques (shime waza)
8	C	C	✓	Submission stretching the legs apart (banana split)
9	C	C	✓	Locks or strangulations in part 2
10	C	C	✓	Compressing the opponent's kidneys or ribs in the guard with crossed legs
11	C	C	C	Atemis applied in a hard way
12	C	C	C	Straight atemis towards the opponent's head
13	C	C	C	Uncontrolled atemis that are not stopped
14	C	C	C	Throw or takedown with any part of the opponent's body landing outside the safety area
15	C	C	C	Throw or takedown causing the opponent to land on their face or head or neck
16	C	C	C	Hard or violent takedown
17	H	C	✓	Straight kneebar (aligned with the knee)
18	H	H	✓	Front headlock without arm (guillotine)
19	H	H	✓	Toehold inside rotation
20	H	H	H	Locks on the neck or spinal column
21	H	H	H	Twisted locks on the knee
22	H	H	H	Twisted locks on the foot --> outside
23	H	H	H	Kani-Basami
24	H	H	H	Strangling the opponent with bare hands
25	H	H	H	Applying a combination of throw or takedown and submission hold; including flying submissions
	✓			Action / Techniques permitted
	D			Techniques that may only be demonstrated for the purpose of submission. WARNING: IF THE TECHNIQUE IS APPLIED = CHUI
	S			Forbidden Techniques = "SHIDO"
	C			Dangerous Techniques = "CHUI"
	H			Prohibited Techniques = "HANSOKU-MAKE"

SECTION 08

SETTLEMENT OF THE MATCH

SECTION 08: SETTLEMENT OF THE MATCH



Determination of the winner before the expiry of the fighting time:

- 8.1.** If a Competitor scores at least one Ippon in each of the 3 Parts, they immediately win by Full-ippon.

In this case, the defeated Competitor's score is set to 0 points, and the winning Competitor's score is set to 50.

- 8.2.** Determination of the winner after the expiry of the fighting time:

- a.** The Competitor who scored a higher number of points is the winner.
- b.** In case **a.** is equal, the Competitor who scored Ippons in a higher number of different Parts is the winner.
- c.** In case **a.** and **b.** are both equal, the Competitor who scored the higher number of Ippons is the winner.

- 8.3.** In case of a total tie after the expiry of the fighting time (both Competitors have scored an equal number of points, scored Ippons in the same number of parts, scored the same number of Ippons):

8.3.1. After a break of 1 minute there is an extra round.

8.3.2. The duration of an extra round is 2/3 of the regular match time (120 seconds for U16 – Adults, 80 seconds for Masters, U14 and younger).

8.3.3. If there is a total tie after an extra round, the procedure is repeated.

8.3.4. Scores, Ippons and penalties are carried over into the extra rounds.

8.3.5. The score in the bracket/round robin table shall remain the tied score from the initial round.

SECTION 09

WALK-OVER / WITHDRAWAL

SECTION 09: WALK-OVER / WITHDRAWAL**FUSEN-GASHI**

The decision Fusen-gashi (win by Walk-over) shall be given to any Competitor whose opponent doesn't appear for their match and has been called 3 times over 3 minutes period:

1. First call – when the names are on the screen
2. After 1 minute: Second call; if possible, with a microphone. From this moment, the competitor on delay will get a Shido for Wasting time. The table crew starts a chrono of 2 minutes visible on screen
3. After 1 minute: Third AND LAST call; if possible, with a microphone.
4. After 1 minute: If the Competitor is not ready to start, he loses the fight by Fusen-gashi

The Walked-over Competitor's score is set to 0 and the winner's score is set to 50

KIKEN-GASHI

The decision Kiken-gashi (win by Withdrawal) shall be given to the Competitor whose opponent withdraws from the competition during the match.

In this case the withdrawing Competitor's score is set to 0 points, and the winner's score is set to 50.

SECTION 10

INJURY / ACCIDENT / ILLNES

SECTION 10: INJURY / ACCIDENT / ILLNESS

10.1. When a match is interrupted due to injuries of one or both Competitors, the MR immediately stops all fighting activity and alerts the Medical personnel as well as VR and TR with the Medical Treatment sign.

10.2. The maximum Injury-time per Competitor is 2 minutes per match.

10.3. The Injury-time starts at the command of the TR, when the Medical personnel have started treatment of the injured Competitor.

If the Medical team leaves the Competition Area to retrieve equipment and the Competitor is not being treated at that moment, the medical time must be suspended during that period.

10.4. While the Injury-time is running an uninjured Competitor shall stand at least 2 meters away from the injured Competitor facing away from him as well as his own Coach.

10.5. The official doctor has the final say in whether an injured or ill Competitor may continue or not.

10.6. If a Competitor loses consciousness or if he blackouts, the fight must be stopped and the Competitor will be prohibited from competing for the remainder of the tournament.

10.6.1. If the blackout occurred due to a head trauma (e.g. punch, kick, throw with landing on the head) the Competitor will be suspended from JJIF competitions for 3 weeks.

10.6.2. The Competitor retains all victories, medals and ranking points they achieved up to this point.

10.6.3. The determination shall be made by the official doctor.



10.7. If one of the Competitors is unable to continue, the MR and the VR/SRs will decide after considering the following:

10.7.1. If the cause of the injury is attributed to the injured Competitor or it is impossible to attribute the cause of the injury to either Competitor, Kiken-gashi (win by Withdrawal) shall be given to the uninjured Competitor.

10.7.2. If the cause of the injury is attributed to the uninjured Competitor, Kiken-gashi (win by Withdrawal) shall be given to the injured Competitor. If the action leading to the injury was a Severe Foul, the Hansoku-make supersedes Kiken-gashi.

10.7.3. If a Competitor is taken ill during the match and he is unable to continue, Kiken-gashi (win by Withdrawal) shall be given to the opponent.

10.7.4. If a Competitor loses control of basic bodily functions (e.g. vomiting, involuntarily urinating, or bowel incontinence) Kiken-gashi (win by Withdrawal) shall be given to the opponent.

SECTION 11

SITUATIONS NOT COVERED BY THE RULES

SECTION 11: SITUATIONS NOT COVERED BY THE RULES

Situations not covered by the rules should be decided by the MR as well as VR/SR present at the match, the supervisor and/or the Head Referee. He will report – if possible, with the video – to the JJIF Fighting Committee - fighting@jjif.org

SECTION 12

COACHES

SECTION 12: COACHES



Only one (1) Coach per Competitor is allowed in the match area:

- 12.1.** Coaches must stay seated at the boundary of the match area during the match.
- 12.2.** Coaches are role models, and as such, their behavior must reflect the martial arts code of ethics and personal conduct.
- 12.3.** 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).
- 12.4.** Coaches may challenge referee decisions, according to the regulations in the affiliated document (JJIF Sporting Code).
- 12.5.** If Coaches exhibit offensive behavior towards Competitors, Referees, the audience, or anyone else, the Mat Referee (MR) should dismiss him from the area reserved to the officials (FOP) for the remaining duration of the match.
- 12.6.** If the offensive behavior continues, the Referees of the match may decide to dismiss him from the official tournament grounds. The organizer/host reserves the right to ban anyone they deem troublesome from the venue.



SECTION 13

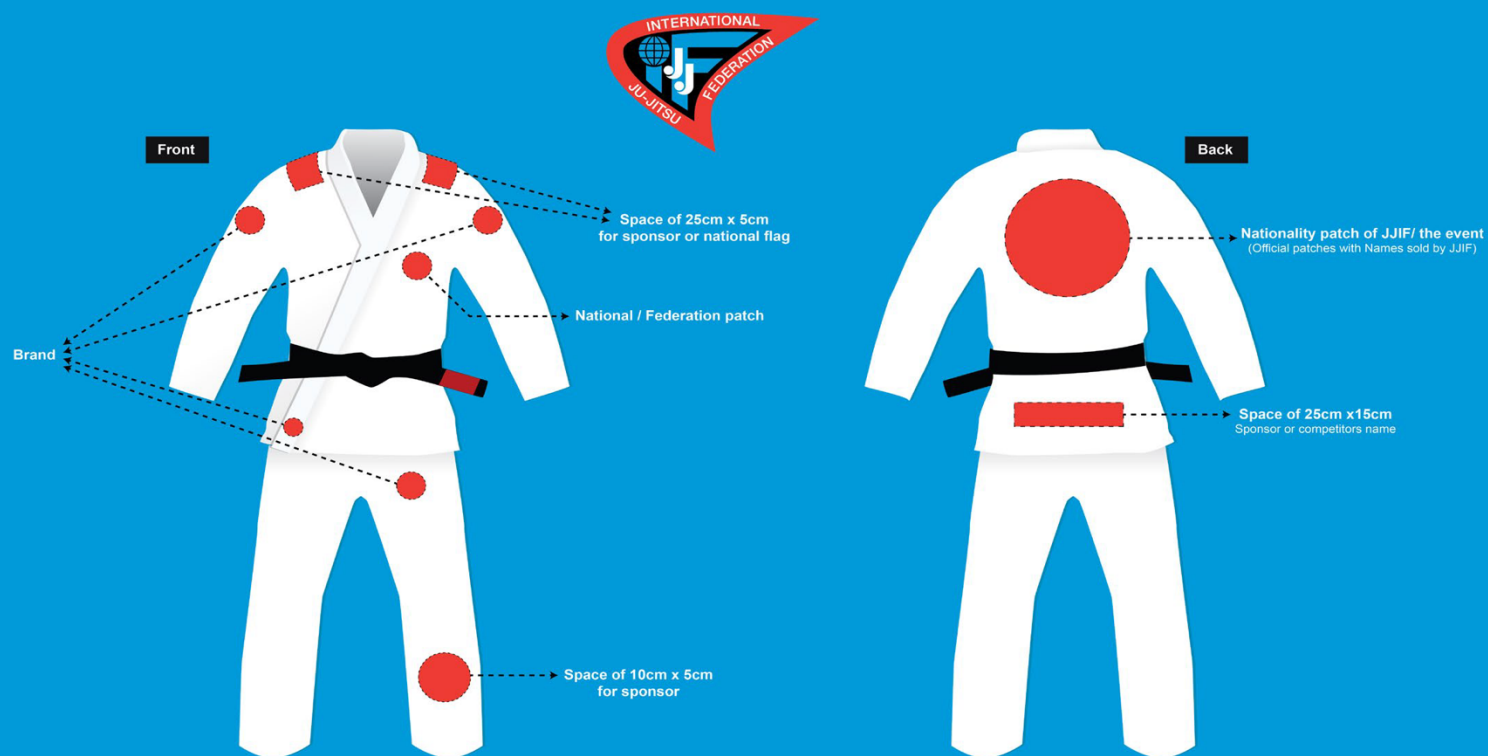
UNIFORMS / FURTHER REQUIREMENTS

SECTION 13: UNIFORMS / FURTHER REQUIREMENTS

- 13.1.** For the official weigh-in, the Competitors must wear at minimum a non-transparent T-shirt and a short covering the knees. For more details see the Section weigh-in in the SC.
- 13.2.** Patches may only be affixed in authorized regions of the Gi as depicted in the illustration on the following page. They must be of cotton fabric and properly seamed. All patches that are unseamed or in unauthorized areas of the Gi will be removed at Gi inspection.
- 13.3.** The Gi size must be following the illustration of Gi sizes and details on the following pages of Appendix III. The illustration can also be found in the SC.
- 13.4.** In male divisions a stretchy or elastic shirt (rash guard) under the Gi is optional. In female divisions it is mandatory.
- 13.5.** In female divisions wearing a hijab (headscarf) is permitted. It must be fixed and made with elastic fabric, without any hard material. Black or white color is mandatory.

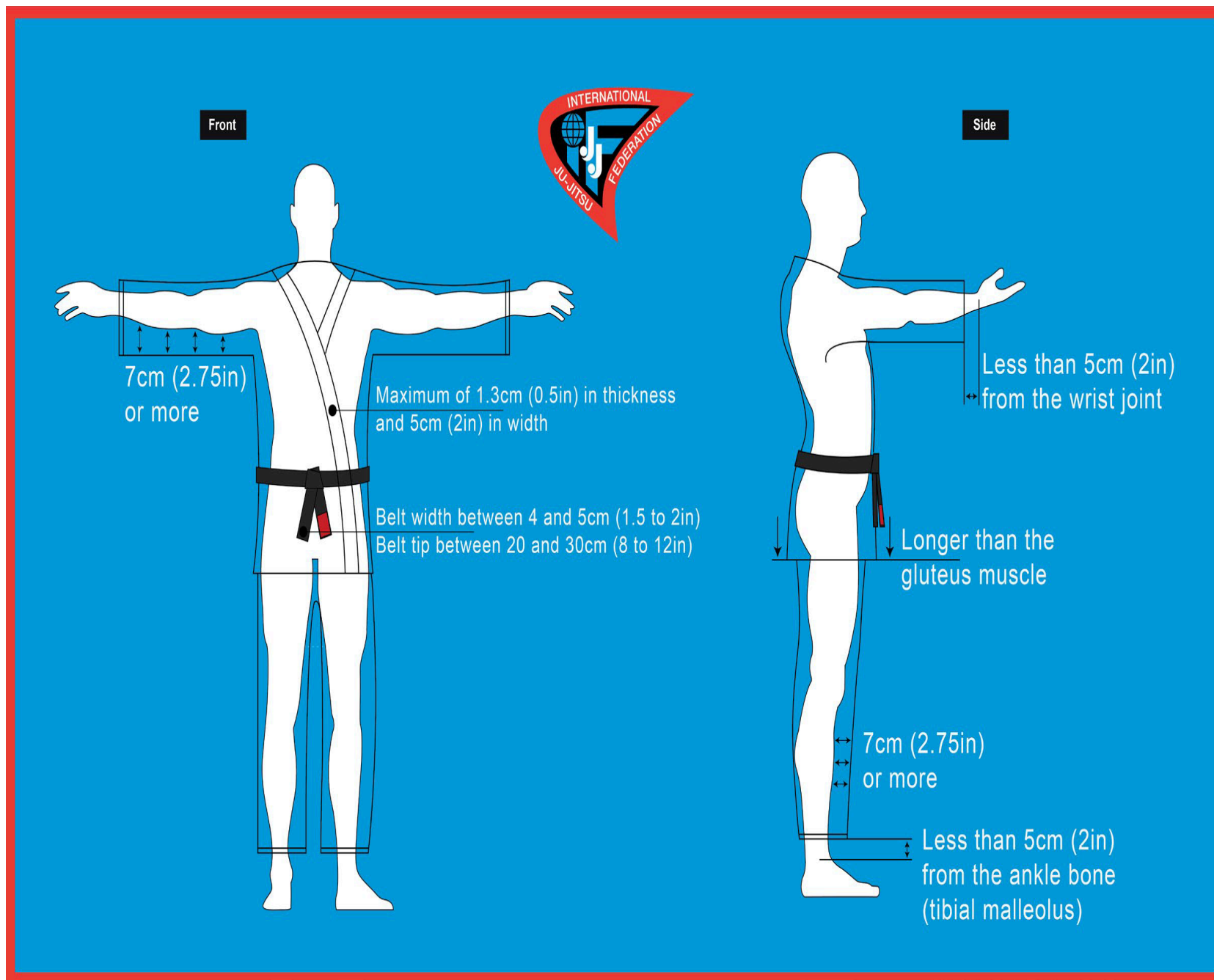


- 13.6.** The use of joint protectors (e.g. knee, elbow braces, etc.) is allowed, but only if they do not increase the body volume to the point of making it harder for the opponent to grip the Gi.
- 13.7.** The use of any protectors or gear with hard material that may cause harm to an opponent or the Competitor themselves is forbidden.
- 13.8.** Fingernails and toenails must be trimmed and short.
- 13.9.** Long hair must be tied together with a hairband. The hairband must not contain any hard material that may cause harm to an opponent.
- 13.10.** In case a Competitor's skin is presenting with open wounds, rash, or disease, the Official Doctor of the event must be informed. He has the final say on whether the Competitor may participate in the competition.
- 13.11.** Outside the match area Competitors must use footwear.
- 13.12.** The Gi and any other equipment must be clean, dry and odorless.



Generalities:

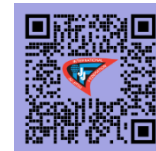
- The "sponsor area" must not be used for religious or political statements.
- The "sponsor" must fit with the ethics of Budo and sports (no discrimination, no Alcohol, no Tobacco,...).
- The "personal sponsor" cannot be in competition with official JJIF sponsors.
- Only official equipment suppliers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



SECTION 14

REFEREE SIGNS

SECTION 14: REFEREE SIGNS



14.1. Signs for conducting the fight



HAJIME – (re)start the fight

The MR stands between the two fighters, invites them to start the match by bringing both open hands together, and announces: "**HAJIME**"



DIDN'T SEE (THE ACTION)

The referee raises their hands as if covering their eyes with the open palms.

MATE – stop the fight

The referee raises one hand to shoulder height, with the arm parallel to the tatami, and shows the open palm (fingers pointing upward) towards the secretariat.



MEDICAL TIME

The referee raises one hand to shoulder height, with the arm parallel to the tatami, and shows the open palm (fingers pointing upward) towards the secretariat.





OSAE-KOMI - control in P3

The referee points towards the competitors with either the right or left arm, depending on the color, fully extended and the palm facing down, while clearly announcing "**Osae-komi**". The arm must remain extended for the entire duration of the Osae-komi.



TOKETA – control in P3 has ended

The referee waves the right or left hand (the same hand used for the Osae-komi signal) twice above the competitors and announces "**Toketa**". The palm is held vertically during the gesture.

RESET THE GI

The referee crosses both hands with open palms in front of the body while facing the competitor who failed to reset their equipment within the allotted time.



COMPETITOR COLOR

The MR raises a clenched fist with the right or left hand, corresponding to the competitor's color, to indicate the competitor concerned.





CANCELLATION

The referee first indicates the decision to be cancelled and the performs the cancellation gesture.

To cancel a decision, the MR waves one hand twice above their head.



RELEVANT PART

To identify the part concerned, the MR displays the appropriate number of fingers with the arm fully extended forward and directed towards the table crew.



SONOMAMA – freeze the fight

The referee firmly taps both competitors on the back with both hands while they are fighting and announces "**Sono-mama**".

YOSHI – unfreeze the fight

After the issue that caused the temporary interruption of the fight has been resolved, the MR taps both competitors on the back once again and clearly announces "**Yoshi**" to resume the action.



14.2. Signs for scoring



IPPON - 3 POINTS

The referee raises the left or right arm (depending on whether the score is awarded to the red or blue competitor) high above the head, with three fingers clearly displayed.



IPPON – 2 POINTS

The referee raises the left or right arm (depending on whether the score is awarded to the red or blue competitor) high above the head, with the palm facing forward.



WAZA-ARI – 1 POINT

The referee raises the left or right arm to shoulder height (depending on whether the score is awarded to the red or blue competitor), with the palm facing downward. The signal must be clearly visible to the secretariat.



AIUSHI – SIMULTANEOUS ACTION

The referee positions both arms horizontally in front of the body with the elbows bent and the fists touching.

14.3. Signs for Challenges & Intercom



CHALLENGE – review request

The MR makes a large rectangular gesture in front of the body using both index fingers to indicate a video review.

If the review is requested by a coach (Challenge), the MR shall also indicate the color of the competitor concerned.

If the fight is paused, the MR shall indicate that a review is in progress by pointing to the intercom earpiece while awaiting the outcome of the review.

1



CHALLENGE DENIED

After verification by the VR, if the Challenge is rejected, the MR performs the Challenge sign and then crosses both arms in front of the body with open hands before pulling them apart.

2



CHALLENGE ACCEPTED

Following the VR'S review, if the Challenge is accepted, the MR performs the Challenge sign and then raises a thumbs-up with the arm fully extended forward. The MR shall then apply the necessary corrections resulting from the review.

14.4. Signs for Minor fouls - SHIDO



SHIDO

To indicate a minor penalty (Shido), after performing the appropriate penalty sign, the MR extends the right or left arm, depending on the color of the penalized competitor, diagonally downward at an angle of approximately 45 degrees.



GOING OUT

The referee makes an outward sweeping motion towards the edge of the tatami with the back of the hand facing forward.

MUBOBI – endangering oneself

The referee extends both arms horizontally in front of the body twice, with the fists closed.



WASTING TIME

The referee points to their wristwatch.





FORBIDDEN TECHNIC

For all actions and techniques penalized with a Shido that do not have a specific sign, the referee taps the bend of the elbow with the edge of the open hand.



PASSIVITY

The referee rotates both forearms horizontally in front of the body.

After performing the passivity sign, but before awarding the penalty, the referee indicates the part in which the passivity occurred by displaying the corresponding number of fingers.

GRIP & PUNCH

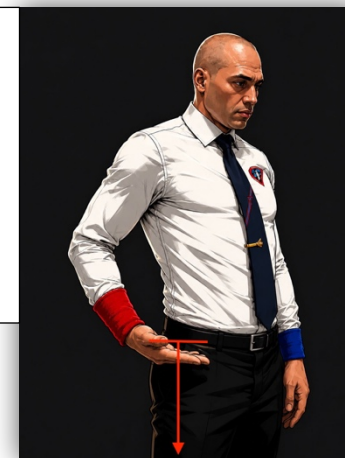
The referee performs a gripping motion with one hand and a punching motion with the other hand.

The hand performing the punching motion indicates the offending competitor.



KICK BELOW THE BELT

The MR places one hand at belt level with the palm facing upward and extends the arm downward.



14.5. Signs for Major fouls - CHUI



CHUI

To indicate a major penalty (Chui), after performing the appropriate penalty sign, the referee points towards the competitor to be penalized with the index finger extended.



UNCONTROLLED TECHNIQUE

The referee raises the right or left forearm horizontally in front of the body, with the elbow bent and the fist closed.

HARD CONTACT

The MR strikes the open palm of one hand with the opposite fist using a horizontal circular punch.



THROWING OUT

The referee makes an outward sweeping motion towards the edge of the tatami with the arm held vertically and the back of the hand facing forward.





STRAIGHT TO THE HEAD

The MR performs a circular punching motion towards the face.

DISREGARDING THE MR INSTRUCTIONS

The referee points to both ears with the index fingers.



UNNECESSARY REMARKS

The referee places the extended index finger in front of the mouth.



14.6. Signs for Severe fouls – HANSOKU-MAKE



HANSOKU-MAKE

For all actions and techniques resulting in a Hansoku-make:

The MR crosses both arms above the head with the fists closed and then indicates the offending competitor using the penalty signal.

14.7. Signs for closing the fight

1

HIKIWAKE – tied score

The referee crosses both arms in front of the chest with the palms open and clearly announces "**Hikiwake**" (1).

In the event of a Hikiwake, before the extra round, the MR gives a thumbs-up signal to the TR and then instructs the competitors to leave the fighting area for a one-minute break (2 – 3).

2**3**

ANNOUNCEMENT OF THE WINNER

The referee indicates the winner by raising the right or left arm at a 45-degree angle, depending on the color of the winning competitor, with the arm fully extended and the palm open. The referee then clearly announces the winner and the corresponding color.

