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# JU-JITSU INTERNATIONAL FEDERATION (JJIF)



# COMPETITION RULES

(Version 2.3 / January 1<sup>st</sup> 2014)

**With Comments**  
(Not part of the Rules)

MEMBER of SportAccord  
International Federations' Union



and IWGA  
International World Games Association



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# I. Generalities

## Section 1 Area of application

- a. These rules apply to the competitions in the area of the international federation, the continental unions, international championships and international tournaments, the competition rules in Duo System and Fighting System.
- b. All references in this document to the term “he” should be understood as “he or she”.
- c. The nations are free concerning the rules for their national tournaments.

## Section 2 Competition Dressing and Personal Requirements <sup>(1)</sup>

- a. The competitors shall wear a good quality white Ju-Jitsu Gi which must be clean and in good order. They shall wear red or blue belts.
- b. The jacket shall be long enough to cover the hips and be tied around the waist by the belt.
- c. The sleeves shall be loose enough to grip and long enough to cover half of the forearm but not the wrist. The sleeves may not be rolled up.
- d. The trousers shall be loose and long enough to cover half of the shinbone. Trousers legs may not be rolled up.
- e. The belt shall be tied with a square knot, tight enough to prevent the jacket from being too loose and long enough to go twice around the body and leave about 15cm of the belt on each side of the knot.
- f. Female competitors are required to wear a plain white T-shirt or leotard under their Gi. Men are not allowed to wear anything under their Gi-jacket.
- g. The competitors must have short fingernails and toenails.
- h. The competitors are not allowed to wear anything that may injure or endanger the opponent.
- i. Glasses may not be worn. Contact lenses may be worn at own personal risk.
- j. Long hair must be tied up with soft hair-band.

## Section 3 Competition Area <sup>(2)</sup>

- a. Each contest area should be 12 m x 12 m and shall be covered by tatamis, generally green in colour or in any other acceptable colour.
- b. The contest area shall be divided into two zones.
- c. The fighting area shall always be 8 m x 8 m.

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<sup>1</sup> If a competitor will not follow this rule, he is not allowed to start the match. He has the possibility to change the complained items of equipment and to show up again within 2 minutes.

<sup>2</sup> The distance between Secretariat and Contest area must be at least 2m  
The distance between the audience and Contest area must be at least 3m.

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- d. The area outside the fighting area shall be called the safety area and shall be at least 2 m wide.
  - e. Where two or more adjoining competition areas are used, a common safety area is not permitted.
  - f. In exceptional cases <sup>(3)</sup>, for international tournaments a fighting area of minimal 6m x 6m is allowed
  - g. In exceptional cases <sup>(4)</sup>, there should be the possibility to share part of the safety area, but between two fighting areas there must be at least 3m.

**Section 4 Material**

The organizer of the competition shall provide red and blue competition-belts, scoreboards, list and administration papers, a place for the referees and the technical committee!

**Section 5 Coaches, Competitors**

- a. Only one coach, who stays at the limit of the contest area during the match, may assist contestants. <sup>(5)</sup>
- b. If the coach exhibits misbehaviour towards the athletes, the referee, the audience or anyone else, the MR may decide to make him leave the area reserved to the officials for the duration of the match.
- c. If the misbehaviour continues, the Referees of the match may decide to make him leave the official area for the whole tournament.
- d. If a contestant shows unsportsmanlike behaviour after a fight <sup>(6)</sup>, the referee crew of the tatami unanimously decide that the competitor should be expelled from the rest of the tournament. They will inform the head-referee of their decision and then ask the responsible of the tournament to make the official announcement. The expelled contestant loses all matches he had already won, including the medals.

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<sup>3</sup> This minimal size of the fighting area is only allowed, if the size of the sport hall is too small.  
<sup>4</sup> To share part of the safety area is only allowed, if the size of the sport hall is too small.  
<sup>5</sup> A chair for the coaches is allowed beside the mat.  
<sup>6</sup> After a fight means during the whole tournament.



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Section 8 Weight Categories

The following weight categories will be utilized in the World Championships and continental competitions held under the auspices of the JJIF for men and women:

- Women: -48kg, -55kg, -62kg, -70kg, +70kg
Men: -55kg, -62kg, -69kg, -77kg, -85kg, -94kg, +94kg

Section 9 Referees (9)

- a. The Mat-Referee (MR) who stays within the contest area shall conduct the match.
b. Two Side-referees (SR) shall assist the MR and shall be situated in the safety area.
c. The Table-Referee (TR) is responsible for the secretariat.
d. There may be two Table-referees at the finals if the number of referees allows it and if this can be done at all finals in the tournament.

Section 10 Secretariat

- a. The secretariat is placed opposite the position of the MR at the beginning of the fight.
b. The secretariat shall be composed of two scorekeepers and one timekeeper.
c. One of the secretaries keeps a record of the competition on paper; the second one can control an electronic scoreboard.
d. If there is any difference between the two score registers then the paper one is the correct one.

Section 11 Course of the match

- a. The contestants start facing one another in the middle of the competition area approximately two meters apart.
b. After the MR announced 'Hajime', the match starts in Part 1.
c. As soon as there is contact between the competitors by holding the opponent, part 2 has begun.
d. As soon as both contestants have both knees on the floor or one of the contestants is sitting or laying on the floor the match continues in Part 3.

9 The referees should be from different countries if possible.

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- e. The contestants can change between the different parts, but they must be active in all parts. <sup>(11)</sup>
- f. If a contestant only rushes towards the opponent without making a technical action or if he is dangerous to himself (“Mubobe”), a technical penalty will be given and the match will continue in part 1.
- g. Throws must start in the fighting area. The opponent may be thrown to the safety area, provided the throw presents no injury risk for the opponent.
- h. At the end of the match, the MR announces the winner and orders the standing bow first to each other, then to the referees, who are standing on one line in the fighting area opposite the table referees.

**Section 12 Application of “Hajime”, “Matte”, “Sonomama” and “Yoshi”**

- a. The MR shall announce “Hajime” to start and to restart the match after “Matte”.
- b. The MR shall announce “Matte” to stop the match temporarily in the following cases:
  - 1. If one or both contestants left the fighting area completely in Part 1 or Part 2. <sup>(12)</sup>
  - 2. If both contestants left the fighting area completely in Part 3. <sup>(13)</sup>
  - 3. To give one or both contestants a penalty in Part 1.
  - 4. If one or both contestants are injured or are taken ill.
  - 5. If one of the contestants can’t tap by himself during a strangulation or a lock.
  - 6. When Osaе-komi time is expired
  - 7. If the contact in part 2 and part 3 is lost and the contestants will not continue in part 1 by themselves.
  - 8. In any other case when the MR finds it necessary (e.g. to reset the Gi or to deliver judgments)
  - 9. In any other case when one of the SRs finds it necessary and therefore claps his hands. <sup>(14)</sup>
- 1. The fight has finished.
- c. “Sonomama” shall be used if the MR must temporarily stop the fighters. In this case, the contestants are not allowed to move anymore. “Sonomama will be announced:
  - 2. To give one or both contestants a warning in Part 2 or Part 3.
  - 3. To give one or both contestants a penalty in Part 2 or Part 3.
  - 4. Any other time the MR finds it necessary.
- d. After “Sonomama” the contestants continue exactly in the same position they were, when the Command was announced. To actually start again the match, the MR announces “Yoshi”.

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<sup>10</sup> If a contestant repeatedly goes down on his knees directly he shall be punished passivity in Part 2. It is not allowed to lift the opponent laying down to apply a throwing technique. In this case the MR stops the fight by Matte.

<sup>11</sup> It is not allowed to hit the opponent when he has both knees on the mat. In this case the MR stops the fight by Matte.

<sup>12</sup> If one of the fighter leaves with both feet the fighting area only for a short while and returns immediately back, the match will not be stopped

<sup>13</sup> If a SR claps his hands, the MR has to stop the fight.

<sup>14</sup> The MR together with the SR should decide, after consulting the TR, if the last action happened before or after the end of the fighting time.

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**Section 13 Points**

Scores must be marked by the majority of the referees, therefore at least two referees. If the referees give a score different from each other, the intermediate score prevails. If one of the referees doesn't see an action, the lower of the two remaining scores prevails.

- a. The following points can be given in Part 1:  
(Punches, strikes and kicks must be applied with Hikite / Hikiashi, in good balance and control <sup>(15)</sup>)
  - 1. An unblocked punch, strike or kick (Ippon, 2 points)
  - 2. A partly blocked punch, strike or kick (Wazaari, 1 point)
  
- b. The following points can be given in Part 2:  
(Throws, take downs, locks and strangulations)
  - 1. Strangulations and locks in case the contestant can't clap by himself and the MR must stop the fight by announcing "Matte". (Ippon, 2 points)
  - 2. Strangulations and locks with tapping (Ippon, 2 points)
  - 3. A perfect throw <sup>(16)</sup> or take-down (Ippon, 2 points)
  - 4. A not perfect throw or take-down (Wazaari, 1 point)
  
- c. The following points can be given in Part 3:  
(Floor techniques, locks and strangulations)
  - 1. Strangulations and locks in case the contestant can't clap by himself and the MR must stop the fight by announcing "Matte".! (Ippon, 3 points)!
  - 2. Osae-komi <sup>(17)</sup>, Strangulations and locks with tapping! (Ippon, 3 points)!
  - 3. An efficient control announced as "Osae-komi" during 15 seconds.! (Ippon, 2 points)!
  - 4. An efficient control announced as "Osae-komi" during 10 seconds. (Wazaari, 1 point)
  
- d. An efficient control started within the fighting time is allowed to continue until termination (even after expiry of the fighting time). If the control is broken before the 15 seconds the MR shall announce "Toketa".

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<sup>15</sup> A kick which will be caught by he opponent never can be counted as an Ippon.  
<sup>16</sup> A perfect throw after which the opponent lands on his stomach will be counted as an Ippon.  
<sup>17</sup> Osae-Komi can only be announced if:  
 1. The controlled person is lying on the floor.  
 2. The legs of Tori are free.  
 3. Uke is well encumbered and can't move freely. Tori has a good control over uke.  
 Osae-Komi time continues, even when:  
 1. The controlled person is able to catch a leg of Tori  
 2. The controlled person can turn on the side or back.  
 If both bodies are completely outside the fighting area, the Osae-Komi time will be stopped by "Toketa".  
 Sankaku-Jime must be applied with one arm inside the crossed legs.  
 Sankaku-jime and Juji-gatame count as an Osae-komi as long as there is a full control of Uke's upper body.  
 Straight leg locks with control of uke's upper body must be seen as an osae-komi. Unless uke is able to rotate the body it will be toketa.  
 Different points for control-technique can't be accumulated (e.g. an Osae-Komi which is held longer than 10 seconds and a arm lock won't give a Waza-Ari and an Ippon) This is only possible, if the MR stopped before the Osae-Komi by announcing "Toketa".

**Section 14 Penalties**

- a. Penalties must be given by the majority of the referees. <sup>(18)</sup>
- b. “Light forbidden acts” will be punished by “Shido” and the opponent gets 1 Wazaari. The following actions count as light forbidden acts:
  - 1. If one or both contestants show passivity or minor technical infringements. <sup>(19)</sup>
  - 2. “Mubobe”
  - 3. To deliberately go outside the fighting area with both feet <sup>(20)</sup>.
  - 4. To purposely push the opponent outside the fighting area.
  - 5. To purposely deliver kicks or punches after the beginning of Part 2.
  - 6. To make any further actions after “Matte” or “Sonomama” has been announced.
  - 7. To deliver punches, strikes and kicks to the legs.
  - 8. To deliver punches, strikes and kicks at the opponent if he is lying down.
  - 9. To make locks on fingers or toes.
  - 10. To make cross-legged locks around the kidneys and stretch the legs.
  - 11. To make a strangulation with bare hands / fingers.
  - 12. If a contestant comes unprepared to the mat and delays the contest. <sup>(21)</sup>
  - 13. If a contestant is wasting time on purpose (by arranging the Gi, by taking the belt off, taking off the gloves etc.)
- d. A “Forbidden acts” will be punished by “Chui” and the opponent gets 2 Wazaari:
  - 1. To make attacks like kicking, pushing, punching, hitting the body of the opponent in a hard way. <sup>(22)</sup>
  - 2. To throw the opponent from the fighting area to the area outside the safety area.
  - 3. To disregard the MR’s instructions.

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<sup>18</sup> Mistakes made by the application of score and penalties, should be corrected by the three referees and the table referee in charge.

<sup>19</sup> Passivity Part 1: One or both do not show any activity with the aim to get points.  
 One or both contestants go directly to part 2 or 3.  
 One or both contestants do not show combinations before going into the next part.

Passivity Part 2: If one or both do not show any activity with the aim to get points.  
 If one or both contestants only blocks the attacks or the movement of the opponent or both contestant goes down on the floor on purpose.  
 If the contestants refuse to go to part 2 but are active in part 1.  
 A fighter makes a false attack by throwing itself on the ground purposely without technique to break the contact

Passivity Part 3: If one or both do not show any activity with the aim to get points.  
 If a contestant is repeatedly passiv after penalties, he can be punished by Chui (Disregard MR instructions)

<sup>20</sup> If one of the competitors leave the fighting area for a short time and if he comes back into the fighting area, the fight mustn’t be stopped.

<sup>21</sup> The punishment will be given after the standing bow before the fight will be started by “Hajime”

<sup>22</sup> A technique which is stopped by the opponents body / head instead of the attackers control of the technique is an example of c1. A technique which causes the head to move due to contact is an example for c1.  
 Techniques that cause bleeding (but not due to re-opening of an existing wound) must be evaluated by the MR and SRs to determine if it a penalty per c1 (Forbidden Act) or e1 (Heavy Forbidden Act) based on the situation.  
 Techniques (excluding straight techniques) to the head that merely touch or are within 10cm are valid scoring techniques. Contact to the body is considered “skin-touch” contact. Otherwise, it may be construed as hard contact per c1.  
 Other criterion for c1 that needs to be looked at is if hard contact occurred because the opponent moved into the technique. In this case, there was no intent by the attacker to induce hard contact, and may be even a penalty of Mubobi to the opponent, if there is precedence of failure to protect one’s self or reckless behavior.