

CONTACT JU-JITSU 2023

Head Impact Free

COMPETITION RULES



Version 4.0 Project Phase

Valid from 01.01.2023



Responsible

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History of this document

Version	Changes	Effective from
1.0	Initialization	September 1 st , 2015
2.0	Changes by the congress 2018	May 1 st , 2019
3.0	Adaption from Contact Ju-Jitsu committee Safety measures	June 1 st 2020
3.1	Typo Errors and all references to Simulation Strikes Removed	15 th May 2021
2022 / 2023 Evolving Project Contact 2017 and Contact 2023		
3.2 Contact 2017	Adaption under safety and fight flow measures	January 1 st 2023
4.0 Contact 2023	Contact Ju-Jitsu Rules 2023 head impact free	January 1 st 2023

Table of Contents

1	Generalities	4
2	Categories	4
3	Competition Dress Code	4
3.1	Mandatory protective and safety gear	4
4	Referee Uniform	6
5	Duration of a bout	6
6	Weigh-In	6
7	Tournament rituals	6
8	Bout Rules	7
8.1	Positions of participants	7
8.2	Course of the Bouts	7
8.3	Result and Evaluation of a Bout	8
8.4	Severe Illegal Technics and Disqualification situations:	8
8.5	Fouls / illegal technique 1 warning -> DQ	9
8.6	Light Fouls/ 2 warnings -> DQ:	9
8.7	Other situations:	10
8.8	Competition Area:	10

1 Generalities

The contest of Contact Ju-Jitsu is a competition between two athletes with the intention of one's victory over the other, by the current rules and regulations as set by the JJIF Contact Ju-Jitsu Technical Commission.

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

2 Categories

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

3 Competition Dress Code¹

All Contact Ju-Jitsu competitors shall be attired in a JJIF homologated Ju-Jitsu Gi in white color or in blue color, which must be clean and in good condition as described in the Sporting Code in Section 4.1

Additionally, competitors shall also wear white or blue JJIF-approved Contact Ju-Jitsu gloves and white or blue JJIF-approved shin and instep protectors, as detailed hereunder.

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

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

3.1 Mandatory protective and safety gear

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

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

	
<p>Chest Protectors as innerwear (For FEMALE Competitors OPTIONAL)</p> 	<p>JJIF Contact Gloves: In White and Blue Color as per Kimono(Open Palm Grappling Type Gloves of minimum 4 oz weight with elastic straps with NO bandaging wrapped on the hands.)</p> 
<p>JJIF Shin and Instep protectors (Slip On Type) in White or Blue as per the Kimono color</p> 	

4 Referee Uniform

All Referees must be attired in the JJIF Referee uniform and must carry the Official Referee Accreditation ID and a copy of the tournament Rules.

The JJIF Referee uniform consists of a Black Blazer Jacket, White Shirt, JJIF Tie, Black formal Trousers and black mat shoes or black socks.

The Chief Referee has the authority to exempt the Mat Referee and Side Referees from wearing jackets whilst officiating in the Contest Area. Short-sleeved Shirts may also be permitted.

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

5 Duration of a bout

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

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

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

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

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.

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

6 Weigh-In

The weigh-in of all competitors shall be performed according to the sporting code Section 4.2

7 Tournament rituals

The Mat Referee and the three Judges should line up at the edge of the Tatami (competition mat) and perform a general bow to each other before taking up their positions.

The Mat Referee shall be situated in the center of the contest area, and the judges will take place at the scoring table.

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

If one competitor must exit the contest area to secure medical attention (for medical assistance and control), the remaining competitor moves to the neutral corner or side. The competitor is not allowed to talk to his coach during this time. His coach can give him advice, but there cannot be any dialogue between the fighter and the coach.

At the end of the bout and before the winner's announcement, both competitors shall bow to each other and then bow to the Mat Referee. After that, the competitors stand next to the Mat Referee, who will announce the winner by lifting the hand of the winner.

The Mat Referee will lead the fight and makes sure that the fighters will fight according to the rules.

The Judges will decide which score is a point and who will win the fight. (Best of 3 judges)

8 Bout Rules

8.1 Positions of participants

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

8.2 Course of the Bouts

Competitors start the bout by facing each other in the middle of the competition area, approximately two meters apart. The competitor with the Blue Kimono, Blue Gloves, and Blue Shin protection stays on the Mat Referee's right side. At the sign of the Mat Referee, the competitors will make a standing bow first to the referee and then to each other.

Once the Mat Referee announces the command "Fight", the bout will start in the standing position. The bout clock stops only when the Mat Referee announces STOP TIME to the table. In all other cases, the time keeps running.

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

8.3 Result and Evaluation of a Bout

The fight can be ended when one of the fighters wins by TKO (Technical Knock Out), submission or decision. It is also possible to win the fight by disqualification, doctor's decision, or injury.²

- TKO: When the opponent kneels down after a liver-shot, front-kick, low-Kick or another strong attack on the body forcing him to kneel. Or when the opponent cannot fight back and gets too many punches, the referee can stop the fight.
- TKO: If an athlete is simply fleeing the mat to escape a submission hold without a proper defensive move.³
- TKO: In an athlete is not able or willing to stay in the fight area [see 8.6]
- 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).
- Victory by Decision: The three Judges behind the table count every effective throw or take-down, every effective punch or kick and every submission attempt. The most active fighter will win the fight at the end of the fight. It can be a unanimous decision or a split decision.
- Victory by the penalty or medical issue from the opponent (Doctors decision).
- Victory by the withdrawal of either contestant.
- Win by doctor stoppage.
 - The loser of this bout cannot continue the tournament

8.4 Severe Illegal Techniques and Disqualification situations:

- When a competitor injures the opponent with any forbidden techniques, it means immediate disqualification.
- There are no head shots allowed at all.
Not standing and Not on the ground.
 - Any **intentional** punch or kick to the head will lead to immediate disqualification.
- Heel hooks, both inside and outside, are not allowed due to the risk of injury. Applying these will lead to immediate disqualification.

² A fighter who loses a fight because of a TKO can continue fighting in the next fight. After loosing consciousness, even by choke or a short term knock out the athlete is not allowed to fight on the same day.

³ leaving the fight area under attack with a legitimate escape attempt or to counter a submission will be regarded as a successful action by the judges

- It is not allowed to apply any lock on the spine at all. A lock applied in such a way that it puts stress on the spine will lead to disqualification.
- It is not allowed to make slams higher than the belt.⁴
- Throw an opponent on his head; pile driving or spiking the head or a suplex throw or execute a throw by headlock. (Grabbing the head with both hands without grabbing a hand or uniform of the athlete being attacked);
- Scratch, bite, pinch, gauge, fish hook any part of the body.
- for refusal to perform tournament rituals, greeting a rival or incorrect performance of a greeting;
- Disrespectful, rude and unethical behavior towards a rival athlete, any other participant, or to any referee or member of the audience will lead to disqualification and can be sanctioned beyond the competition.
- Any Illegal Technique [8.5] which can be identified as executed on purpose will lead to direct disqualification

8.5 Fouls / illegal technique 1 warning -> DQ

A competitor committing a foul / illegal technique will be warned one (1) time. The second (2) warning will lead to disqualification

- Elbows are not allowed. The Mat Referee will give one warning if a competitor attempts this technic. A second warning means a disqualification.
- It is not allowed to make kicks to the knees.
- Strike the head, genitals, groin and anal region, spine, vital organs, and the parietal area (back of the head).
- Unintentional: Grab or twist the fingers, hair, and ears.

8.6 Light Fouls/ 2 warnings -> DQ:

A competitor committing a light foul will be warned two (2) times. The third (3) warning will lead to disqualification

- Deliberately and repeatedly moving outside the fighting area. (as well under attack by strikes and kicks!!)
- Impede the progression of the fight: Passivity and pushing the opponent out of the mat without any technical application
- Put your hand in the face (eyes, nose, mouth) of your opponent.
- Refusing to comply with the Mat Referees' orders or commands.

⁴ For example: When a competitor lifts the opponent higher than his belt to escape an armbar and slams him on the tatami, it will lead to disqualification. Slams where the opponent's body does not exceed the height of the competitor's belt are allowed and are seen as a way to escape the armlock.

- Intentionally disarraying 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;

8.7 Other situations:

In case one competitor cannot continue with the bout due to the Tournament doctor's conclusion due to any injury that may have been incurred during a bout.

- Suppose medical attention time exceeds the permissible cumulative time of 2 minutes per bout. The opponent will be declared the winner.

8.8 Competition Area:

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

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

Submission Holds, Locks, and choke holds, which started in the contest area, are permitted to be executed and are considered valid even if concluded outside the area, provided one of the contestants is still touching the surface of the contest area with any part of their body.