



JU-JITSU FIGHTING 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 Ju-Jitsu Fighting and was approved in October 2022. Completely reviewed in 2022.

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

The text in *italics* are the additional rules for the categories U16 and younger.

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GENERALITIES

In Ju-Jitsu Fighting two competitors fight 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 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 DRESSING & PERSONAL REQUIREMENTS

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COMPETITION DRESSING & PERSONAL REQUIREMENTS


Competitors must be sure to follow the regulations for competition dressing 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.



- 1.1** The competitors must wear a gi that follows the regulations specified in the SC.
- 1.2** Female competitors are required, male competitors are allowed, to wear a white 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).
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 allowed to use a jockstrap and a mouthpiece.
Competitors in categories U18 and younger must use mouthpieces. Male competitors in those categories must also use a jockstrap.
- 1.5** Female competitors may wear a 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 hair-band.
- 1.11** Any additional requirements set by the SC or specific to the event must also be followed.





SECTION 02

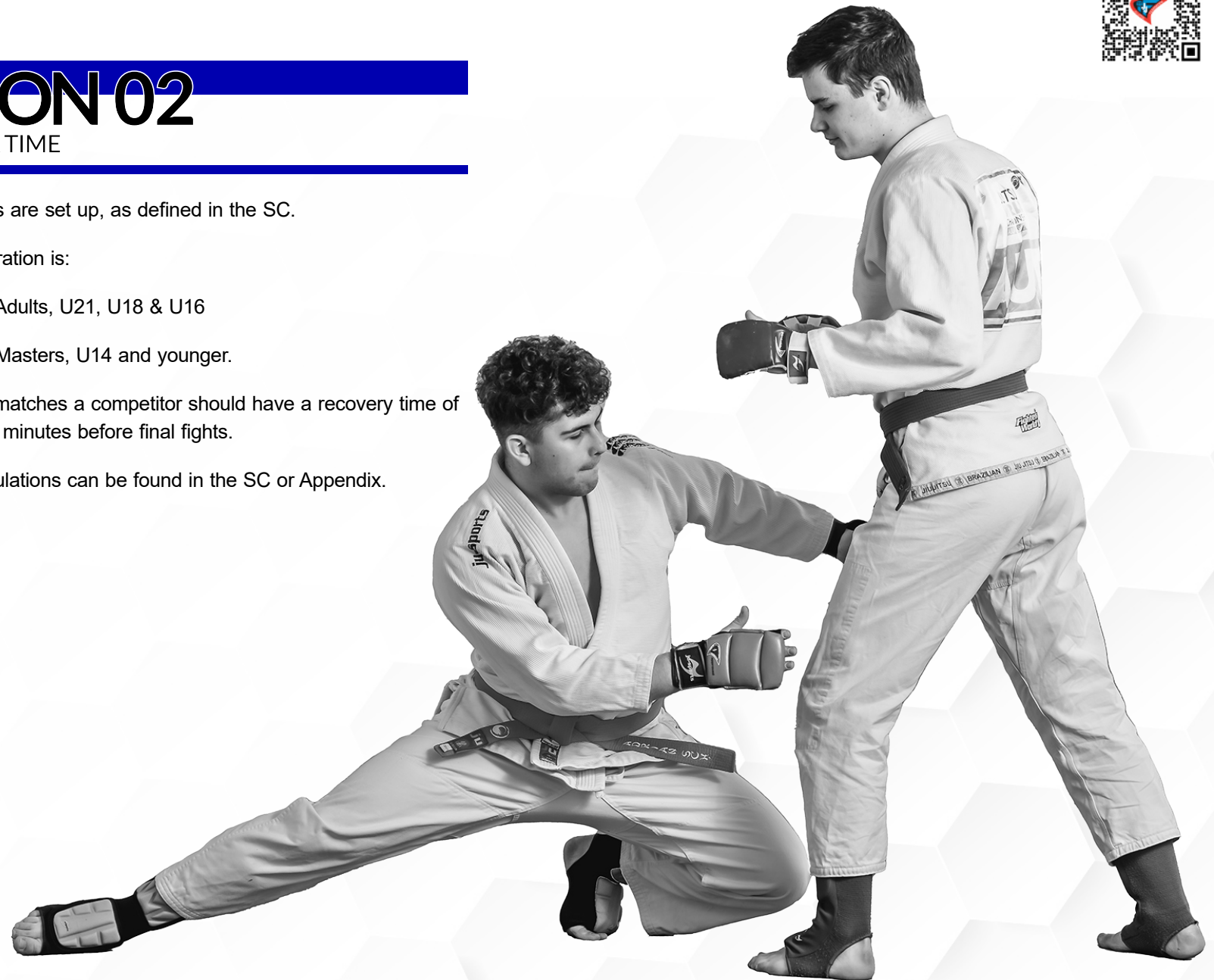
CATEGORIES & TIME




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 Masters, U14 and younger.
- 2.3** Between two matches a competitor should have a recovery time of 5 minutes and 10 minutes before final fights.
- 2.4** Additional regulations can be found in the SC or Appendix.





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 is the only one who gives the decision for scoring, penalties, or corrects wrongly given scores or penalties.

3.1.3 The MR is supported by two (2) **video referees** (VRs) situated next to the secretariat. Two (2) video recorders 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 score-keepers.

3.1.4.b The TR starts the injury-time when the medical personnel starts treatment on the mat.

3.1.4.c The TR informs the MR about the expiry of the fighting-time, oase-komi-time, and injury-time.

3.1.5 Actions that lead to an injury or full-ippon shall always be reviewed by the VRs.

3.1.6 Actions that lead to a direct hansoku-make, should be reviewed by the HR.

3.1.7 Referee decisions may be challenged according to the regulations in the affiliated document (JJIF Sporting Code).

3.1.8 When video refereeing cannot be used, the MR is assisted by two (2) **side referees** (SR).

3.1.8.1 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.

3.1.8.2 Points are recorded by considering the points awarded by the majority of the three (3) referees.

3.1.9 The HR, MR and one of the VRs are always in contact by a separate intercom audio channel.

3.1.10 MR and VRs (or SRs) are supported and supervised by the **tatami head referee** (HR), who evaluates the MR's and the VRs' (or SRs') work, and keeps a record.

3.1.11 It is the referees' duty to intervene in a match when they deem it necessary.

3.1.12 It is the MR's duty to keep the competitors within the boundaries of the fighting area.

3.1.13 It is the MR's duty to penalize coaches and ask them to leave the match area, according to the SC.

3.1.14 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 scorekeeper, who is working together with the TR.

3.2.2 The secretariat is placed so the MR is facing them at the beginning of the match.

3.2.3 The scorekeepers are responsible for the operation of the electronic scoreboard. If paper records are needed a second scorekeeper will be in charge of them.





SECTION 04

COURSE OF THE MATCH



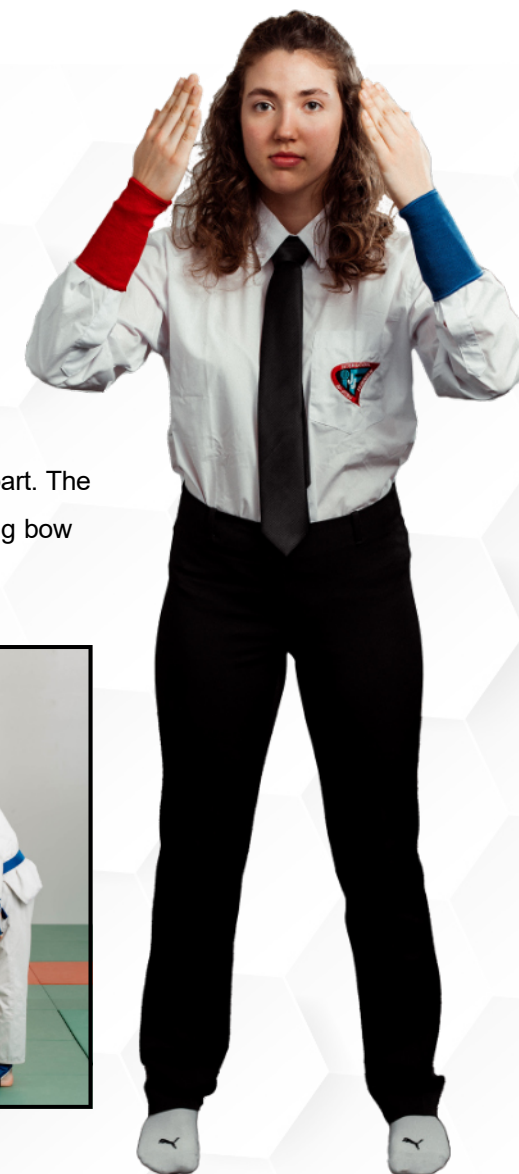
SECTION 04

COURSE OF THE MATCH

Referee

calls the competitors

4.1 The competitors start facing one another in the middle of the competition area approximately two (2) meters apart. The competitor with the red belt stays on the MR's right side. At the sign of the MR the competitors will make a standing bow first to the referees and then to each other.



4.2 After the MR announces **hajime**, the match starts.

4.3 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 is the situation when a grip is established by either competitor and continues until either both competitors have both knees on the ground, or one competitor is sitting or lying on the tatami.

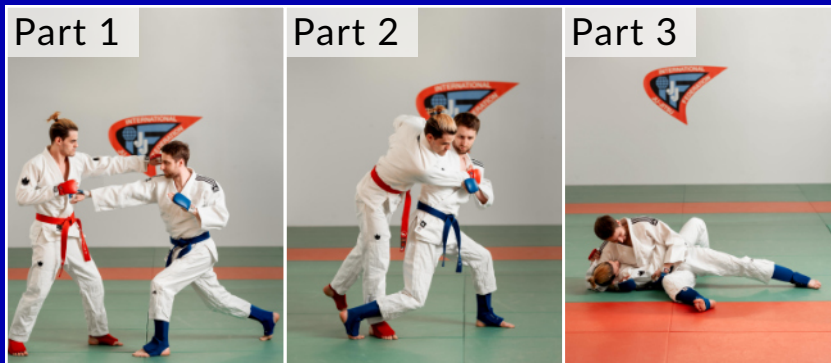
Atemis are forbidden in part 2, except when performed simultaneously with the initial grip.

Scores in part 2 are achieved by performing takedowns as well as submission holds.

- Part 3 begins as soon as both competitors have both knees on the ground, or one competitor is sitting or lying on the tatami, 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.



4.4 The competitors must actively attempt to score points in all parts.

4.5 Active competitors may change between the parts.

4.6 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, the competitor will be punished with shido.

4.7 Techniques that start outside the fighting area may not 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.

4.8 If a competitor enters the safety area with both feet only for a brief moment and returns to the fighting area immediately, the match should not be stopped.

4.9 At the end of the match, the MR announces the winner and orders the standing bow first to each other, 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 or part 2.

5.2.2 If both competitors leave the fighting area completely in part 3.

5.2.3 If the contact in part 2 and part 3 is lost and the competitors will not continue in part 1 by themselves.

5.2.4 If one competitor is on both knees or in a seated or lying position and their opponent applies an atemi.

5.2.5 When osae-komi time has expired.

5.2.6 During a submission hold if a competitor taps, shows other sign of submission, screams or if one of the competitors is unable to tap.

5.2.7 To give one or both competitors a penalty in part 1.

5.2.8 If one or both competitors are injured, unconscious or are taken ill.

5.2.9 In any other case when the MR finds it necessary (e.g. to reset the gi or to deliver judgments)

5.2.10 In any other case when one of the SRs/VRs finds it necessary and therefore claps their hands.

5.2.11 The fight has finished.

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:

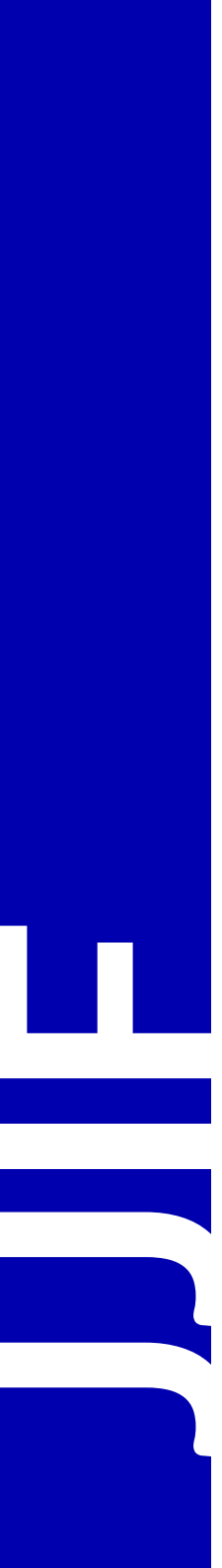
5.3.1 To give one or both competitors a warning or penalty in part 2 or part 3.

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**.





SECTION 06

POINTS



SECTION 06

POINTS



If the referee-team consists of a MR and 2 VRs:

- Points are awarded by the MR.
- If at least 1 VR agrees with the MR, they do not interfere.

If both VRs disagree with the MR one of them stands up and shows the corrected score (if both VRs agree) or intermediate score (if all 3 referees want to give different scores).

If the score is changed by the VRs the MR shall show the part in which the change has occurred and the change in score.

If the referee-team consists of a MR and 2 SRs:

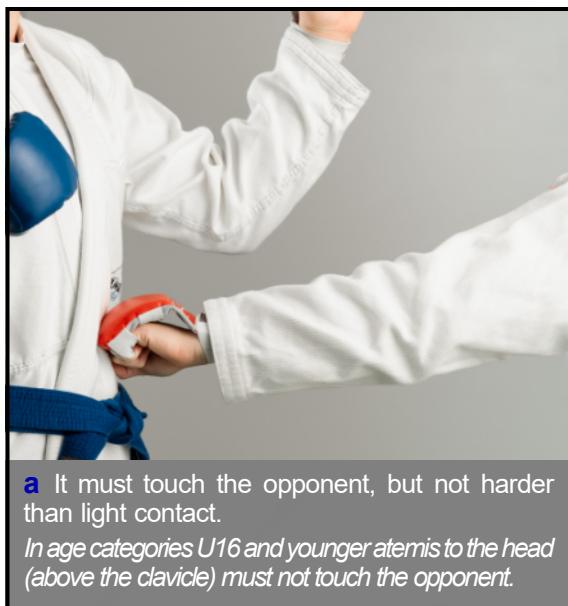
- Points are given by all referees simultaneously and are awarded to a competitor following the majority rule e.g. the points will be awarded to a competitor when at least 2 referees (1 MR and 1 SR or 2 SRs) have awarded them points.
- If the referees give scores different from each other, the intermediate score shall be entered in the scoreboard.



6.1 Part 1

6.1.1 Atemis may be applied to the torso or head, excluding straight atemis to the head.

6.1.2 There are 3 criteria that atemis must fulfill to be scored:



6.1.3 The following techniques can be scored in part 1:

Ippon (3 Points)

Ippon (3 points) is awarded for a kick to the head that satisfies all 3 criteria and is not blocked by the opponent.

Ippon (2 Points)

Ippon is awarded for an atemi that satisfies all 3 criteria and is not blocked by the opponent (and is not awarded a 3-point-ippou).

Waza-ari (1 Point)

Waza-ari is awarded for an atemi that satisfies all 3 criteria but is partially blocked by the opponent.

or

an atemi that satisfies 2 of the 3 criteria and is not blocked by the opponent.

6.1.4 Engagements in Part 1

6.1.4.a An engagement starts when both athletes move towards each other and begin to apply atemi techniques.

6.1.4.b Only one technique can be scored in each engagement.

6.1.4.c 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.d 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 (**simlutaneous actions**).

6.1.4.e Multiple penalties may be awarded during a single engagement.

6.1.4.f 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 techniques may be scored in part 2:



Ippon (3 Points)

Ippon (3 Points) is awarded for submission holds that force a submission of the opponent.
Submission holds in part 2 are not allowed in the age categories U16 and younger.



Ippon (2 Points)

Ippon is awarded for a takedown with full control and dynamic throughout the technique.



1



Waza-ari (1 Point)

Waza-ari is awarded for a partially controlled takedown.

6.2.2 If a competitor is unable to tap, they may also tap verbally. In any case, if the MR thinks a competitor is in danger, they must stop the match and award ippon (3 points) to their 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 their opponent may be scored in part 2.

6.2.4 Takedowns after which the opponent lands on their knees, on all fours, or in a seated position will not score any points.

6.2.5 Takedowns where the opponent lands on their knees as well as the chest or abdomen will score points.

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.



6.3 Part 3

6.3.1 The following techniques may be scored in part 3:



Ippon (3 Points)

Ippon (3 Points) is awarded for submission holds that force a submission of the opponent.

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 Ippon (3 points).

Leg locks are not allowed in the age categories U16 and younger.



Ippon (2 Points)

Ippon is awarded for effective control techniques announced as **osae-komi** held for 15 seconds.

Waza-ari (1 Point)

Waza-ari is awarded for effective control techniques announced as **osae-komi** held for more than 10 seconds and less than 15 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 they control 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 is able to 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 all fours with both knees on the ground/turtle position in case of a back mount with tori in control.

6.3.4 Toketa will be announced, if:

- The controlled person is able to catch both legs of tori (closed guard).
- The controlled person can turn their opponent (except in case of back-control).
- The controlled person is able to get on their feet or on their knees in an upright position.
- The controlled person gets on all fours/turtle 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.

6.3.5 If a competitor is unable to tap during a submission hold, they may also tap verbally. In any case the MR thinks a competitor is in danger they must stop the match and award ippon (3 points) to their 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 cumulated.

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 **toketa** for the osae-komi and award 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 an ippon (2 points) to tori.



Osae-Komi



No Osae Komi





SECTION 07

PENALTIES / FOULS / PROHIBITED ACTS

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PENALTIES / FOULS / PROHIBITED ACTS

Penalties must be given by the majority of the referees.

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 3 waza-ari to the opponent.
If one competitor accumulates 6 or more penalty points this adds up to a severe foul (**hansoku-make**).

- **Severe Fouls**

The Severe Fouls are divided between **technical fouls** and **disciplinary fouls**.

Severe Technical Fouls are penalized with **hansoku-make** and disqualification of the offending competitor from the match.

Severe Disciplinary Fouls 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).





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 brief 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 part 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

- All Parts:

If one or both competitors are not showing any activity with the aim of scoring points.

- Part 1:

If one or both competitors are going directly to part 2 or part 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 at the beginning of the fight.

- Part 2:

Refusing to go to part 2, while being active 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.

- Part 3:

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

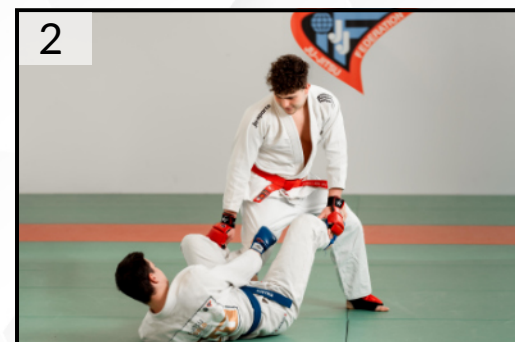
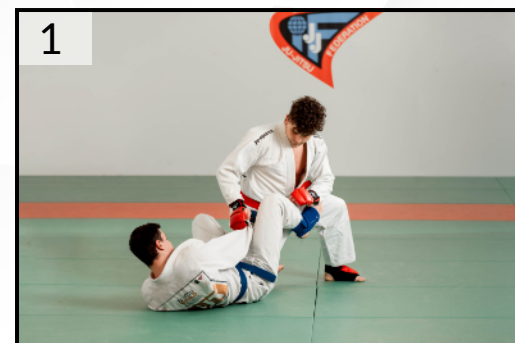
When in part 3, an active competitor can move to part 2 or part 1 after unsuccessful attempts to score.

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...).

However: If this occurs in multiple instances and shows refusal to fight in part 1,2 or 3, "shido" for passivity shall be issued.



7.1.5 Wasting Time

- Not having the gi and protective gear reset, when returning to the starting position on multiple occasions.
- 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 atemis to the legs.
- Applying locks to fingers or toes.
- Putting their hand or foot in the opponent's face in part 2 or 3.





7.2 Major Fouls

Major fouls will be penalized with **chui** and the opponent is awarded **3 waza-ari**.

The following actions are regarded as major fouls:

7.2.1 Disregarding Referee 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 will 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.

7.2.3 Dangerous Technique

- 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.



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



No Foul



- 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 than passes the jaw line.

Foul



- Applying a takedown where any part of the opponent's body lands outside the safety area.



- Applying a takedown causing the opponent to land on their face or head or neck.
- Applying a hard or violent takedown.
- *For age categories U16 and younger:*
 - *Performing an atemi that touches the head of the opponent.*
 - *Performing locks or strangulations in part 2.*
 - *Compressing the opponent's kidneys or ribs in the guard.*



7.3 Severe Fouls

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

If a competitor is penalized with **hansoku-make**, they lose 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**:

- They are expelled from the entire event.
- They lose 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 athlete 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 that go against the budo spirit not listed above.





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 Performing an action that may injure the opponent.

Techniques that cause bleeding (but not due to re-opening of an existing wound) must be evaluated by the MR and SRs/VRs 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.c Applying **Forbidden Techniques**:

- Applying locks on the neck or spinal column.



- Applying kani-basami.



- Strangling the opponent with bare 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.

Foul



Foul



No Foul



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 twisted locks at the knee or foot.

No Foul




Foul



Table of Permissible / Prohibited Actions

	U10 - U16	U18 / U21 / Adults / Masters	Techniques
1	S	S	Atemis to the legs
2	S	S	Locks on fingers or toes
3	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	✓	Locks or strangulations in part 2
6	C	✓	Compressing the opponent's kidneys or ribs in the guard with crossed legs
7	C	C	Atemis applied in a hard way
8	C	C	Straight atemis towards the opponent's head
9	C	C	Uncontrolled atemis that are not stopped
10	C	C	Takedown with any part of the opponent's body landing outside the safety area
11	C	C	Takedown causing the opponent to land on their face or head or neck
12	C	C	Hard or violent takedown
13	H	H	Locks on the neck or spinal column
14	H	H	Twisted locks at the knee or foot
15	H	H	Kani-basami
16	H	H	Strangling the opponent with bare hands
17	H	H	Applying a combination of takedown and submission hold

- ✓ Action/Technique permitted
- S Action/Technique penalized with shido (Forbidden Action)
- C Action/Technique penalized with chui (Dangerous Technique)
- H Action/Technique penalized with hansoku-make (Forbidden Technique)



SECTION 08

SETTLEMENT OF THE MATCH

SECTION 08

SETTLEMENT OF THE MATCH



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

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

9.1 The decision **fusen-gachi** (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 a 3-minute period. The walked-over athlete's score is set to 0 points and the winner's score is set to 50.

9.2 The decision **kiken-gachi** (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 / ILLNESS



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 has started treatment of the injured competitor.

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 them as well as their 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 they blackout, 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 VRs/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-gachi** (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-gachi** (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 gachi**.

10.7.3 If a competitor is taken ill during the match and they are unable to continue, **kiken-gachi** (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-gachi** (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 and reported – if possible, with video – to the JJIF Fighting Committee (fighting@jjif.org).



APPENDIX

FURTHER RULES AND ADAPTATIONS

The appendix contains further restrictions, rules, guidelines, adaptations in organization, format, and protocol for different event formats, and special weight or age categories.

Those informations are also available in the JJIF Sporting Code (SC).

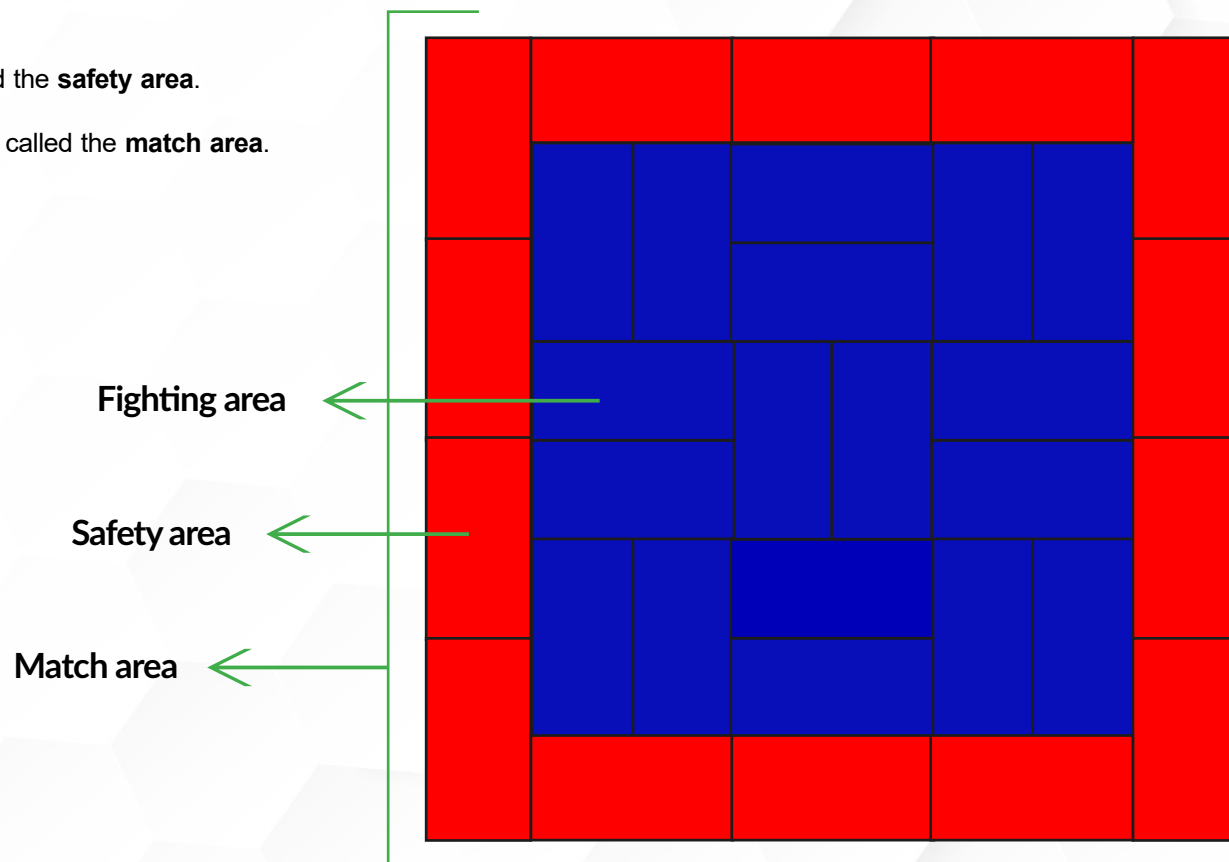
In case the appendix of this rulebook and the SC contradict each other the ruling in the SC is valid.

APPENDIX I

COMPETITION AREA (FIELD OF PLAY - FOP)

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

- I.a** The competition area must be covered by mats, in different colors dividing the areas.
- I.b** The area outside the **fighting area** is called the **safety area**.
- I.c** The **fighting area** plus the **safety area** are called the **match area**.



APPENDIX II

COACHES

Only one (1) coach per competitor is allowed in the match area.

- II.a** Coaches have to stay seated at the boundary of the match area during the match.
- II.b** Coaches are role models, and as such, their behavior must reflect the martial arts code of ethics and personal conduct.
- II.c** 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).
- II.d** Coaches may challenge referee decisions, according to the regulations in the affiliated document (JJIF Sporting Code).
- II.e** If coaches exhibit offensive behavior towards competitors, referees, the audience, or anyone else, the Mat Referee (MR) should dismiss them from the area reserved to the officials (FOP) for the remaining duration of the match.
- II.f** If the offensive behavior continues, the referees of the match may decide to dismiss them from the official tournament grounds. The organizer/host reserves the right to ban anyone they deem **troublesome** from the venue.



APPENDIX III

UNIFORMS / FURTHER REQUIREMENTS

III.a 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.

III.b 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 regions of the gi will be removed at gi inspection.

III.c The gi size must be in compliance with the **illustration of gi sizes and details** on the following pages of Appendix III. The illustration can also be found in the SC.

III.d In male divisions a stretchy or elastic shirt (rashguard) under the gi is optional. In female divisions it is mandatory.

III.e 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.

III.f 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.

III.g The use of any protectors or gear with hard material that may cause harm to an opponent or the athlete themselves is forbidden.

III.h Fingernails and toenails must be trimmed and short.

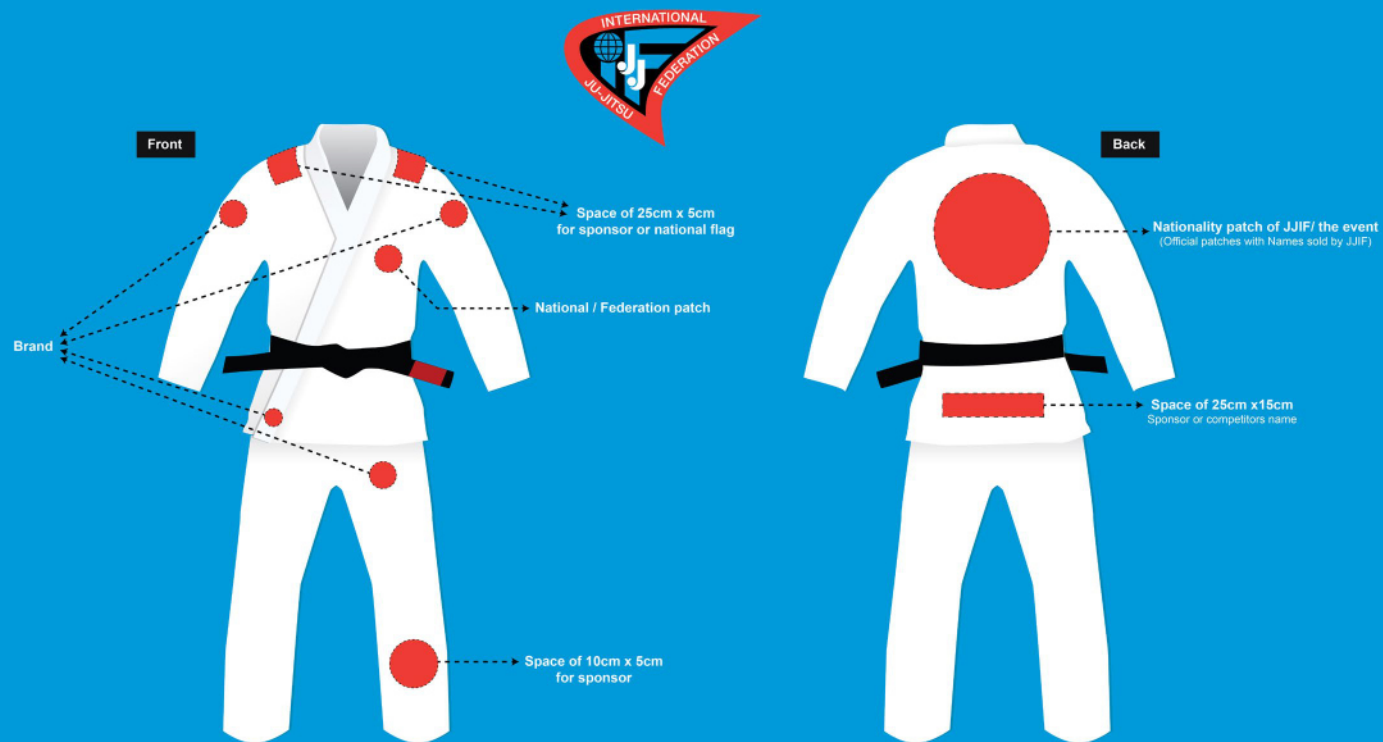
III.i Long hair must be tied together with a hairband. The hairband must not contain any hard material that may cause harm to an opponent.

III.j In case a competitor's skin is presenting with open wounds, rash, or disease, the doctor must be informed. The doctor has the final say on whether the competitor may participate in the competition.

III.k Outside the match area athletes must use footwear.

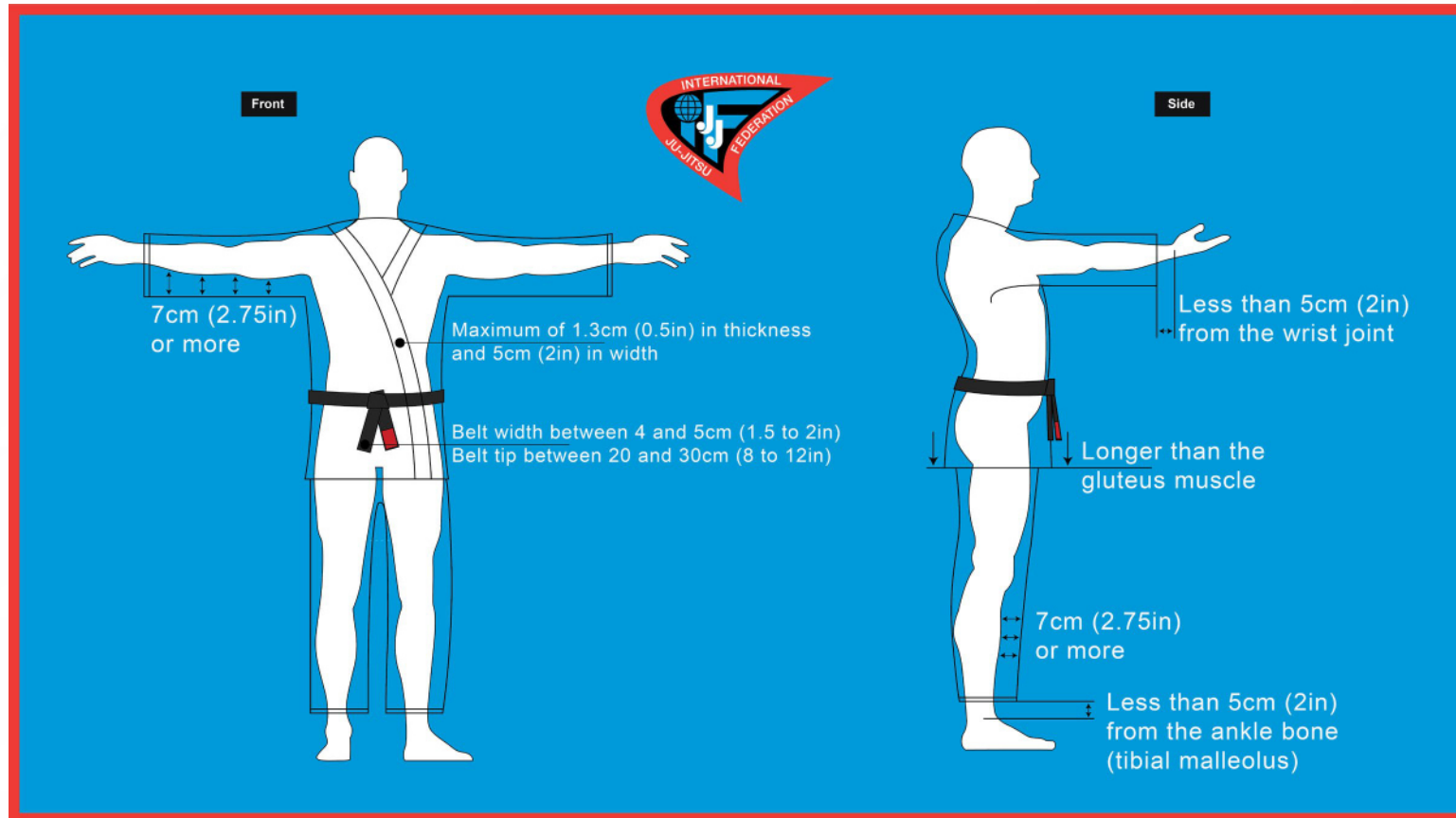
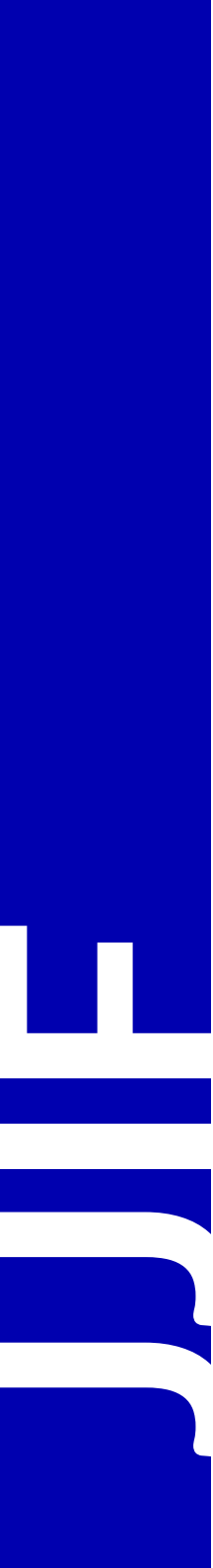
III.l The gi and any other equipment must be clean, dry and odorless.





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.



APPENDIX IV

AGE CATEGORIES / WEIGHT DIVISIONS / TIME

IV.a Age Categories and Fighting Time

The following age categories and fighting times are recognized by the JJIF:

Masters	Older than 35 years	2 minutes
Adults	Older than 18 years	3 minutes
U21	18/19/20 years old	3 minutes
U18	16/17 years old	3 minutes
U16	14/15 years old	3 minutes
U14	12/13 years old	2 minutes
U12	10/11 years old	2 minutes
U10	9 years and younger	2 minutes

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 can only participate in one age category per tournament, even if the categories are on different days, but within the same event. The same athlete cannot compete in both age categories.

IV.b Weight Divisions for Individual Competitors (valid until 31.12.2023)

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			
Adults	U21	U18	U16	Adults	U21	U18	U16
							-32 kg
			-38 kg				-36 kg
			-42 kg			-40 kg	-40 kg
		-46 kg	-46 kg	-45 kg	-45 kg	-44 kg	-44 kg
		-50 kg	-50 kg	-48 kg	-48 kg	-48 kg	-48 kg
-56 kg	-56 kg	-55 kg	-55 kg	-52 kg	-52 kg	-52 kg	-52 kg
-62 kg	-62 kg	-60 kg	-60 kg	-57 kg	-57 kg	-57 kg	-57 kg
-69 kg	-69 kg	-66 kg	-66 kg	-63 kg	-63 kg	-63 kg	-63 kg
-77 kg	-77 kg	-73 kg	-73 kg	-70 kg	-70 kg	-70 kg	+63 kg
-85 kg	-85 kg	-81 kg	+73 kg	+70 kg	+70 kg	+70 kg	
-94 kg	-94 kg	+81 kg					
+94 kg	+94 kg						

IV.b Weight Divisions for Individual Competitors (valid from 01.01.2024)

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

IV.c Weight Divisions for Children Events (valid until 31.12.2023)

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

Male			Female		
U14	U12	U10	U14	U12	U10
-30 kg	-24 kg	-21 kg	-25 kg	-22 kg	-20 kg
-34 kg	-27 kg	-24 kg	-28 kg	-25 kg	-22 kg
-38 kg	-30 kg	-27 kg	-32 kg	-28 kg	-25 kg
-42 kg	-34 kg	-30 kg	-36 kg	-32 kg	-28 kg
-46 kg	-38 kg	-34 kg	-40 kg	-36 kg	-32 kg
-50 kg	-42 kg	-38 kg	-44 kg	-40 kg	-36 kg
-55 kg	-46 kg	-42 kg	-48 kg	-44 kg	-40 kg
-60 kg	-50 kg	+42 kg	-52 kg	-48 kg	+40 kg
-66 kg	+50 kg		-57 kg	+48 kg	
+66kg			+57 kg		

IV.c Weight Divisions for Children Events (valid from 01.01.2024)

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

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

APPENDIX V

REFEREE SIGNS



Signs for Conducting the Fight



Hajime (Starting the match)

The referee stands between the competitors and with both hands announces **hajime**.

Mate (Stopping the match)

The referee raises one of their hands to shoulder height with their arm parallel to the tatami and displays the flattened palm of their hand (fingers up) to the secretariat.



Sonomama (Freezing the match)

The referee strongly taps both competitors' backs with both hands while they are fighting and announces **sonomama**.

Yoshi (Unfreezing the match)

After the issue for temporarily stopping the match is resolved, the MR taps both competitors' backs again and announces **yoshi**.





Osaе-komi (Control on the ground)

The referee points with right or left straight hand and palm, to the competitors and announces with clear voice **osaе-komi**. The hand must be pointed out for the whole time while osaе-komi is active.



Токета (Control on the ground ended)

The referee waves with right or left hand (Which was held in osaе-komi position) above the competitors a two times and announces **toketa**. The palm is positioned vertically.



Cancel (Reset a decision)

The referee first shows the decision they want to cancel, before showing the cancel sign.

The referee waves two times with straight hand over their head showing that a decision, has to be reset.



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.



Medical Treatment / Medical Time

The referee forms a T with both their hands.

This gesture alerts the medical staff, VRs/SRs & TR and the audience to an injury that requires treatment.

TR will start the injury time when the medical team reaches the injured competitor and stops it when they leave.

Signs for Scoring



Ippon (3 Points)

The referee their raises left or right arm (depending if the score is given to the red or the blue competitor), high above the head, with three fingers clearly shown.



Ippon (2 Points)

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

If the referee wants to indicate in which part an ippon was scored they indicate it with the corresponding number of fingers before showing the ippon sign.



Waza-ari (1 Point)

The referee raises left or right arm to shoulder height (depending if the score is given to the red or the blue competitor), with palm of hand facing downwards. The sign must be clear to the secretariat.



Simultaneous action

The referee positions bent arms horizontally in front of the body, with touching fists.



I did not see

The referee raises their hands as if covering their eyes with the open palms. (Hands not directly in front of the eyes).

Signs for the end of the fight



Hikiwake (Tied Score)

The referee crosses arms in front of the chest, palms stretched. The referee shall announce **hikiwake**.

Break

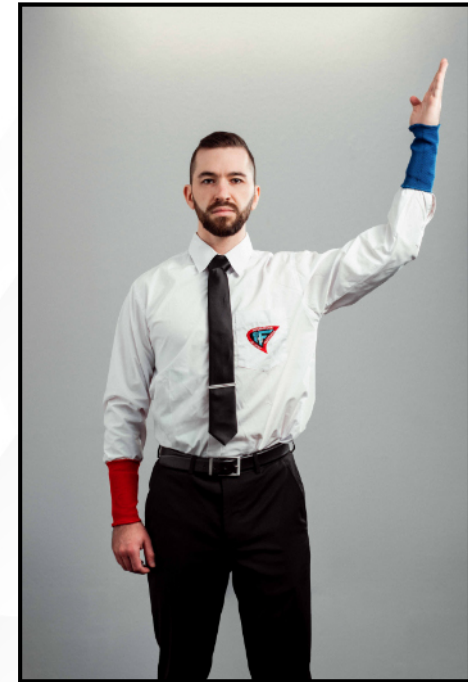
In case of Hikiwake - before the extra round - the MR shows a thumbs-up sign to the TR and then directs the competitors off the fighting area for a 1 minute break.



1



2



Announcement of the winner

The referee indicates the winner rising at 45-degree angle, straight hand with open palm and announces with clear voice **winner** and the respective color.

Signs for Challenges & Intercom



Review Requested / 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) the MR shall also indicate the color.

If the match is paused, the MR should indicate the ongoing review by pointing at their intercom earpiece while awaiting the result of the review.

Coach Challenge Denied

After the MR repeats the Review Requested sign, they indicate the competitor's color and follows it up by crossing their arms in front of their body with open hands then pulling them apart.



Coach Challenge Successful

The MR makes a big rectangle gesture in front of their body with their index fingers again, indicates the competitor's color and follows it up by a confirmation gesture (thumbs-up).

Penalty (Shido / Chui / Hansoku-make)

After showing the respective penalty sign the referee points towards the competitor to be penalized, with their index finger raised.



Signs for Minor Fouls

Mubobi (Self-Endangerment)

The referee horizontally straightens their arms in front of their body two times with closed fists.



Leaving the fighting area

The referee makes an outward motion towards the edge of the tatami with the back of their hand.





Wasting Time

The referee points towards their wrist-watch.

Passivity

The referee rotates both arms horizontally from elbow to the wrist in front of their body.

After the passivity sign, but before the penalty sign the referee indicates in which part the passivity occurred using the corresponding number of fingers.



Grip & Punch

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

The hand performing the punching motion indicates the offending athlete.

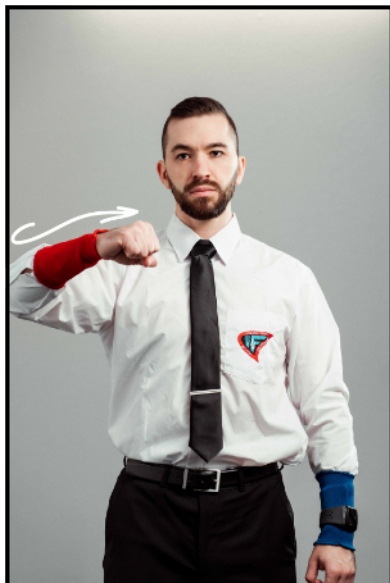
Forbidden Action

For all actions and techniques that are punished by shido:

The referee applies a hit with the edge of their open hand to their elbow bend.



Signs for Major Fouls



Dangerous Technique

For all actions and techniques that are punished by chui:
The referee raises their right or left hand horizontally, with arm bent in front of the body and with fist.



Disregard the MR instructions

The referee points with their index fingers to their ears.



Unnecessary Remarks

The referee puts their extended index finger in front of their mouth.

Sign for Severe Fouls

Severe Technical Foul

For all actions and techniques that are punished by hansoku-make:

The referee crosses their arms with closed fists above their head and indicates the offending competitor with the **penalty** sign.





INTERNATIONAL

JUDO

FEDERATION